



Vol. 6, Issue 1, 1-6, 2017

## Academic Journal of Psychological Studies

ISSN: 2333-0821

ajps.worldofresearches.com

### The etymology of emotional divorce: the study of Iranian community

Masoumeh Roozpeikar\*

Department of Jurisprudence and Principles of Islamic Law, Najfabad Branch, Islamic Azad University, Najfabad, Iran.

---

#### A B S T R A C T

---

The emotional divorce is defined as the coldness of the relationship between the wife and husband. In fact, the weakness of the emotional relationship of the couple in this relationship leads to the coldness of the possible relationships of a couple such as spiritual, physical, emotional and even the linguistic relationship. The existence of this problem in a relationship causes the unkindness and the reduction of positive energy in the family. The couples are lost in the alienation of the worlds of each other and they have the role of roommate that are accustomed to each other. These people have defined red lines for each other due to the spiritual and physical distances they have and they accuse the other in their privacy. The lack of true understanding of the speech and behavior of each other, the lack of adequate knowledge of the spirit of the other party and consequently the lack of interest and coldness of the partner will lead to the emotional divorce. There is no precise statistics of the emotional divorce and certainly it can be said that the statistics of emotional divorce in Iran is higher than the lawful divorce as the subject of this article.

---

**Keywords:** Divorce, Emotional Divorce, Silent Divorce.

---

#### INTRODUCTION

Experts of Psychology and Educational Sciences know the family as one of the most influential institutions in the training of human behavior because family environment is the first and the most enduring factor in the development of children and adolescent's characters and is the background for their physical, moral, social, intellectual and emotional growth. The institution of the family is among the most public social institutions that does exist in almost all societies and is the most important basis and axis of social life (AKHAVAN, 2004; Bastani, Golzari, & Roshani, 2009). In fact, a person is born in the family and lives in the organization of the family and refers to family in times of need and finds solace in the light of family life (Ahmadi et al., 2016).

Being equal means having common points between husband and wife and these common points includes all aspects such as respect for the culture and

---

\*. Corresponding Author: Roozpeikar, M.

DOI: [In pressing](#)

To cite this article: Roozpeikar, M. (2017). The etymology of emotional divorce: the study of Iranian community. *Academic Journal of Psychological Studies*, 6 (1), 1-6.

relative or casual dependence(Bastani et al., 2009). This means that if the couple do not pay attention to social and relative or causal dependence of each other in choosing the spouse and be indifferent to it, they will face problem in the future. Particularly, there are different perspectives in the economic, educational, age, cultural, religious, occupational, intellectual, psychological, racial fields and social facilities(Bastani, Golzari, & Rowshani, 2011).

Divorce in social classes is a phenomenon affecting all aspects of the population within a community, because it collapses the family system. In recent years, we have seen an increase in divorce rates in most cities across Iran. Several factors have contributed to the spread of divorce as more relevant to broad social changes. Major changes have occurred in patterns of family life in the cities, especially in the recent years(Barzoki, Tavakoll, & Burrage, 2015).

A high percentage of women have access to higher education and a lot of them are employed as paid work force. We must know the differences and understand them and respect these differences. The difference starts where we do not understand the differences and even want to change the differences and make the other party like ourselves. This is where the conflicts start and people say we do not understand each other. Originally, the lack of understanding the differences is equal to misunderstanding. When two people understand each other's differences and respect each other, it can be said there are healthy relationships and understanding(Gottman, 2014).

Divorce is an unpleasant feeling, a feeling that dictates losing and defeat to people. Divorce is a human society catastrophe. Holmes and colleagues, in their classification of human stresses, have identified and introduced divorce as the greatest stress and have put it on top of the world stress table. It seems that there is no more tragic event recognized in the world than divorce(Barzoki et al., 2015).

Besides hundreds of divorce sentences that are issued in the family courtrooms every day and the couples who get divorce, there is another new phenomenon similar to the familial relationships out of its crust that shows some families suffer emotional and silent divorce in some way(Bastani et al., 2011). Such couples, although have a silent life together, do not express any interest to each other and may spend any years together in this way but they do not satisfy to refer to courtrooms and terminate their boring lives(Aghajanian, 1986). So, the couples deprive each other of expressing their emotions in emotional divorce because they do not trust in each other anymore and their appeal is over. In this study, because of the importance of family and the basis of emotions in marital relationships, the issue of emotional divorce in Iran is been studied.

The emerging phenomenon of emotional and silent divorces and separations:

## The etymology of emotional divorce: the study of Iranian community

Silent divorces and separations that are caused by years of marital life incline to coldness and is the starter of the informal separations and the parties become exhausted of their marital duties. They continue their marital life since they do not want to threaten their family and their children suffer from their parents separation and they continue without any affection (Bastani et al., 2009; Bastani et al., 2011; YOOSEFI, 2012).

While the rate of divorce is increasing everyday particularly among young couples and is changing to a familial and social crisis (Ahmadi et al., 2016), the rate of marriage has decreased. This is while another phenomenon is rising among the social layers called silent divorce in which the lives of some people are silently collapsed (Eghrari Solout & Hosseinzadeh, 2016; Saadi, Alharbi, Alzamzami, & Alzahrani, 2014). This group of people, who are exhausted of marital life due to several reasons, will silently continue their lives without any request for divorce while they do not have any kind of relationship with their spouses and sometimes do not even talk to each other for months and even years. This silent life in some Iranian families has many hidden and obvious motives and some of them cannot talk about the hidden ones and the obvious ones are crystal clear and many couples are dealing with. Most of them do not get divorce for the word of people, their divulgation of marital among their children and negative consequences on the morale and mood of children and relatives.

An old lawyer called Ali Jafari, who has been an active member in the courtrooms and particularly familial courtrooms for many years and is a member of court of justice now, counts some of the reasons of couple's divorces and especially emotional and silent ones as:

"Divorce and separation of couples at different ages has different motives such as economic problems, poverty, inability to meet costs of living, impotence and miscalculation life equations before marriage and after marriage, and finally the lack of understanding of mood and demeanor of couple are as the reasons for the vast majority of wives and husbands to leave each other."

Mostly, these issues cause the turmoil in the life and divorce. But silent and emotional divorces and separations that usually happen in middle-aged and old couples is another phenomenon that has shown his face in some families in recent years. There are wives and husbands seen with children and grandchildren who live in the same family and house but have a deep mental and psychological distance due to the conflicts between them and there are months and years without any emotional or marital relationship (Bastani et al., 2011).

Such couples, which are increasingly added to their number due to current social and economic issues, form another level of the society that come out of such lives and are seen as social problems. The major problems are inability in meeting the costs of living, impotence, bad temper and behavior, lack of inconsistency with

each other and the lack of understanding each other.

A study about these couples who do not like their conflicts to become apparent in the society and prefer their secret to not to be revealed shows that this group of people, after some insolvable conflicts, conclude to solve their problems by having some children and grandchildren and choose the way of silence (Aghajanian, 1986; Barzoki et al., 2015). They are afraid of divorce and separation because they regard to refer to courtrooms for divorce in the middle- and elderly ages. They try to hide their conflicts that have risen from familial problems from their children and others since they disagree with divorce originally and they are afraid of request for divorce. They think that request for divorce in the middle and an elderly age is not suitable and they cannot satisfy their children for that (Saadi et al., 2014).

Another issue that regrets them of divorce and causes them to tolerate the sufferings and problems of their marital life is the fear of being alone in middle and elderly age after divorce. They are afraid that their children may leave them after divorce and they are afraid of leaving those people who have spent their whole lives with. Sometimes they have no place to live and are afraid of choosing another spouse and accordingly are afraid of divorce.

Marital conflicts, divorce and separation and the collapse of family life is seen to a great extent among the young generation and despite the elderly men and women who are hopeless of their lives at various parts and take refuge to the silent and dark sides of life mentally and psychologically, the young generation has a kind of distress in life. When the youngsters are single and are constantly advised or remorse by the family for not marrying, they are satisfied for marriage to get released of the family stresses or under the effects of falling in love and after the marriage and in the face of problems, they face a kind of distress and regret of their marriage (Salimi & Shoaee, 2016).

When the young lovers decide to begin a relaxed, peaceful and honorable marital couple, life difficulties show up one after another. The first thing is the house rent that young couples are severely afraid of and even if their income is adequate, they cannot afford it and this is the first step for the disinterest of young couples in marriage.

After the house rent, young couples face the increasingly high costs of living in all areas and when they are not able to manage their lives even with all their income, they start the whispers of conflict first secretly and then obviously and a while after that affording the costs of living becomes impossible for them, they start contention and some while later, they get exhausted and see the best solution in getting divorce. They do not even think of the consequences of getting divorce on themselves and their children for a moment (Arfa-ee, Far, & Fallahi, 2015).

## **The etymology of emotional divorce: the study of Iranian community**

Causes of emotional and silent divorces and separations:

Emotional and silent divorces and separations and are very widespread among families is a new phenomenon that show up in the locus of some families recently and makes the life dull and free of every kind of happiness. These silent separations mostly happen in the lives of middle age and elderly people and a kind of separation happens between the couples who have lived together for many years(Barzoki et al., 2015; Bastani et al., 2011).

These are people who have a kind of fear to request for divorce and refer to court laws and this is why they experience a cold life. These people actually live in one house but are obviously separated from each other. Sometimes, such couples do not talk a word together for months and perhaps years but do not apply for divorce in the courts of justice.

The main reason goes back to social and familial issues around them, they do not think about divorce because they are embarrassed of their children and grandchildren (Bastani et al., 2009; Bastani et al., 2011; Eghrari Solout & Hosseinzadeh, 2016). They avoid divorce because they do not want their children become aware of the problems of their parents. They do not refer to family courts since divorce is not a norm in their family and the like. These reasons have limited families that they do not want to bring divorce into their family.

## **CONCLUSION**

Some issues should be taken into consideration in any marriage in order to face fewer problems in the way of life and the couples and their children have a successful and healthy family. Therefore, this case must be examined before marriage and the couples should reach an agreement on them.

Marriage is a kind of contract and it is necessary for the both parties to talk about its details and do not avoid expressing their views. Perhaps, not talking about a trivial subject will become the origin for their future theoretical conflict and put them in trouble. It has been seen a lot that a boy or girl does not talk about a subject because of avoiding the resentment of the families or not knowing the subject important and later on in life, the same subject has caused serious problems.

Marriage is the start of the one of the most sensitive and important stages of the human life. Here are many people who have started their sublime development after marriage and there is another group who has forgotten their life goal and has lost their constructive role. Therefore, it is necessary to express and evaluate the demands of the both parties before marriage.

The happiness of single life is much more than the marriage that causes the couples and their children troubles and miseries. Why it is necessary that a person

who is not satisfied with life and has abnormal mental characteristics marry and put another person in trouble and deprive another person of the happiness in life.

## **REFERENCES**

- Aghajanian, A. (1986). Some notes on divorce in Iran. *Journal of Marriage and the Family*, 749-755.
- Ahmadi, O., Rasoulzadeh, Y., Abbaspour, A., Damanab, P. S., Rahimzadeh, M., Keshizadeh, F., & Dalili, S. (2016). Personality and Its Relationship with Prevalence of Musculoskeletal Disorders. *Jentashapir Journal of Health Research*(InPress).
- AKHAVAN, T. M. (2004). Divorce stages and aftermaths.
- Arfa-ee, F. S., Far, M. R. T., & Fallahi, A. M. (2015). The Mediating Role of Burnout in the Relationship between Communication Skills and Emotional Divorce among Married Employees in Ahvaz Oil Company (2014-2015). *Mediterranean Journal of Social Sciences*, 6(6 S6), 367.
- Barzoki, M. H., Tavakoll, M., & Burrage, H. (2015). Rational-Emotional 'Divorce' in Iran. *Applied Research in Quality of Life*, 10(1), 107-122.
- Bastani, S., Golzari, M., & Roshani, S. (2009). Emotional divorce: Causes and mediating conditions. *Journal of Social Problems of Iran*, 1(3), 1-20.
- Bastani, S., Golzari, M., & Rowshani, S. (2011). Emotional divorce and strategies to face it.
- Eghrari Solout, F., & Hosseinzadeh, M. (2016). Analysis of Users' Opinions about Reasons for Divorce. *Journal of Advances in Computer Engineering and Technology*, 2(4), 1-8.
- Gottman, J. M. (2014). *What predicts divorce?: The relationship between marital processes and marital outcomes*: Psychology Press.
- Saadi, I. A., Alharbi, M. A., Alzamzami, A. M., & Alzahrani, A. D. (2014). The Role of Some Psychological Variables in the Emotional Distress between the Couple, who live in the Slums. *Life Science Journal*, 11(11).
- Salimi, M., & Shoaee, Z. (2016). Examining the factors underlying employed couples emotional divorce working at the Faculty of Humanities, Islamic Azad University Hamedan Branch, Hamedan, Iran. *Journal of Current Research in Science*, 4(2), 77.
- YOOSEFI, N. (2012). COMPARISON OF THE EFFECTIVENESS OF FAMILY THERAPY BASED ON SCHEMA THERAPY AND BOWENS EMOTIONAL SYSTEM THERAPY ON THE EARLY MALADAPTIVE SCHEMA AMONG DIVORCE APPLICANT CLIENTS.