

عنوان مقاله:

Relationship between Social Exclusion and Post-Divorce Adjustment in Iranian Women

محل انتشار:

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خلاصه مقاله:

Aims: The increasing rate of divorce has turned it into an important social dilemma, and this necessitates the need to pay attention to the factors related to adjustment after divorce. This study was conducted to determine the relationship between social exclusion and post-divorce adjustment in women. **Instrument & Methods:** In this cross-sectional study, ۲۷۴ divorced women in Rasht City participated. Sampling was performed in a convenience and Snow Ball method. Data collection tools were a three-part questionnaire including demographic information form, social exclusion questionnaire, and post-divorce adjustment questionnaire. Data analysis was performed by descriptive and inferential statistical tests at a significant level ($p < 0.05$). **Findings:** The highest and lowest scores of social exclusion were related to exclusionary marital status (3.5 ± 0.66) and discriminative marital state (3.9 ± 0.6), respectively. The highest and lowest adjustment scores were related to the areas of self-worth (3.34 ± 0.40) and anger (2.90 ± 0.43), respectively. The areas of horror ($\beta = -0.067$; $p = 0.008$) and discriminative marital state ($p < 0.001$; $\beta = -0.188$) were predictors of adjustment. Also, lack of history of physical illness ($p = 0.024$; $\beta = 0.145$) and increased number of children ($p = 0.07$; $\beta = 0.053$) had a positive and direct effect on the adjustment. **Conclusion:** There is a statistically significant inverse correlation between social exclusion and post-divorce adjustment of women, and therefore the study and development of educational-counseling intervention programs to increase social support can increase women's adjustment after divorce.

کلمات کلیدی:

Social Exclusion, Divorce, Post-Divorce Adjustment, Women

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