

## عنوان مقاله:

Explaining And Evaluating Couples' Coping Styles, Differentiation Of Self-Inventory And Maladaptive Schemas In Predicting Emotional Divorce In Couples

## محل انتشار:

فصلنامه بین المللی تحقیقات پزشکی، دوره 11، شماره 3 (سال: 1401)

تعداد صفحات اصل مقاله: 16

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## خلاصه مقاله:

Objective: The aim of this study was to explain and evaluate couples' coping styles, differentiation of self-inventory (DSI) and maladaptive schemas in predicting emotional divorce in couples. Method: This descriptive cross-sectional study is a correlational study and the statistical population consists of all couples referring to counseling and psychotherapy centers in Isfahan in ۲۰۱۷-۲۰۱۸. A total of ۳۰۰ individuals were selected by multi-stage cluster random sampling method. Data collection tools include differentiation of self-inventory questionnaire, initial maladaptive schematic questionnaire-short form, stress coping questionnaire and emotional divorce questionnaire. In order to analyze the research data, descriptive statistics, correlation coefficient and regression methods have been used. Results: The results show that there is a negative and significant relationship between emotional divorce and its differentiation and each of its dimensions including emotional reaction, my position, emotional cutting and fusion of questions. Also, between the five areas of early maladaptive schemas (cut / rejection, self-management and impaired performance, impaired constraints, other orientation, and excessive doubt and inhibition) and the total score of divorce incompatible schemas, there is a significant emotional connection. The relationship between problem solving coping style with emotional divorce is negative and significant, and the relationship between avoidant and emotional coping style is also positive and significant. Conclusion: Lack of differentiation of self-inventory characteristics, active coping style and consistent schemas, is a factor leading to the aggravation of marital and family problems and leads to the continuation of incompatibility and divorce. Therefore, it is necessary to pay attention to these issues and explain and teach them to couples.

## کلمات کلیدی:

.Emotional divorce, Early maladaptive schema, Differentiation of self-inventory, Coping style, Couples

## لینک ثابت مقاله در پایگاه سیویلیکا:

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