



Studying the Comparison of Marital Conflict Dimensions in Couples with Marital Conflicts and Emotionally Divorced Women in Bandar Abbas, Iran

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Abstract: This research was aimed at studying the comparison of marital conflict dimensions in couples with marital conflicts and emotionally divorced women in Bandar Abbas County, Iran. The statistical population included all couples referring to family counseling centers and family courts in Bandar Abbas City in 2013. A total of 68 people were selected among them (25 couples with conflict and 18 emotionally divorced women) using convenient sampling method. Barati and Sanaii's Marital Conflict Questionnaire was applied to measure the studied variables. The SPSS software and the one-way variance analysis were applied to analyze the data. Results indicated a significant difference between couples with conflict and emotionally divorced women from marital conflicts respect.

Keywords: Marital Conflicts, Emotionally Divorced Women, Couples.

INTRODUCTION

Family has a special and justly roll among all social institutes, organizations, and establishments. All community thinkers and also all constructivists have emphasized the family and its vital importance for the community. Rather, no community can claim being healthy if it doesn't have healthy families. Doubtlessly, there is no social damage existing without family influence¹.

Marriage or family formation dates back to the beginning of history or even before that, and marital conflicts have existed from the very beginning. But marital conflicts have remained complex because we don't still know the family after centuries. There are many reasons why marriage becomes conflicted. Some of recognized problems in this respect include economic issues, sexual relationships, family relationships, friends, children, emotional problems etc².

Numerous definitions have been presented for "marital conflict" term. Systematic therapists define it as "struggle over possession of power bases and resources and elimination of other's privileges"³.

A high level of maladjustment, turbulence, enmity, disrespect, and blasphemy in couple interactions define marital conflict⁴. Conflict is the lack of

agreement and the disagreement between two people; the maladjustment, opposite ideas, Aims, and behavior; and also a struggle between people due to nonaligned interests, various aims, and different perceptions⁵. According to Cohn J. conflict occurs whenever disagreement, difference, or maladjustment exist between spouses (ibid). Conflict correlates with an increasing danger of various mental disorders including depression especially in women, drug abuse especially in men, sexual impotence in both sexes, and behavioral problems in boys³. Most spouses begin their married life with love. They never think their love flame may die gradually one day. Elis states that the newlywed couples think less that their legendary love may lose color, and this is exactly when repulsion have begun. Love repulsion is a gradual process which rarely occurs suddenly. In fact, intimacy and love lose color gradually and a general tiredness feeling accompanies it. Relationship destruction is the most serious type of repulsion⁶.

Emotional divorce refers to a kind of silent divorce and separation which didn't occur legally and religiously, and the man and woman seem to live inevitably under one roof based on some considerations, and have a cold relationship without communicating their feelings and emotions, and feel dissatisfaction and disappointment⁷. In emotional divorce, man and woman withhold their emotions and hate each other without being separated officially because no trust and feeling remain between them. Although they live together in one house under one roof and dine and work and travel together, they are in fact two strangers and unresponsive and impassive people towards each other and each is busy with his own problems and life affairs. Emotional divorce is an extensive suffering not only in our country, but also around the world. It has various reasons such as social and cultural limitations, economic issues, arranged marriages, fear and scape from remaining alone, friends and family emulation in marriage, aggression and agitation, materialism, extreme luxuries and ceremonialism, superiority complex and degrading others, etc.. Although emotionally divorced couples live together, only their terrestrial bodies are together and they do not have any psychic and mental attachments to each other, and most moral deviations and social, mental, and psychic damages will occur at the same time. This study is aimed at answering this research question whether there is a difference between marital conflict dimensions in couples with marital conflicts and emotionally divorced women.

MATERIALS AND METHODS

Community, Sample, and Sampling Method

The statistical population included all couples referring to family counseling centers and family courts in Bandar Abbas City, Iran in 2013. The couples were first interviewed to determine their problem either having conflict or being emotionally divorced and distinguish them from each other, and the questionnaires were then given to each. The applied sampling method was

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convenient sampling in this research. Sample volume included 25 couples with conflict and 18 emotionally divorced women selected using convenient sampling method. The SPSS software and the one-way variance analysis were applied to analyze the data.

Tools:

Marital Conflict Questionnaire

Marital conflict questionnaire is a 42-item tool made to measure espousal conflicts. This test is prepared and systematized by Barati and Sanaii and measures 7 marital conflict dimensions including: (1) reduction in cooperation, (2) reduction in sexual relationship, (3) increase in excited reactions, (4) increase in attracting children support, (5) increase in personal relationship with one's own kins, (6) reduction in family relationship with spouse kins, (7) separation of one's financial affairs from his spouse affairs. The questionnaire components were designed to be closely and directly related to considered variable (marital conflict). The scores of 1 to 5 were allocated to each of five choices considered for each question. The maximum and minimum total questionnaire scores are 210 and 42, respectively⁸. The reliability was obtained 0.82 for this questionnaire in this research .

Adibe-rad, Nastaran⁶; The averages for two groups in marital conflict dimensions were compared using the five-variable variance in order to answer the research question. Descriptive indexes and one-way variance analysis results in Manuva text are presented in table 1.

Table 1. Comparing marital conflict dimensions between couples with conflict and emotionally divorced women

| Dimensions | Indexes Groups | Average Difference | Significance Level | f | |
|---|-----------------------------|---------------------|--------------------|-------|-------|
| reduction in cooperation | Emotionally divorced women | Women with conflict | 4.63* | 0.001 | 14.7 |
| | | Men with conflict | 5.23* | 0.001 | |
| | Women with marital conflict | Men with conflict | 0.6 | 0.814 | |
| reduction in sexual relationship | Emotionally divorced women | Women with conflict | 4.5* | 0.001 | 31.82 |
| | | Men with conflict | -9.06* | 0.001 | |
| | Women with marital conflict | Men with conflict | -4.56* | 0.001 | |
| increase in excited reactions | Emotionally divorced women | Women with conflict | 5.65* | 0.012 | 6.25 |
| | | Men with conflict | 5.89* | 0.008 | |

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|--|-----------------------------|---------------------|--------|-------|--------|
| | Women with marital conflict | Men with conflict | 0.24 | 0.99 | |
| increase in support seeking (attracting child support) | Emotionally divorced women | Women with conflict | 4.99* | 0.001 | 28.08 |
| | | Men with conflict | 6.23* | 0.001 | |
| | Women with marital conflict | Men with conflict | 1.24 | 0.297 | |
| reduction in family relationship with spouse kins and friends | Emotionally divorced women | Women with conflict | 4.19* | 0.01 | 21.25 |
| | | Men with conflict | 8.63* | 0.001 | |
| | Women with marital conflict | Men with conflict | 4.44* | 0.002 | |
| separation of one's financial affairs from his spouse affairs | Emotionally divorced women | Women with conflict | 6.49* | 0.001 | 151.67 |
| | | Men with conflict | 11.09* | 0.001 | |
| | Women with marital conflict | Men with conflict | 4.6* | 0.001 | |

As seen in the table above, there is a significant difference between couples with conflict and emotionally divorced women in all marital conflict dimensions except increase in personal relationship with one's own kins. That is, there is a significant difference between couples with conflict and emotionally divorced women in the following dimensions: reduction in cooperation, reduction in sexual relationship, increase in excited reactions, increase in support seeking (attracting child support), and reduction in family relationship with spouse kins and friends, and separation of one's financial affairs from his spouse affairs.

DISCUSSION

The general conclusion of this research indicated a significant relationship in marital conflict dimensions between couples with conflict and emotionally divorced women. Also, a significant difference was observed between the two groups in reduction in cooperation dimension. To elaborate on this result, it can be said that unresolved conflicts are among the reasons for couples' lack of accompaniment and cooperation in married life occurring as their non-cooperation and improper cooperation. The research by Barati indicated a positive and significant relationship between marital conflict due to reduction in cooperation and spouse interactions. The research by Dehghan ⁹ also indicated a significant difference between divorce demanding women and those referring for marital counseling from cooperation respect. The research by Mansoor and

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Adibe-rad ⁶ also expressed a significant difference between women referring for marital counseling and common women from this respect.

Also, a significant difference was observed between the two groups in reduction in sexual relationship dimension. That is, there is a significant difference between couples with conflict and emotionally divorced women from sexual relationship respect. The research by Barati indicated a positive and significant relationship between marital conflict due to sexual relationship and spouse interactions. The research by Dehghan ⁹ also indicated no significant difference between divorce demanding women and that undemanding divorce referring for marital counseling regarding sexual relationship. The research by Sanaii, Zaker, and andBagherian-nezhad ¹⁰ indicated no significant difference between divorce demanding men and women from this respect. The research by Mansoor and Adibe-rad ⁸ also indicated no significant difference between women referring for marital counseling and common women from this respect. To elaborate on this result, it can be said sexual relationship will damage if spouses are not able to cope up with their problems and issues since it is the closest, the most private, and the most intimate relationship between them. Many global researches have indicated that reduction in sexual relationship between spouses is one of the most destructive causes of family foundation breakup and spouse separation.

The result of this research indicated a significant relationship in increase in excited reactions dimension between couples with conflict and emotionally divorced women. It can be said couples with marital conflict express negative excited reactions in married life. These couples react stridently and negatively in conflicting situations which can make grounds for even more and deeper conflicts between them. The research by Dehghan ⁹ also indicated a significant difference between divorce demanding women and that undemanding divorce referring for marital counseling from excited reactions respect. The research by Mansoor and Adibe-rad ⁸ also expressed a significant difference between women referring for marital counseling and common women from this respect. The research by Honarparvaran ET AL. ¹¹ indicated no significant difference between working women and housewives from this respect.

The result of this research for attracting children support indicated a significant difference in support seeking (attracting child support) dimension between couples with conflict and emotionally divorced women. To elaborate on this result, it can be said that when spouses have struggles and conflicts, they might be after combining with children and attracting their support. These combinations cause more serious struggles and conflicts in families instead of dissolving them. The research by Dehghan ⁹ also indicated a significant difference between divorce demanding women and that undemanding divorce referring for marital counseling from attracting children support respect against spouse. The research by Mansoor and Adibe-rad ⁸ also indicated no significant difference

between women referring for marital counseling and common women in this regard. The research by Hoseini and Sanaii¹² indicated no significant relationship between women and their mothers from attracting child support respect.

But, no significant relationship was found regarding increase in personal relationship with one's own kins. That is, there is no significant relationship between couples with conflict and emotionally divorced women in this regard. To Elaborate on this result, it can be said that each spouse's family interference separately can cause intense couple conflict. In fact, family support of their own children can cause deeper conflicts and discords between spouses in conflict situation. If these cases increase, each one may try to get closer to their parental family and increase their relationships with their kins. This increase in relationship with one's family and kins by each one indicates conflict and discord in spouse relationships. The research by Dehghan⁹ also indicated a significant difference between divorce demanding women and that undemanding divorce referring for marital counseling from personal relationship with his own family respect. The research by Mansoor and Adibe-rad⁸ also indicated no significant difference between women referring for marital counseling and common women in this regard. The research by Hoseini and Sanaii¹² indicated no significant relationship between women and their mothers in this regard. The research by Honarparvaran, ET AL.¹¹ also indicated no significant difference between working women and housewives from this respect.

A significant difference was observed in reduction in family relationship with spouse kins and friends dimension. That is, there is a significant relationship between couples with conflict and emotionally divorced women in this respect. To elaborate on this result, it can be said couples with conflicts in their own relationships generally try to increase their relationships with their parental family and kins. In fact they try to form combination and union with them. IN contrast, they try to avoid their spouse family, kins, and friends which cause more intense conflict between couples. In fact, getting closer and each spouse combining with his own family and kins, and avoiding spouse kins can cause more interference by the other one's family and kins in their life and the lack of peaceful solution to couple conflict. It is highly probable that this would be a danger for increasing conflicts between them and finally their relationship breakup. The research by Barati indicated a positive and significant relationship between couples regarding relationship with spouse family and friends, and couples interactions. The research by Dehghan⁹ also indicated a significant difference between divorce demanding women and that undemanding divorce referring for marital counseling regarding relationship with spouse family and friends. The research by Mansoor and Adibe-rad⁸ also indicated a significant difference between women referring for marital counseling and common women in this regard. The research by Honarparvaran, ET AL.¹¹ also indicated no significant difference between working women and housewives from this respect.

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There was also a significant difference in separation of one's financial affairs from his spouse affairs dimension. That is, there was a significant difference between couples with conflict and emotionally divorced women in this respect. To elaborate on this result, it can be said that conflict between couples causes their distrust in continuing their life together. Therefore, each one, especially non-working women with no strong financial credit, will deposit for themselves separately and secretly. Of course it can be said that one of the main reasons why many people, especially women, remain with lots of conflicts in life and sometimes are affected by emotional marriage is the lack of strong financial credit and the provision of life expenses after divorce. The research by Barati indicated a positive and significant relationship between couples due to separation of financial affairs and couples interactions. The research by Mansoor and Adibe-rad⁸ also indicated a significant difference between women referring for marital counseling and common women from separation of financial affairs respect. The research by Honarparvaran, ET AL.¹¹ also indicated no significant difference between working women and housewives from this respect.

One of basic limitations of this research was the problem for finding couples both of whom were ready to cooperate with the researcher and answer his questions. At least one of them didn't do the required cooperation. Since the cooperation of both spouses was necessary in this research, the researcher must tried hard to find couples with marital conflict or emotionally divorced ones both of whom were able to cooperate which caused him expending plenty of time and money. As little literature was found on emotional divorce, it is suggested that other researchers study this big dilemma and the effective factors on it, and present guidelines on its reduction.

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