The Role of Psychological Factors in Predicting Consensual Divorce and Presenting a Model of Related Factors in Zanjan

Qamar Kiani [1], Mahvash Mafe[2] & Sakineh Jafari [3]

1. Assistant Professor, Psychology Department , Zanjan Branch, Islamic Azad University, Zanjan, Iran
2. Assistant Professor, Psychology Department , Lahijan Branch, Islamic Azad University, Lahijan, Iran.
3. Assistant Professor, English Department, Zanjan Branch, Islamic Azad University, Zanjan, Iran.

Abstract

Increasing divorce and its negative consequences have led to the studies of effective factors in creating and preventing it. The present study was conducted to determine the role of psychological factors in predicting consensual divorce and a model based on the presneted related factors. The method used in this study was descriptive research and the research type was correlation .The statistical population of divorce clients agreed to participate were from Zanjan family complex in 1396. 120 people were selected by available sampling method and the questionnaires used were as follows: the short form of Big Five Personality Scale (Costa and Mc Crae, 1985), Minnesota multiphasic personality inventory (mini malt, Iranian form, 2015), early maladaptive schemas (Young short form, 1988) and divorced inclination scale (Roosevelt, Johnson, and Moreau, 1986) were completed by them. Data were analyzed using SPSS version 22 software and Pearson tests, stepwise regression and independent t-test. The results showed that neuroticism had a significant positive relationship with the desire for consensual divorce and hysteria personality disorder had a significant negative relationship with the desire for consensual divorce. The desire for divorce was not significantly related to the defect and failure schemas but had a significant positive relationship with other early maladaptive schemas. (P <0.05) Stepwise regression showed that 0.34 variance related to consensual divorce based on entitlement variables ($\beta = 0.40$, t = 4.32), their neuroticism ($\beta = 0.30$, T = 3.27, hysteria ($\beta = -0.29$, t = 3.07) and paranoia ($\beta = 0.28$, t = 2.90) are predicted. Therefore, it can be concluded that identifying personality traits, personality disorders and maladaptive patterns in premarital counseling can be effective in preventing consensual divorce.

Keywords: Consensual divorce, Maladaptive schemas, Personality disorders, Personality traits

Introduction

Human is a multidimensional being, and while always striving for his individuality, he also has social needs. Erickson, as one of the great theorists of psychology, in his psychosocial development theory has named eight developmental stages; he has highlighted "intimacy seeking" as the important crisis for the "youth" stage. This means that, in the process of natural psychosocial development all human beings seek out intimate bonds and establish a sincere relationship with an individual expressing love and affection without expecting to be answered back. Successful solution and achievement of intimacy are achieved when a person has acquired an identity for himself and has confidence in himself and others. The bond of marriage is in response to this intimacy (Burke, 2014; translated by Seyed Mohammadi, 2018). Research has shown that marriage is an important predictor of physical, emotional and financial well-being for families and children. For example, compatible couples have healthier marital experiences than incompatible couples (Blankard, 2008). Sometimes people, for various reasons, are unable to continue living together and thus seek a way out.

Until a few years ago, divorce was a reprehensible phenomenon, and people thought about it in very difficult circumstances, or sometimes became so confused in the maze of legal proceedings that they gave up on divorce, but now with the spread of a kind of divorce (consensual divorce), there is no need to face difficulties in this process. They can easily go to the court by exceeding their rights through; Dowry, custody and visitation of children, alimony, etc. and be separated under agreeableness after a short time. Consensual divorce is one of the new crises of Iranian families and one of the growing social harms. Whereas, in the past, there were much sensitivity towards divorce that prevented the issuance of a divorce decree, today it is easy to issue a consensual divorce decree. As a result, we are witnessing an increase in consensual divorces. In a consensual divorce, the man and the woman agree to separate from each other, and this agreeableness is registered in a court order and is legally enforceable(Khorasan newspapaer,2015).

According to the National Registration Organization, the number of divorces in 2005 was 73,882, of which the largest combination is between men aged 25 to 29 and women aged 20 to 24. In 2016, the total number of divorces is 163,765 and the largest number is related to men aged 30 to 34 years with women 25 to 29 years. The ratio of marriage to divorce in 2004 in the whole country is 9.8 and in Zanjan province is 13. In 2015, the ratio of marriage to divorce in the whole country was 4.2 people and in Zanjan province, it was 4.9. These statistics show an increase in divorce statistics and the rate of this increase has almost doubled from 2005 to 2016 (period of 11 years) and the change in its composition is very significant and alarming (The Civil Registration, 2017).

The direct and indirect consequences of divorce are obvious to everyone. Thus, despite the changing attitudes of different cultures on this topic, this issue is still a concern of people and experts. Psychologists believe that many of these divorces can be prevented by taking appropriate and timely measures and to achieve this goal, it is necessary to identify its causes. Naturally, the causes of divorce have changed over time and in recent

years, various studies have been conducted in this field and several demographic causes have been considered effectively. In this regard, researchers have examined the age of marriage, duration of marriage, spouse addiction, cultural incompatibility, marital infidelity, suspicion and mistrust of each other, economic factors such as income, unemployment and other factors (Tavassoli, Ghiasi Nodooshan, 2012). Also, some researchers (Fallahi Gilan, Roshanfekr, Pourkamai, 2012; Ghasemi and Sarukhani, 2014; Soleimani, 2012) have pointed out attitude change towards divorce and a positive attitude toward it. Niazi, Kaviri Asgari, Bigdeli Almasi, Nowruz, Nourani (2017) in their meta-analytical study examined the factors affecting divorce and the results of twenty studies showed the coefficients of impact in terms of economic (0.23), social (0.19), cultural (0.31) and individual (0.14) dimensions.

On the other hand, psychological factors seem to play a prominent role in the occurrence of divorce. This effect appears both directly in couples' interactions and indirectly as factors that are the result of psychological factors such as addiction and so on. Among the psychological factors, personality traits, personality disorders, and early maladaptive schemas are significant because of their relatively stable nature.

It is also suggested that among Iranian couples, possibly due to the recent social and demographic changes including urbanization and women's financial independency, the rate of divorce is rising constantly. In fact, the divorce to marriage ratio in 1980, 2000 and 2012 raised from 6.9% to 8.24% and 12.29% respectively. The divorced couples were predominantly newly married (for less than 3 years) and were predominantly under 30 years of age. The upward change of divorce among Iranian young couples has raised the government's concern. This is because, in addition to family and social harms, high divorce rates of such an extent are negatively affecting population growth in Iran (Farzanegan & Gholipour, 2016).

Personality traits include neuroticism, extroversion, openness to experience, agreeable and conscientiousness, which are more or less present in individuals and have different effects on interpersonal interactions. For example, people with a high score on mental disorder have more irrational emotions, inability to control arousal behaviors, and weakness in coping with problems. Individuals with low scores on emotional distress are usually calm and moderate and able to cope with stressful situations without anxiety (Costa & McCrae, 2008). In a study by Shahmoradi, Maleki, Maleki, Shahmoradi, Entesar Foumany (2014), agreeableness and openness had a positive correlation and neuroticism had a negative correlation with marital satisfaction. Javanmard and Moghaddami Qara Gozlu (2013) found a negative relationship between marital satisfaction and neuroticism A study by Buertin and Motelmans (2017) showed that people with high openness to experience have low divorce rates and those with low conscientiousness and high emotional distress have high divorce rates.

Personality disorder is an inconsistent and persistent pattern of inner experience and behavior that dates back to adolescence and appears in various forms in clusters: A (schizoid, schizotypal, paranoid) and B (hysteria, narcissism, borderline and antisocial) and C (depressive) (Kaplan &lSaduk, 2015; Rezaei's translation, 2016). These disorders have been identified as one of the leading causes of interpersonal conflicts, Disney, Yana

Weinstein; Oltmanns (2012) found that paranoid and histrionic personality disorders are positively associated with divorce.

Early maladaptive schemas are also themes of unconsciousness maintained by individuals. They act as a model for processing experiences and spread throughout life. Behaviors, thoughts, and feelings that define interpersonal relationships are often inefficient and stable (Young, translated by Sahebi and Hamidpour, 2013). Dehghani and Ismailian (2016) in a study that compared couples seeking divorce and ordinary couples found that in people seeking divorce, schemes of emotional deprivation, rejection, distrust and emotional inhibition were higher and also, showed that they had higher scores in terms of agreeableness, openness and conscientiousness compared to ordinary people.

Considering the fact that behaviors are the result of our thoughts and emotions that manifest themselves in the form of personality traits, personality disorders, and also, through a closer look at the factors above, it can be concluded that thoughts, beliefs or in other words, early maladaptive schemas play a major role in the phenomenon of divorce. Forced marriage, for example, is seen in a person who may not have the proper self-confidence and assertiveness, and such a person is more likely to have an incompatible schema of incompetence, and this schema itself stems from a central belief that "I will be approved by others when I act as they wish, or I do not have the necessary ability and competence to make decisions for myself".

Thus, given the prevalence of major personality traits, schemas in individuals and the high prevalence of personality disorders in society, examining them in individuals seeking divorce will provide a good basis for planning preventive interventions. Therefore, this study was conducted to determine the relationship between personality traits, personality disorders and early maladaptive schemas with the tendency to consensual divorce.

Methods

The research method of the present study was descriptive and correlational and the statistical population was all clients of consensual divorce who referred to the family complex of Zanjan in the second quarter of 1396. According to Delavar (2018) who suggests 20 to 30 people for each variable for descriptive research, in the present study, according to the number of variables, the sample size of 120 people was calculated and selected by available sampling method.

The Big Five Personality Factors Questionnaire (1985) (short form) was used for the purpose of this study. This questionnaire consists of 60 items that assesses the five personality traits as neuroticism (N), extroversion (E), openness to experience (O), agreeableness (A) and conscientiousness (C). Each personality trait consists of 12 questions. The scoring method is in Likert form with five options: I completely disagree (0), I disagree (1), I have no opinion (2), I agree (3) and I completely agree (4). Some questions are scored in reverse. The minimum score for each feature is zero and the maximum is 48. The high score in each feature indicates the high amount of that feature. This test is suitable for people over 17 years old.

Costa and Mc Crae (2004) reported the correlation coefficient of this tool with 240-question form for neuroticism 0.83, extroversion 0.83, agreeableness 91, openness to experience, 0.76 and conscientiousness 0.86 (Mc crae et al., 2010). Kiamehr (2002) with Tehran students reported the correlation coefficient of this tool with 240 question forms for the above five personality traits, 0.75, 0.91, 0.71, 0.78 and 0.75, respectively.

Minnesota multiphasic personality inventory (mini malt, Iranian form, 2015): This questionnaire is a 71-question form of the Minnesota Multi-Phase Personality Inventory. The clinical scales measured by this questionnaire include hypoconderiasis, depression, hystrionic personality disorder, antisocial personality disorder, obsessive-compulsive personality disorder, paranoid personality disorder, schizoid, and hypomania. The way to answer is in the form of yes or no.

Regarding the validity of Mini Malta, the results of researches published in the international level confirm the validity of the scales at a significant level of 0.01.Regarding Canonnon's mini-malt reliability, he studied mini-malt in hospitalized psychiatric patients and compared it to the long-term MMPI and concluded that there was only a 9% reduction in resilience in mini-malt (Fillen Bam et al., 1970).This questionnaire was translated for the first time in Iran by Braheni et al. and was standardized on a group of the general population of Tehran. The test scoring method was performed using manual scoring sheets provided by the National Computer System and provided a special sheet for credit and clinical scales and a variety of complementary scales. Each scoring page is placed on a worksheet designed specifically for manual scoring. The number of blackened houses is counted and is considered as the raw score of the desired scale. Each profile sheet has a T-score that is recorded on both sides of the profile sheet. Therefore, the raw scores of each scale can be converted to T scores by displaying the scores on the profile sheet. Raw scores have been used in this study (Graham, translate by Kafi & Yaghoubi, 2016).

The scales consist of five items with the highest loadings on the 15 factors that emerged in a factor analysis of the long form of the SQ (Schmidt, Joiner, Young, & Telch, 1995). EMSs are grouped in five broad domains: Disconnection and Rejection (Abandonment, Mistrust, Emotional Deprivation, Defectiveness, Social Isolation), Impaired autonomy and Performance (Dependence, Vulnerability, Enmeshment, Failure), Impaired Limits (Entitlement, Insufficient self-control), Other-Directedness (Subjugation, Self-sacrifice, Approval-seeking), and Overvigilance and Inhibition (Negativity, Emotional Inhibition, Unrelenting Standards, Punitiveness). Respondents are asked to rate statements on a six point likert scale from "completely untrue of me"" to ,,,,describes me perfectly". The SQ-SF has in different studies shown adequate reliability, validity in predicting psychopathology, and factor structure (e.g., Baranoff, Oei, Ho Cho, & Kwon, 2006; Calvete, Estevez, Lopez de Arroyabe, & Ruiz, 2005; Stopa, Thorne, Waters, & Preston, 2001; Waller, Meyer, & Ohanian, 2001; Welburn, Coristine, Dagg, Pontefract, & Jordan, 2002). In Iran, Yousefi et al. (2010) examined the validity and reliability of EMSs questionnaire on a sample of 579 people (in two stages of 394 and 185 people), and using split-half Cronbach's Alpha, the reliability for the whole sample, females and males was reported as 0.91 , 0.86, 0.87 , 0.84, 0.84 and 0.81 respectively. The calculated Cronbach's Alpha for all factors was above 0r81, and it was 0.91 for the

whole questionnaire. The highest and lowest Cronbach alpha was calculated for Social isolation/Alienation (α=0.91) and Insufficient self- control/ Self-discipline (α=0.81) respectively. Convergent validity of the total scores of questionnaire were assessed using measuring tools for psychological helplessness, positive and negative emotions, self-confidence, psychological vulnerability to depression, symptoms of personality disorders, and SCL90; reported correlation for these criteria was 0.37, 0.34, -0.40, -0.39, 0.35, 0.36, and 0.38 respectively.

Early maladaptive schemas (Young short form, 1988): (YSQ-sf2) This questionnaire was developed by Yang (2007) from its original 205-item form, and has 75 items, and measures 15 early Maladaptive schemas. The scales consist of five items with the highest loadings on the 15 factors that emerged in a factor analysis of the long form of the SQ (Schmidt, Joiner, Young, & Telch, 1995). EMSs are grouped in five broad domains: Disconnection and Rejection (Abandonment, Mistrust, Emotional Deprivation, Defectiveness, Social Isolation), Impaired autonomy and Performance (Dependence, Vulnerability, Enmeshment, Failure), Impaired Limits (Entitlement, Insufficient self-control), Other-Directedness (Subjugation, Self-sacrifice, Approval-seeking), and Overvigilance and Inhibition (Negativity, Emotional Inhibition, Unrelenting Standards, Punitiveness). Respondents are asked to rate statements on a six point likert scale from „„completely untrue of me" to „„describes me perfectly". The answers to the materials of this questionnaire are done in a 6-point Likert scale from completely true (6) to completely false (1) . Obtained an alpha coefficient for each initial maladaptive schemas from 0.83 to 0.96 and a retest coefficient in the nonclinical population ranged from 0.5 to 0.82. Other studies also confirmed the factor structure and construct validity of this scale (Tyne & Branov, 2007). In Iran, Cronbach's alpha of this questionnaire was reported as 0.97 in the female population and in the male population as 0.98 (Ahi et al., 2007). Other researches have also confirmed the validity and reliability of this questionnaire (Sadoughi, Agilarofai, Rasoulzadeh & Seyed Kazem Isfahanian, 2007).

Divorced inclination scale (Roosevelt, Johnson, and Moreau, 1986): This questionnaire has 14 questions that are used to assess couples prone to divorce. Likert scoring is from 1 (never) to 7 (always). The sum is the sum of the scores of the items. A high score indicates a high tendency to divorce. In Qaderpour research (2014), the reliability of the questionnaire by Cronbach's alpha method was 0.88 and in order to check the validity (content) of the questionnaire, several professors and experts were asked to examine the content of the questionnaire and by applying their proposed changes the validity of the tool was confirmed.

After collecting the data and removing incomplete questionnaires, 120 questionnaires were entered into statistical analysis. SPSS software version 22 was used and data were analyzed using Pearson tests, stepwise regression and independent t-test.

Results

Participants in the study were 65.8% (79 people) female and 34.2% (41 people) male. Their mean age was 19.33 years and their mean marriage duration was 8.54 years. Percentage of participants were childless 32.6%, had one child, 15.8% had two children,

3.3% had three children and 2.5% had four children. In Kolmogorov-Smirnov statistic, the scores of the subjects were not significant in all variables of the study ($p < 0.05$), which indicates that the distribution of the scores is normal.

The correlation between personality traits and the desire for consensual divorce is given in Table 1 and it shows that there is a significant positive relationship between neuroticism and the desire for consensual divorce.

Table 1: Correlation between personality traits and the desire for consensual divorce in the subjects

		1	2	3	4	5	6
1	Neuroticism	1					
2	Extraversion	-0.51**	1				
3	Openness	-0.36**	0.41**	1			
4	Agreeableness	-0.24**	0.19	0.16	1		
5	Conscientiousness	-0.18	0.46**	0.10	0.44**	1	
6	Tendency to divorce	0.40**	-0.05	-0.08	-0.16	-0.04	1

The correlation between personality traits and the desire for consensual divorce is reported in Table 2 and shows that there is a significant negative relationship between hysteria personality disorder and the desire for consensual divorce.

Table 2. Correlation between personality disorders and the desire for consensual divorce in the subjects

		1	2	3	4	5	6	7	8	9
1	Hypochondriasis	1								
2	Depression	0.7**	1							
3	Hysteria	0.71**	0.67**	1						
4	Psychopathic Deviate	0.51**	0.75**	0.38**	1					
5	Paranoia	0.43**	0.58**	0.24**	0.62**	1				
6	Psychasthenia	0.48**	0.49**	0.42**	0.54**	0.55**	1			
7	shizophrenia	0.44**	0.45**	0.48**	0.74**	0.61**	0.68**	1		
8	Hypomania	0.20*	0.36**	0.14	0.57**	0.47**	0.38**	0.55**	1	
9	Tendency to divorce	-0.19	-0.10	-0.19*	0.08	-0.01	0.12	0.06	0.03	1

The correlation between early maladaptive schemas with the desire for consensual divorce is reported to be in (Table 3) and this shows that there is no significant relationship between the desire for divorce only with the schemes of defect and failure, while there is a significant positive relationship between other early maladaptive schemas with the desire for consensual divorce.

Table 3. Correlation between early maladaptive schemas with the desire for consensual divorce in the subjects

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1	ED	1															
2	AB	**0/23	1														
3	MA	**0/35	**0/53	1													
4	SI	**0/39	**0/47	**0/46	1												
5	DS	**0/37	**0/48	**0/51	**0/69	1											
6	FA	**0/31	**0/40	**0/39	**0/59	**0/61	1										
7	DI	**0/41	**0/5	**0/62	**0/57	**0/59	**0/64	1									
8	VH	**0/35	**0/55	**0/58	**0/54	**0/69	**0/57	**0/72	1								
9	EM	*0/24	**0/53	**0/59	**0/40	**0/4	**0/47	**0/71	**0/60	1							
10	SB	**0/45	**0/48	**0/41	**0/44	**0/41	**0/42	**0/48	**0/47	**0/28	1						
11	SS	**0/32	**0/19	**0/33	0/11	0/03	0/02	**0/22	0/2	**0/33	0/1	1					
12	EI	**0/49	**0/53	**0/46	**0/39	**0/52	**0/42	**0/5	**0/53	**0/4	**0/47	**0/22	1				
13	US	**0/39	**0/43	**0/32	**0/26	**0/23	**0/29	**0/39	**0/31	**0/42	**0/36	**0/42	**0/41	1			
14	ET	**0/35	**0/43	**0/51	**0/35	**0/26	**0/23	**0/38	**0/42	**0/59	**0/37	**0/49	**0/49	**0/33	1		
15	IS	**/04	**0/46	**0/44	**0/3	**0/47	**0/34	**0/51	**0/56	**0/57	**0/39	**0/31	**0/52	**0/37	**0/61	1	
16	Tendency to divorce	*0/23	**0/53	*0/27	**0/29	0/11	0/15	*0/21	**0/29	**0/3	**0/34	*0/23	*0/21	*0/23	**0/4	1	

Regression hypotheses were examined and acceptable results were obtained. The results of Table 4 show that among the initial maladaptive schemas, only the entitlement schema, among the personality traits, only neuroticism, and among the personality disorders, hysteria and paranoia, were able to predict the desire for consensual divorce in four steps.

Table 4. Summary of stepwise regression model of personality traits, personality disorders, early maladaptive schemas and the desire for a consensual divorce

Predictive variable	Indicator	Total squares	Degree of liberation	Average squares	F	P
Entitlement	Regression residual	3565.92 18666.72	1 239	3565.92 190.47	18.82	0.0001
Neuroticism	Regression residual	5426.78 16805.85	2 238	2713.39 173.25	15.66	0.0001
Hysteria	Regression residual	6936.94 1529.69	3 237	2312.31 159.33	14.51	0.0001
Paranoia	Regression residual	8180.51 14052.13	4 236	2045.13 147.92	13.82	0.0001

The mentioned variables are significant (p <0.05). A summary of the statistical characteristics of stepwise regression is presented in Table 5.

Table 5. Summary of statistical characteristics of stepwise regression, entitlement, neuroticism, depression and paranoia over desire for consensual divorce

Step	Predictive variable	R	R^2	ΔR^2	B	B	t	P
1	Entitlement	0.40	0.16	0.15	1.09	0.4	4.32	0.0001
2	Neuroticism	0.49	0.24	0.22	0.58	0.3	3.27	0.001
3	Hysteria	0.56	0.31	0.29	-1.21	-0.29	-3.07	0.003
4	Paranoia	0.61	0.36	0.34	2.09	0.28	2.9	0.005

The following regression model can be proposed for the most important predictors of consensual divorce (Figure 1).
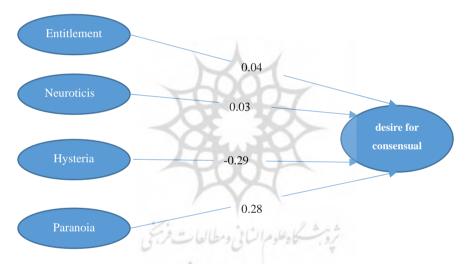

Figure 1. Regression model of predictors of desire for consensual divorce

The results of Table 6 also show that the tendency to divorce in women and men participating in the study is significantly different.

Table 6. Results of t-test of independent groups to examine the desire for divorce based on gender

Variable/Indicator	Difference in average	Degree of liberation	T	Significance level
Desire for a cansensual divorce	1.78	36	0.41	0.68

Discussion

he results showed that among the personality traits, only neuroticism has a significant positive relationship with the desire for consensual divorce. This finding is consistent with the results of the study of the Javanmard and Moghaddami Qara Gozlu (2013), Fani Vansagchi Khairabadi (2011), Apostolon (2016), and Rosowsky, King, Coolidge, Rhoades, Segal (2012). In a study by Buertin and Motelmans (2017) with a sample size of 4169 people from England, 4377 people from Flanders and 8155 people from Germany between 1972 and 2009, the results showed that in all three study areas, there is a relationship between personality traits and divorce. In general, the divorce rate is low among people who are open to a high level of experience, and the divorce rate is high among those who do not maintain social relationships, such as those with low conscientiousness and high levels of anxiety. This shows that, people with high neuroticism tend to experience anxious emotions, tension, compassion, hostility, impulsivity, depression, low self-esteem, and low emotional health. Costa and McCray define neurosis as opposed to adaptation and emotional stability; these people view the situation negatively because of negativity (Costa & McCrae, 1992).

Some personality theorists, including Eisenhower, attribute neuroticism to hereditary factors in explaining it, citing different activities of the sympathetic system as the cause. In this case, for these people, first, the sensitivity of the sympathetic system is higher than normal people and, therefore, they are aroused earlier against external stimuli; second, the intensity of the sympathetic system is high in these people, so they have a high intensity of reaction to stimuli; and third, the duration of arousal is the sympathetic system in these people and as a result it takes longer for the activity of this system to return to normal condition. Therefore, in this view, the control of this feature is almost out of control and as a result, in dealing with others, especially the spouse and the spouse's family, they often experience tension and conflict, and the issue becomes more complicated when the spouse also has a high score in this feature. Therefore, with these explanations, reaching a decision of separation and divorce in these people is not far from expectation.

Among personality disorders, hysteria personality disorder had a significant negative relationship with the desire for consensual divorce. Paranoid personality disorder has also played a predictive role in examining the predictive power of divorce tendency based on the variables studied. In a way that paranoid people are more inclined to divorce. This finding is consistent with the study of Disney et al. (2012). In Shah Moradi's study (2016), the results of a two-way logistic regression analysis showed that the variables of depression, paranoid thoughts, provide the strongest prediction for the likelihood of divorce, which is consistent with the findings of the present study.

In Danesh & Hratian's (2008) study, the results showed that the level of self-morbidity, depression, socio-psychological deviation, paranoia, mental weakness, schizophrenia and hypomania of couples determined to divorce is more than compatible couples. This finding can be explained by the characteristics of people with hysteria or

dramatic disorder, dramatic and attention-grabbing behaviors, irritability, seductive behaviors, flirting despite sexual disabilities, superficial relationships, exaggeration of emotions, selfishness and moodiness.

Therefore, according to these characteristics, firstly, by marrying and having a partner, these people can achieve their needs that are caused by their personality disorder, and secondly, behaviors such as seductive behaviors, flirting despite sexual disabilities, and exaggerating emotions keeps the other person in a relationship (Kaplan and Saduk, 2015; translated by Rezaei, 2016). However, in paranoid personality disorder, the person suffers from widespread suspicion and distrust, accuses others of being fanatical, searches the environment for evidence of his or her own legitimacy, misinterprets the behavior of others, and is unwilling to share secrets.

Therefore, these people with these characteristics will interpret other's deeds, especially their spouses and families, against themselves and will try to defend. As a result, marital conflicts between these people will increase and they will experience lower marital satisfaction.

These people are usually people who have had several divorces in their history or if they get divorced, they will not get married due to widespread distrust. One of the most important problems of having a personality disorder among couples is not admitting to have the problem. Usually, the person denies having the problem and accuses his wife or her husband of having the problem, and as a result, they do not seek treatment. Finally, they find divorce as the best solution for their problems. On the other hand, the tendency to divorce did not have a significant relationship with defects and failure schemas; however, it had a positive and significant relationship with other early maladaptive schemas.

Results of studies conducted by Asghari, Sadeghi, Zare Khakdoost and Entezari (2015), Najafi et al. (2015), Moradi, Akbari & Dausti (2015), Lalzadeh, Asghari Ebrahimabad, Hesarsorkhi (2015), Yilmaz, Kumcagiz, Balci-Celik & Eren (2011), Thorsten and Julia (2008), Pascal and Christine (2008) are consistent with the findings of present study. Early maladaptive schemas lead to biases in the interpretation of events that arise in the form of misunderstandings, distorted attitudes, misconceptions, unrealistic goals and expectations in spouses and affect subsequent perceptions and evaluations. Because schemas in the course of life are not only continuous but also the people try to maintain it, and this issue affects the quality of interpersonal relationships, especially with the partner. Couples with emotional deprivation schema feel emotionally deprived by their parents and spouses, not received enough love and intimacy and attention from their spouses, and feel that their spouses do not understand them and feel lonely.

Therefore, they feel that there is no one to support them, and no one to listen to them. This schema leads to dissatisfaction and separation; since not expressing desire to the spouse, not asking the spouse to meet their emotional needs, not expressing feelings, talking less about themselves and asking more questions are some of the special behaviors that they show. These people avoid intimate and interpersonal relationships (Tim, 2013).

Emotion regulation is very important in relationships. In marital conflicts, revenge and resentment have given way to compromise; they regulate their negative emotions and

respond positively. People with emotional instability and impulsivity are considered undesirable spouses, while people with stable and expressive emotions and expressions have happier relationships. Thus, it is clear that emotion regulation is an important factor in determining the quality of the relationship. There are differences in the lives of most couples, but how to manage these emotional impulses is important. Many couples continue their relationship by controlling their emotions through face and tone of voice, so that their spouse does not know what emotions they are experiencing. In fact, they suppress their excitement. Suppressing couples' emotions leads to negative mental experience and misbehavior, as well as high arousal and negative statements. In the schema of abandonment, there is instability or distrust in receiving love and communicating with others, so that the person feels that the important people in his life cannot give him the necessary emotional support and encouragement, because these people are emotionally insecure, unpredictable, (for example, suddenly get angry), unreliable and irregular. Such a person believes that at any moment, important people in his life may die or leave him and become interested in another person. Therefore, to prevent this happening, they often resort to an extreme form of retaliatory confrontation in which the person becomes sensitive to his wife/husband, loves him/her immensely, and monitors all of him/her behaviors. These behaviors are the beginning of quarrels and conflicts in couples and the seeds of separation are planted.

In a pattern of mistrust/ mistreatment, people expect others to hit, misbehave, humiliate, lie, and cheat. Such an expectation makes one perceives the surrounding events in a special way. A person may always feel that someone is stealing his or her assets or spoiling his or her rights. People with a social isolation / alienation schema feel different from others and do not belong to a particular community or group. In the dependency / inadequacy schema, a person's self-control and functioning are impaired, and the person believes that he or she cannot perform day-to-day responsibilities (such as caring for others, solving daily problems, making good judgments, and making good decisions) without others help. This condition often appears as helplessness. People who have this schema feel that they cannot handle their day-to-day responsibilities without the serious help of others. This schema often manifests itself as passivity and extreme helplessness.

People with vulnerability to harm schema or disease have an extreme fear that a catastrophe is imminent and that it can occur at any time and that the person cannot prevent it. In their unchanged / trapped schema, the person has a strong emotional connection and being too close to one of the most important people in life (often parents) comes at the cost of losing one's individuality or normal social growth. One may feel that one's existence is integrated into others and that one does not have a separate identity. This schema often manifests itself in the form of feelings of emptiness and confusion, lack of direction and aimlessness, or in severe cases as doubts about the existence and existential structure of the person. In the course of inadequate self-control and self-discipline, people have persistent problems with proper self-control and intolerance of failures to achieve personal goals or an inability to prevent the expression of emotions and impulses. In milder forms of this schema, people emphasize the avoidance of discomfort, for example, try not to create conflict in interpersonal relationships and avoid

accepting more responsibilities (Young, Closco & Vishar, and translated by Hamid pour & Andouz, 2014).

In the schema of obedience, there is a sense of compulsion to give up control over others. This is usually done to avoid anger, emotional deprivation or criticism. This schema often manifests itself in extreme obedience with over-sensitivity to the feelings of others. This schema leads to subdued anger that manifests itself in the form of a series of maladaptive behaviors such as passive aggression, uncontrolled emotional outbursts, psychosomatic symptoms, withdrawal from emotions, and outbursts. In everyday life, this ends at the cost of not satisfying one's own needs. The most common reasons for doing this are to avoid hurting others, to avoid feeling guilty out of selfishness, or to keep in touch with people in need. This is often due to hypersensitivity to the suffering of others. In the rigid criteria / extreme fault-finding scheme, the basic belief is that one must make great efforts to meet ambitious standards of one's behavior and performance, and this is usually done to avoid criticism. This pattern usually occurs in families who are under pressure, over-blaming themselves and others, and expect things to be done with excellent quality and in the shortest possible time. This schema often leads to serious deficiencies in feelings of pleasure, peace, health, sense of worth, progress or satisfactory relationships (Young, Closco & Vishar, Translated by Hamid pour & Andouz, 2014).

In the entitlement scheme, the individual believes he or she is higher than others, has special rights for himself or herself, and has no obligation to abide by the principles of reciprocity that guide normal social interaction. People who have this schema are overly expectant or domineering and do not empathize with the problems of others in social relationships (Young, Closco & Vishar, Translated by Hamid pour & Andouz, 2014). Interestingly, this schema was more related to the tendency to divorce than other schemas and there was an agreeableness between a strong desire for divorce. Therefore, it seems that having this schema causes intolerance of another person as a partner more than other schemas.

In explaining the above finding, it should be said that the schema of entitlement, which is rooted in negligent parenting, or in other words, tenderness and childishness in the family, leads the person to the position that he is right in all situations and conditions. Interestingly, in most cases, the parents of these people, in continuation of the previous methods, are in favor of their child and encourage this type of thinking since they believe that their children should not suffer any hardships. It seems that due to the change in parenting methods in the last two decades, there is a relationship between the increase in divorce and this method of parenting. All these types of above-mentioned schemas with those types of thinking may cause problems in interpersonal relationships among individuals. Their trauma is especially evident in close relationships, including spouses. Dissatisfied interactions make people think of separation and creating a better life, although this solution is a mirage. And people with incompatible schemas, mostly are not satisfied with their lives.

Conclusion

According to the findings, it is suggested that in future studies, the role of mediating variables such as life skills and emotional intelligence, etc. in the relationship to the variables, especially neuroticism due to the strong role of heredity can be investigated. This issue can be studied and compared among men and women separately. Also, a person's personality traits should be examined from the point of view of her/his spouse and then its relationship with the tendency to divorce should be evaluated. The results of this study can also be used in teaching proper parenting to parents, which plays a key role in the formation of maladaptive schemas of children, marriage preparation programs for young people, premarital counseling to identify personality traits and maladaptive schemas, skills training and in teaching marital and communication skills.

Disclosure Statements

The authors claims that there was no conflict of interests between them.

ORCID

Qamar Kiani: 0000-0003-1885-4701

References

Ahi, Q., MohammadFar, M. A., Besharat, M. A. (2007). Reliability and validity of the short form of Yang Schema Questionnaire. *Psychology and Educational Sciences Journal* ,37(3),5-20.

Apostolou M. (2016).An evolutionary account of the prevalence of personality traits that impair intimate relationships. *Personality and Individual Differences*.94,140-148.

Asghari, F., Sadeghi, A., Khakdoost, S. Z., & Entezari, M. (2015). investigating the relationship between Early maladaptive schemas with marital conflict and instability in the couples of applicant of divorce and normal couples. *Family pathology, Counseling and Enrichment Journal*, *1*(1), 46-58.

Berak, L. A. (2001). Developmental psychology (fram fertilization to childhood). *Translated by Seyyed Mohammadi, Tehran: Arasbaran Publications. (Persian)*.

Blanchard, V. L. (2008) *"Does Marriage and Relationship Education Improve Couples' Communication? A Meta-Analytic Study"*.All Theses and Dissertations. 1319.https://scholarsarchive.byu.edu/etd/131

Boertien, D & 2% Mortelmans ,D (2017). Does the relationship between personality and divorce change over time? A cross-country comparison of marriage cohort's .First Published May 17, Research Article

Costa, P.T. & Mccrae , R. R.(1992). The five-factor model of personality and its relevance to personalily disorders. *Journal of Personality Disorders*, 6, 343-359.

Costa P., McCrae, R.(2008). Handbook of Personality Theory and Assessment- The revised NEO personality inventory (NEO-PI-R). SAGE

Danesh, E.& Heratian, M. (2009). Comparison of personality disorders of couples determined to divorce and compatible couples. *Youth Magazine*, 11, 203-218.

Dehghani, M.,Ismailian, N. (2015). Personality traits, early maladaptive schemas, and family functioning in divorced and normal couples. *Family Research Quarterly*, 12(48), 575-592.

Delavar, A. (2018*). Research Methods in Psychology and Educational Sciences*. Tehran: Editing Publishing.

Disney, K. L., Yana Weinstein, Y., Oltmanns, T.F. (2012). Personality Disorder Symptoms Are Differentially Related toDivorce Frequency.*J Fam Psychol*, 26(6): 959–965. doi:10.1037/a0030446.

Fallahi Gilan, R., Roshanfekr, P., Pourkamai, M. (2013). An intergenerational study of attitudes toward divorce: A study in Zanjan province. *Journal of Socio-Cultural Strategy*,1(2),139-156.

Fanii, S., Nasaghchi Kheirabadi, A. (2011). Personality traits and mental divorce. *Social and Behavioral Sciences*, 30, 671 – 675.

Farzanegan, M. R., & Gholipour, H. F. (2016). Divorce and the cost of housing: evidence from Iran. *Review of Economics of the Household*, *14*(4), 1029–1054. https://doi.org/10.1007/s11150-014-9279-0

Fillenbaum, G.G., Pfeiffer, E. (1970). The minimult: a Cautionary note. *J Consult Clin Psychol*, 44: 698-708.

Furler K., Gomez, V., Grob A. (2014). Personality perceptions and relationship satisfaction in couples. *Journal of Research in Personality*, 50, 33–41.

Ghasemi, A.,Sarukhani, B. (2014). Social factors of divorce and psychosocial health in couples seeking divorce by agreeableness and non-agreeableness. *Cultural and Educational Quarterly of Women and Family*,8(26),7-38.

Graham, J.R.(2016*). MMPI-2 Guide to Personality Assessment and Psychopathology*. Translated by Musa Kafi and Yaghoubi. Tehran: Arjmand Publications.

Javanmard, G. H., & Garegozlo, R. M. (2013). The study of relationship between marital satisfaction and personality characteristics in Iranian families. *Procedia-social and behavioral sciences*, *84*, 396-399

Kiamehr, J. (2003*). Standardization of the short form of Neo Five Factor Questionnaire and study of its factor structure among humanities students of Tehran universities*. Master Thesis in Measurement and Measurement, Allameh Tabatabai University.

Lalzadeh, E., Asghari Ebrahimabad, M. J., Hesarsorkhi, R. (2016). Investigating the role of early maladaptive schemas in predicting divorce. *Journal of Clinical Psychology*,7(2),1-10.

McCrae, R. R., Kurtz, J. E., Yamagata, S., & Terracciano, A. (2011). Internal consistency, retest reliability, and their implications for personality scale validity. *Personality and social psychology review*, *15*(1), 28-50.

Mohammadi, B., & Soleymani, A. (2017). Early maladaptive schemas and marital satisfaction as predictors of marital commitment. *International Journal of Behavioral Sciences*, *11*(1), 16-22.

Moradi, M., Akbari, T., & Dausti, M. (2015). Relation between early maladaptive schemas and self-differentiation in referrals to welfare centers. *Procedia-Social and Behavioral Sciences*, *185*, 294-300.

Najafi, M., Bitaraf, M., Mohammadifar, M.A., Zarei Mate Kalaei, E. (2016). Comparison of maladaptive schemas and cognitive insights in divorced and normal women. *Journal of Women and Society*, 694),41-59.

Niazi, M., Kaviri Asgari, A., Bigdeli Almasi, E., Nowruz, M., Nourani, E.(2017). Analysis of studies and research on factors related to divorce in Iran for the period 2007-2017. *Journal of Women's Psychological Social Studies*,15(4), 201-177.

Oei, T. P., & Baranoff, J. (2007). Young Schema Questionnaire: Review of psychometric and measurement issues. *Australian Journal of Psychology*, *59*(2), 78-86.

Pascal, A., Christine, A., & Jean, L. (2008). Development and validation of the Cognitive Inventory of Subjective Distress. International Journal of Geriatric Psychiatry,

Qaderpour, M. (2014) *The effectiveness of group counseling based on Satyr communication approach on marital burnout and divorce desire of couples referring to counseling centers.* Master Thesis. Kurdistan University. Faculty of Humanities and Social Sciences.

Rosowsky, E., King, K.D., Coolidge, F.L., Rhoades, C.S., Segal, D.L. (2012). Marital Satisfaction and Personality Traits in Long-Term Marriages: An Exploratory Study. *Clinical Gerontologist*, 35,77-87.

Sadok, B. J., Sadok, V. A., Ruiz, P. (2013). Summary of Kaplan and Sadok Psychiatry of Behavioral Sciences/ Clinical Psychiatry. Translated by Farzin Rezaei (2015). Arjmand Publivcation...

Sadok, B., Sadok, Virginia Alcott; Ruiz, Pedro (2015). Summary of Kaplan and Sadok Psychiatry Behavioral Sciences / Clinical Psychiatry. Tehran: Arjmand Publications.

Sadoughi, V., Agilarofai, M., Rasoulzadeh T., Seyed Kazem Isfahanian, N. (2008). Factor Analysis of the Short Version of the Young Schema Questionnaire in the Iranian Non-Clinical Sample. Iranian Journal of Psychiatry and Clinical Psychology, Thought and Behavior,14(2),214-219.

Shahmoradi, GH., Maleki, E., Maleki, T., Shahmoradi, Z., Entesar Foumany, GH. H. (2014). Relationship between Marital Satisfaction and Personality Characteristics on the basis of Myers-Briggs Inventory and Big Five Questionnaire. *Journal of Educational and Management Studies* ,4(4), 787-790.

Shahmoradi, S. (2017). Predicting divorce based on personality traits, mental disorders and demographic characteristics. *Cultural and Educational Quarterly of Women and Family*,11(35), 61-80.

Soleimani, I. (2016). Changing attitudes towards divorce among students of Ardabil universities. *Journal of Social Sciences, Islamic Azad University, Shushtar Branch*,9(14),239-252.

Tavassoli, Gh., Ghiasi Nodooshan, A. (2012). Social Factors Affecting Divorce during the Last Decade (Study of Yazd Province,2002-2008) *Iranian Journal of Social Development Studies*. 3 (4), 49-35

Thimm, J. C. (2013). Early maladaptive schemas and interpersonal problems: A circumplex analysis of the YSQ-SF. *International journal of psychology and psychological therapy*, *13*(1), 113-124..

Yilmaz, M., Kumcagiz, H., Balci-Celik, S., & Eren, Z. (2011). Investigating communication skill of university students with respect to early maladaptive schemas. *Procedia-Social and Behavioral Sciences*, *30*, 968-972.

Young J. (2013). Cognitive therapy of personality disorders: Schema-based approach. Translated by Sahebi and Hamidpour. Tehran: Arjmand Publication. *(Persian)*.

Young, J.,Closco, J., Vishar, M. (2015). *Schema therapy*. Translated by Hamidpour & Andouz. Tehran: Arjmand Publications.