

عنوان مقاله:

A review and analysis on the effectiveness of emotional schema therapy on marital exhaustion on the verge of divorce

محل انتشار:

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خلاصه مقاله:

Emotional divorce often precedes a legal divorce. It is a psychological mechanism some spouses use to separate their emotions from the marriage when they feel the relationship has become a threat to their well-being. Emotional divorce is a type of separation in which the husband and wife live together under the same roof, but there is no affection between them. In emotional divorce, the husband and wife withhold their feelings from each other and turn away. They shine because their trust in each other and their attraction to each other has decreased. Emotional Divorce (ED) is associated with decreased levels of Emotion Regulation (ER), adaptation, and mental health; subsequently, all such pressures raise stress in various dimensions among the affected individuals. Emotional Schema Therapy (EST), as a sociocognitive model of ER, may improve marital intimacy and reduce couples' psychological distress. The present study aimed to investigate the effects of EST and differentiation training on the odds of ED among women. This was a quasi-experimental study with a pretest-posttest and a control group design. The study population comprised all women referring to the Education Counseling Center, District 6 of Tehran Municipality in Tehran City, Iran, in 2018. In total, 45 women were recruited by convenience sampling method and were randomly assigned into two experimental groups and a control group ($n=15/\text{group}$). The research questionnaire was the Emotional Divorce Scale (EDS). The first experimental group underwent eight 90-minute weekly sessions of SET and the second experimental group received eight 90-minute weekly sessions of differentiation training; however, the controls received no intervention. Data analysis was performed using Analysis of Covariance (ANCOVA) in SPSS. The significance level was considered as $P=0.05$. The mean values of ED significantly decreased in both experimental groups, compared to the control group ($P<0.05$). A significant difference was also observed between the effects of the two interventions on decreasing the ED rate; thus, the effectiveness of EST was greater than that of differentiation training in this respect ($P<0.05$). EST and differentiation training reduced ED among the study participants. These approaches can be adopted as an effective intervention to solve the couples' problems and improve their marital relationship to reduce the odds of emotional divorce.

کلمات کلیدی:

Cognitive behavior therapies, Emotions, Divorce, Women

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