



The Efficacy of Self-Compassion Therapy on Emotional Management and Resilience of Women with Culture Grounded Emotional Divorce

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Abstract

The aim of the present study was to investigate the effectiveness of self-compassion-focused treatment on emotional management and resilience of women with culture grounded emotional divorce in Andimshek city. The statistical population of the research included all women with emotional divorce who referred to counseling centers in Andimshek city in 1402. The sample was selected among those who referred to the centers via convenience sampling procedure and were assigned randomly in two experimental and control group ten subjects each. The research was designed as semi- experimental with pre-test, post-test and control group. To collect data Connor and Davidson Resilience Questionnaire (2003), Williams Emotion Management Questionnaire (1997) were implemented. The experimental group was exposed to Self-Compassion-Focused Treatment intervention (Russell Koltz et al., 2016) for 8 sessions, once a week and 90 minutes' duration each. The control group received none. Then both groups were post tested. Multi-Variate Analysis of Covariance (MANCOVA) and Univariate Analysis of Covariance (ANCOVA) was applied to analyze data. The results showed that self-compassion treatment was effective on the management of emotions and resilience of women with emotional divorce who referred to the counseling centers of Andimeshk city. Generally, the women with emotional divorce experience unstable emotions. Such circumstances could cause negative effects on them. The cultural factors could also play a significant role to increase the emotional divorce risk in women.



Extended abstract

Introduction: Family is an institution that gives its members a sense of security and peace. Cohabitation is based on a contract between a man and a woman to satisfy their needs and, accordingly, perform all its functions, including the spirit of cooperation, division of labor, education and upbringing of children, and the creation of love and affection. One of the threatening problems of families is the phenomenon of divorce, the prevalence of which has increased alarmingly in Iran today. In examining the cause of divorce, paying attention to individual and psychological causes, including emotional divorce, is of special importance. Emotional divorce is a definite and obvious emotional distance between spouses who are both immature, although one of them may confirm this immaturity and the other one may deny such a thing with excessive responsible actions, and the most important issue that Lack of proper communication interactions can include emotional divorce and lead to physical divorce. Emotional divorce has various reasons, among which are strong cultural differences. A kind of value difference, which causes the difference between two individuals. Social class difference, different culture and environment in which men and women grew up. Like being urban and rural, they usually make intellectual and cognitive differences. Since culture plays a decisive role in the formation of individuals' personality. The environment of growth and upbringing, religious beliefs, traditions, childhood of a person, family all show the differences that may cause the occurrence of divorce. So far the aim of the present study was to investigate the effectiveness of self-compassion-focused treatment on emotional management and resilience of women with culture grounded emotional divorce in Andimeshk city.

Methods: The statistical population of the research included all women with emotional divorce who referred to counseling centers in Andimeshk city in 1402. The sample was selected among those who referred to the centers via convenience sampling procedure and were assigned randomly in two experimental and control group ten subjects each. The research was designed as semi- experimental with pre-test, post-test and control group. To collect data Connor and Davidson Resilience Questionnaire (2003), Williams Emotion Management Questionnaire (1997) were implemented. The experimental group was exposed to Self-Compassion-Focused Treatment intervention (Russell Koltz et al., 2016) for 8 sessions, once a week and 90 minutes' duration each. The control group received none. Then both groups were post tested. Multi- Variate Analysis of Covariance (MANCOVA) and Univariate Analysis of Covariance (ANCOVA) was applied to analyze data.

Results: The results showed that self-compassion treatment was effective on the management of emotions and resilience of women with emotional divorce who referred to the counseling centers of Andimeshk city.

Conclusions: One of the effects of socio-cultural changes in today's society is the creation of emotional divorce between couples. Cultural changes are a process in which, as a result of the collision of one culture with another culture, a transformation is created in institutions such as family, educational institution, religious institution, etc. and the cultural values of the society. Generally, the women with emotional divorce experience unstable emotions. Such circumstances could cause negative effects on them. The cultural factors could also play a significant role to increase the emotional divorce risk in women.



Similarly, in the present study, it was also concluded that the cause of emotional problems between couples was the lack of life skills. This is while most of the relationship problems between couples could be solved with education and many other measures.

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