

Original research

Predicting emotional-divorce based on family communication patterns and self-differentiation with the mediation role of primary maladaptive schema of women in Karaj regionAzadeh Askari*,¹ Masoomeh Ghasemi Fard²**Abstract**

Introduction: Emotional divorce is considered a serious threat to marital relations that destroys the foundation of the family over time. For this reason, it is very important to examine the harms and solutions to prevent the emergence of emotional divorce. The aim of this research was to predict emotional divorce based on family relational patterns and self-differentiation with the mediating role of the primary maladaptive schema of women in Karaj region.

Research method: The method of this research was a correlational description that predicted emotional divorce based on family relational patterns and self-differentiation with the mediating role of primary maladaptive schemas of women in Karaj region. The statistical population of this research is made up of married women referring to the counseling center of Karaj region. A staged cluster sampling method was used. The sample size was selected using Cochran's formula of 200 people, and 220 people were selected with the probability of dropping out. SPSS26 software was used for data analysis. In order to investigate the relationship between research variables, the Pearson correlation method was used, and in order to investigate the relationship, the hierarchical multiple regression method was used.

Findings: The coefficient of the indirect path between the communication pattern of conversation and emotional divorce ($p < 0.01$, $\beta = -0.161$) is negative and the coefficient of the indirect path between the communication pattern of conformity and emotional divorce ($p < 0.01$, $\beta = 0.142$) is positive and significant. Also, the indirect path coefficient between self-differentiation and emotional divorce ($p < 0.01$, $\beta = 0.103$) is negative and significant.

Conclusion: The results showed that family relational patterns and self-differentiation both directly and through the mediation of primary incompatible schemas predict emotional divorce in women. The variables of family communication patterns, self-differentiation, initial maladaptive schema predict well emotional divorce in spouses; Therefore, through increasing the skills of couples in providing marital satisfaction for each other and teaching them psychological capital, constructive conflict resolution can be increased in them.

Keywords: emotional divorce, family communication patterns, self-differentiation and primary maladaptive schema

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Introduction

Marriage has always been considered as the first emotional and legal commitment that people accept in adulthood, and also as the highest social custom to achieve people's emotional and safety needs. In fact, marriage can be considered one of the most basic decisions of every person, and staying committed to this covenant is one of the most sensitive issues between couples (1). People consider marriage as the most intimate adult relationship, a relationship that is the main source of affection and support for them (2). Research results show that with all the effort men and women have to perform their duties accurately, over time the love between them becomes weaker and weaker and sometimes disappears completely (3).

Most people who get married have a high level of satisfaction with their married life at the beginning of their marriage, but over time, it decreases and many families are gradually approaching divorce (4). Factors such as couples' lack of familiarity with effective communication skills, expressing emotions, solving their own problems, and accepting family roles play an effective role in leading couples to divorce (5). In the United States, about half of all marriages end in divorce, and about 50 percent of people who remarry experience divorce a second time. The official statistics of marriage and divorce in Iran indicate that every year the percentage of marriage decreases and the percentage of divorce increases compared to the previous year (6). Divorce is a complex event that has many short-term and long-term financial, legal, personal and social consequences for the couple. Divorce statistics increased from 7.89% in 1375 to 25.3 in 1395 (7) and it is equal to the official statistics published in Iran, the ratio of marriage to divorce is about 3.4. That is, one divorce occurs for every 3/4 of marriages, which is 47.2% in the first five years of life (8). In other words, at the beginning of life, emotional relationships often exist with a certain passion, but after a while, due to the ignorance and neglect of one or both parties, the emotions subside, and gradually as this situation intensifies, life becomes cold and sometimes This state continues to the point where the couple is only together under one roof, but they do not live together, this situation is called emotional divorce. In emotional divorce, married life becomes empty and lacks love, companionship and friendship (9). (10) He considers emotional divorce to be the first step in the divorce process and an expression of a broken marital relationship, which is replaced by a feeling of alienation. Today, divorce is one of the most common phenomena in human societies and its occurrence is rapidly increasing in different societies (11).

on the other hand; One of the most important factors that affect the durability and quality of married life is healthy relationships based on compatibility and understanding between family members, especially husband and wife(12). From the point of view (13) in the family system, the element of communication is very decisive (14) and on the other hand, one of the most important problems of families is communication patterns (15). The meaning of family communication patterns is how to interact between family members to reach common ideas and how to make decisions by the family (16). Based on the research results, the mutual constructive communication pattern in the positive direction and the mutual avoidance communication pattern in the negative direction have the sexual and marital satisfaction of couples (17). Also, in other researches, couples' communication patterns and marital satisfaction have been reported to have a significant relationship; So that the mutually constructive pattern has a positive effect on increasing marital satisfaction, and the patterns of avoidance and expectation/withdrawal have negative effects on marital satisfaction (18-20).

When couples can express their thoughts and feelings to each other, they will not only become more intimate, but also prevent misunderstandings and be able to enter each other's world (21). Gutman has identified and introduced three conflict-avoiding, respectful, and controversial patterns among couples with stable happy relationships, and among unhappy couples, two patterns of intense enmity and intense enmity-detached. He also proposed four characteristics among couples under the title of four destructive riders: fault-finding, humiliating, fronting, and silence and withdrawal (22). Research findings (23) showed that there is a positive and significant relationship between emotional intelligence, emotional creativity and marital satisfaction. Also, emotional intelligence and emotional creativity have the ability to predict marital satisfaction. (24) showed in a research that among the components of communication beliefs (sexual perfectionism, gender differences) there was no significant relationship with marital dissatisfaction and other components (destructive opposition, immutability of spouse and expectation of mind reading) had a significant positive relationship with marital dissatisfaction. Also, (25) showed that emotional divorce can be predicted based on distress tolerance and communication patterns of couples. (26) showed in their research that communication beliefs and cognitive emotion regulation strategies have an important and influential role on the quality and stability of couples' lives, because the deficiencies in the emotional and emotional sufficiency of couples, along with false beliefs, can be an obstacle to establishing intimate relationships and understanding. correct feelings and reduce the satisfaction of couples.

One of the other well-known factors affecting the quality of life is self-differentiation, which is the balance that a person establishes between the world of togetherness and individuality (intra-psychic and meta-psychic levels) and the result is a balance between maintaining independence and maintaining relationships with important people in life. (27). Differentiation refers to the ability of people to differentiate themselves from their original family on an emotional and intellectual level (28). People who have little self-differentiation are not able to distinguish their feelings from others and are easily disturbed by the feelings that their family and surrounding people give them. are aware This is despite the fact that undifferentiated people are emotionally dependent on others and hardly think, feel and act for themselves (29). Self-differentiation, at the intra-psychological level, includes the ability to distinguish emotional processes from intellectual processes. Favorable differentiation enables a person to remain in an intense emotional relationship or in uncertain difficult situations (30-31). In the interpersonal domain, differentiation refers to the ability to experience independence and intimacy with others. More differentiated people are able to experience more independence in their relationships without feeling neglected and fear and anxiety caused by separation (32). (33) showed in a research that there was a significant difference between satisfied couples and couples with marital conflict regarding the components of emotional reactivity and emotional integration with others. Women experience emotional reactivity and mixing with others more than men. No significant difference was found between satisfied and conflicted couples in the components of emotional breakdown and my situation. The research findings (34) showed that there is a significant positive relationship between self-differentiation and marital satisfaction, between emotional intelligence and self-differentiation, and between emotional intelligence and marital satisfaction. (35) also found that there is a relationship between marital satisfaction

and self-differentiation, and self-differentiation plays a role in couples' compatibility. (36) showed in a research that there is no significant relationship between self-differentiation and marital satisfaction, and only my position among the dimensions of self-differentiation has a significant relationship with marital satisfaction.

According to (37), the severity of people's reaction to this anxiety is based on how the person's main family transmits anxiety. Therefore, it can be seen that self-differentiation is an important and effective factor on family structure and has deep effects on marital relations. In line with differentiation, among other predictors of family functioning and marital satisfaction, we can mention the role of primary incompatible schemas. Inconsistent schemas stimulate negative spontaneous thoughts and bring severe mental discomfort with them (38). In this regard, (39) have stated in a research that primary incompatible schemas are ineffective mechanisms that directly lead to psychological distress. These schemas arise due to not satisfying the basic emotional needs of childhood, which include: the need for secure attachment to others, self-direction, adequacy and identity, freedom in expressing healthy needs and emotions, spontaneity and fun, and realistic limitations. It is restraint (40). (41) also showed in a research on the relationship between primary incompatible schemas and differentiation with the level of marital compatibility that the level of marital compatibility can be predicted with primary incompatible schemas and differentiation. (42) showed that the transformative functions of the childhood family through primary incompatible schemas have a significant relationship with the emotional divorce of teachers, and therefore it can be said that by increasing the amount of transformative functions of the childhood family on the one hand and decreasing the primary incompatible schemas on the other hand It is possible to reduce the rate of emotional divorce of teachers in the future.

According to the results of the mentioned researches, emotional divorce occurs after wrong and uninformed marriage, and then wrong relationships of spouses and ignorance and not having the necessary skills to interact with each other after marriage. And usually, due to reasons such as the pressure of public opinion and adherence to moral principles and traditions, lack of financial support and social support after divorce, or due to sacrifice for children and concern for their future, an official divorce does not take place. Due to the fact that emotional divorce has adverse effects on the efficiency and health of the personal and social life of family members, for its prevention and treatment, the causes must first be known, and along with that, counseling and training of life skills and reducing expectations should be included in educational programs. The most important thing is that we should take premarital counseling seriously and not be satisfied with temporary work and plan in principle. Counseling and proper training are very important. Of course, providing easy and cheap access to specialized counseling in two aspects of psychology and psychiatry is very important for people before and after marriage. Naturally, the weak emotional relationship in couples' communication causes the coldness of the relationship between husband and wife; Sometimes, due to the severity of these problems, couples resort to divorce, and sometimes, when these problems are milder and there are other issues such as economic, social conditions, and children, these divorces do not take place, and the couples remain as housemates and with extreme emotional coldness and intolerance of each other. They continue their seemingly common life; This phenomenon is called emotional divorce. Unfortunately, there is no accurate statistics on the number of emotional divorces, but we can safely say that the number of emotional divorces in our country is higher than legal divorces.

Emotional divorce imposes a lot of mental and nervous pressures on the couple and causes the family foundation to weaken, the distrust of the parties and the possibility of cheating on the spouse increases in the couple. And couples, in addition to discouragement and indifference to their own lives, also become indifferent to the lives of other members of their family, lack of necessary skills for two-person life, late marriage, interference of those around them in their joint life, undesirable moral characteristics, marital problems, not understanding each other's speech and behavior. It is only part of the reasons for the occurrence and escalation of emotional divorces in couples, living in the conditions of emotional divorce leads people to mental and psychological problems and forces them to live under the same roof without understanding; If a solution for these problems is not considered, emotional divorce will eventually lead to legal divorce.

Finally, according to the mentioned materials and based on the researches that have been stated as the possible causes of emotional divorce, the main hypothesis of this research is the structural model of the research in which it is assumed that the family communication patterns and their differentiation both directly and with the mediation of primary incompatible schemas. predicts emotional divorce in women It fits the collected data.

Research Method:

The method of this research was a descriptive correlational type that predicted emotional divorce based on family communication patterns and self-differentiation with the mediating role of primary maladaptive schema of women in Karaj region. The statistical population of this research was made up of all married women referring to the counseling center of Karaj region. In this research, the type of sampling method or staged cluster was used. In this way, from the existing counseling centers in Karaj region, the researcher randomly selected 2 centers (Thagan counseling center under the supervision of Education Department and Niloufar). Then, the researcher went to counseling centers and completed the questionnaires (emotional divorce, family communication patterns, self-differentiation and primary maladaptive schema) by going to counseling centers and obtaining consent. The sample size was selected using Cochran's formula of 200 people, and 220 people were selected with the possibility of attrition. SPSS26 software was used for data analysis. In order to check the necessary presuppositions before the inferential analysis of the data, the skewness and stretch indices and Smrinov's Kalmograph test were used. Also, Pearson's correlation method was used to check the relationship between the research variables and hierarchical multiple regression method was used to check the relationship. Before running the main regression analyzes for each specific question, a complete regression analysis model was performed for the variables. Research tool:

1- Gutman's Emotional Divorce Questionnaire: The Emotional Divorce Questionnaire is taken from the book "Success or Failure in Marriage" written by (43). This scale has 24 questions and must be answered in a yes or no way. A yes answer gets one point and a no answer gets 0. The higher the number of yes answers, the higher the probability of emotional divorce. In Mami and Asgari's research, Cronbach's alpha for the reliability of the questionnaire is 83%. Also, the content validity of the questionnaire has been reported by favorable professors.

2- Questionnaire of family communication patterns: Questionnaire (44) was used to measure family dimensions. This questionnaire contains 12 items and it measures family dimensions in two dimensions: communication orientation (questions 1 to 6) and conformity orientation (questions 7 to 12) using a Likert scale. This questionnaire was used by (45). In the mentioned research, it was found that the reliability of the questionnaire was reported based on Cronbach's alpha coefficient of 0.87. In research (45), the opinions of the supervisor and several other professors and experts were used to obtain the validity of the questionnaire.

3-Self-differentiation questionnaire: Self-differentiation questionnaire is a 46-item tool that was designed by (46) and then revised by (47). In research (46), the subscales of this questionnaire have an acceptable internal consistency for all four scales, which for the total score is 0.88; emotional reactivity 0.84; My position is 0.83; Emotional avoidance was 0.82 and integration with others was 0.74 (quoted from (48)). In research (49), the reliability of the whole test with Cronbach's alpha method was 0.69 and for the subscales of emotional reactivity, my place, emotional escape and emotional integration with others, 0.075, 0.61 and 0.75 respectively. Was calculated. The construct validity of this questionnaire through factor analysis showed the confirmation of four factors of emotional reactivity, my situation, emotional breakdown and integration with others (50). In the study (51), Cronbach's alpha coefficients of the components of emotional response, emotional fault, self-position and blending with others were 0.56, 0.64, 0.53 and 0.72, respectively, and 0.81 for the whole questionnaire. The content validity of this questionnaire was reported as 0.83 using the internal consistency method. In the present study, the emotional reactivity subscale was 0.79; My position is 0.73; emotional escape 0.78; Integration with others was estimated at 0.75 and for the whole questionnaire at 0.88.

4- Short form of Young Schemas Questionnaire (YSQ-SF): The original version of the Young Schemas Questionnaire (YSQ) was developed by (52) to measure early maladaptive schemas. The short form of the Schema Questionnaire (YSQ-SF) was made based on the original form to measure 15 primary incompatible schemas (53). These schemas are: emotional deprivation, rejection/instability, mistrust/mistreatment, social isolation/alienation, defect/shame, failure, dependence/incompetence, vulnerability to illness, undeveloped/trapped self, obedience, sacrifice, inhibition. emotionality, stubborn/overcritical standards, entitlement/grandiosity and insufficient self-control. Each question is scored on a 6-point scale (1 for completely false and 6 for completely true). The reliability and validity of this tool has been proven in several studies (54). The standardization of this questionnaire in Iran has been done by (55) in Tehran universities. The internal consistency using Cronbach's alpha is 97% in the female population and 98% in the male population. In the current study, the obtained alpha is 0.96.

Findings:

The following table shows the mean, standard deviation and Cronbach's alpha coefficients of differentiation components (emotional reactivity, my position, emotional escape and integration with others), family communication patterns (dialogue and conformity), primary maladaptive schemas (cut/rejection, self-management). And it shows impaired performance, other orientation, deafness and impaired limitations) and emotional divorce.

Table 1. Mean, standard deviation and Cronbach's alpha coefficient of the variables

variable	average	The standard deviation	Cronbach's alpha
emotional reactivity -Differentiation	35/72	5/77	0/64
my niche -Differentiation	34/65	5/18	0/71
emotional escape -Differentiation	38/67	7/26	0/74
fusion -Differentiation	33/38	6/00	0/69
dialogue -Communication patterns	18/58	4/23	0/78
Conformity -strategies	17/92	4/78	0/72
cut/exclusion -Schema	73/28	12/47	0/93
regulation and impaired -self-Schema functioning	58/96	9/15	0/89
orientation other -Schema	34/57	8/56	0/82
Goshbazang Y -Schema	32/51	7/13	0/86
Disruptive limitations -Schema	34/26	7/09	0/71
Emotional Divorce	13/32	4/40	0/82

Table 1. In addition to the mean and standard deviation of the research variables, it shows the Cronbach's alpha coefficients of each of them. As can be seen, Cronbach's alpha coefficients of all components and variables are close to or higher than 0.7. Based on this, it can be said that the dialogues of each of the questionnaires used to measure the variables of the current research had an acceptable internal consistency.

Table 2. Correlation matrix between research variables

Research variables	۱	۲	۳	۴	۵	۶	۷	۸	۹	۱۰	۱۱	۱۲
1. Differentiation - emotional reactivity	-											
2. Differentiation - my position	0/34**	-										
3. Differentiation - emotional escape	0/39**	0/32**	-									
4. Differentiation - fusion	0/37**	0/36**	0/50**	-								
5. Communication patterns - dialogue	0/10	0/05	0/38**	0/26**	-							
6. Non-adaptive strategies - conformity	-0/15*	-0/05	-0/23**	-0/30**	-0/30**	-						
7. Schema-cutting/ rejection	-0/23**	-0/07	-0/36**	-0/40**	-0/52**	0/50**	-					
8. Schema--self-management and impaired performance	-0/26**	-0/08	-0/27**	-0/35**	-0/52**	0/43**	0/71**	-				
9. Schema - reorientation	-0/18**	-0/11	-0/21**	-0/25**	-0/41**	0/36**	0/65**	0/65**	-			
10. Scheme - listen to the bell	-0/09	0/03	-0/22**	-0/27**	-0/46**	0/52**	0/58**	0/51**	0/36**	-		
11. Schema - Disturbed limitations	-0/20**	-0/05	-0/30**	-0/29**	-0/39**	0/42**	0/62**	0/44**	0/51**	0/58**	-	
12. Emotional divorce	-0/16*	-0/07	-0/47**	-0/40**	-0/61**	0/32**	0/38**	0/49**	0/56**	0/33**	0/41**	-

Table 2. It shows the correlation coefficients between the variables of the current research. As the above table shows, the correlation between the variables was in the expected direction and in line with the theories of the research field.

Measurement model

As can be seen in Figure 3, in the current study, differentiation and initial incompatible schemas were latent variables and formed the measurement model of the current study. In this research, it was assumed that the latent variable of differentiation through the indicators of emotional reactivity, my place, emotional escape and fusion with others, and the latent variable of primary incompatible schemas through the indicators of cut/rejection, self-direction and impaired performance, other orientation, deafness. And the limits of the disorder are measured. The fit of the measurement model with the collected data was evaluated using the confirmatory factor analysis method and by using version 24 of AMOS software and using the maximum likelihood (ML) estimation method. Table 3 shows the fit indices of the measurement model.

Table 3. Initial and modified measurement model fit indices

Fitness indicators	Basic model	Modified model	¹ cut point
² chi square	78/32	37/15	-
Degree of freedom of the model	26	23	-
df ³ / χ	3/01	1/62	Less than 3
GFI ⁴	0/924	0/964	0/90>
AGFI ⁵	0/868	0/930	0/850>
CFI ⁶	0/942	0/984	0/90>
RMSEA ⁷	0/096	0/053	0/08>

Table 3. shows that except for the RMSEA indices, the other fit indices obtained from the confirmatory factor analysis do not support the acceptable fit of the measurement model with the collected data. For this reason, the model was modified in three stages by creating covariance between the errors of the indicators of the initial incompatible schemas and finally the fit indices, which showed that the measurement model has an acceptable fit with the collected data. Thus, it was concluded that the research measurement model fits the collected data. Next, Table 3 shows the standard and non-standard factor loadings related to the indicators in the measurement model.

Table 4. Parameters of the research measurement model in confirmatory factor analysis

indicator - Current variable	b	β	SE	t
emotional reactivity -Differentiation	1	0/524		
my niche -Differentiation	0/799	0/467	0/160	5/03**
emotional escape -Differentiation	1/612	0/671	0/256	6/13**

¹ Cut points based on Klein's perspective

² Chi- Square

³ normed chi-square

⁴ Goodness Fit Index

⁵ Adjusted Goodness Fit Index

⁶Comparative Fit Index

⁷Root Mean Square Error of Approximation

fusion -Differentiation	1/502	0/757	0/293	6/29**
cut/exclusion - Schema	1	0/952		
regulation and impaired functioning-self-Schema	0/889	0/919	0/041	21/80**
other orientation -Schema	0/259	0/689	0/020	12/64**
Goshbazang Y -Schema	0/212	0/610	0/020	10/50**
Disruptive limitations -Schema	0/256	0/642	0/023	11/27**

0/0 <P **

Note: Unstandardized factor loadings related to indicators of emotional reactivity and so their standard error and critical ,cut/rejection were recorded with the number \) .ratio were not calculated

Table 4. It shows that the largest factor load belongs to the cut/rejection indicator ($\beta=0.952$) and the smallest factor load belongs to the My place indicator ($\beta=0.467$). Thus, considering that the factor loadings of all indicators were higher than 0.32, it can be said that all of them have the necessary power to measure the underlying variables of the present study. It is necessary to explain that according to the point of view (56), factor loadings of 0.71 and above are excellent, loadings between 0.63 and 0.70 are very good, loadings between 0.55 and 0.62 are good, loadings between 0.45 Up to 0.55 is relatively good, loads between 0.32 and 0.44 are low and loads below 0.32 are considered weak. Figure 1. It shows the research measurement model and its factor loadings using standard data.

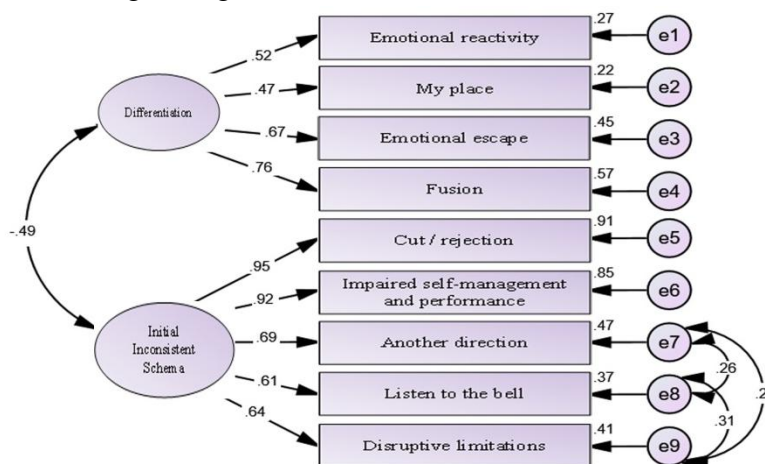


Figure 1. Measurement model using standard data

Structural model

To test the hypotheses of the research, a model was designed in which it was assumed that family communication patterns and self-differentiation both directly and through the mediation of primary incompatible schemas predict emotional divorce in women. Structural equation modeling method was used to test the mentioned model. Table 5 shows the fit indices of the structural model of the research.

Table 5. Structural model fit indices

Fitness indicators	Structural
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	model
chi square	103/58
of the Degree of freedom	44
model	
df χ^2	2/34
GFI	0/929
AGFI	0/874
CFI	0/953
RMSEA	0/079

As Table 5 shows, all the fit indices obtained from structural equation modeling analysis support the fit of the structural model of the research with the collected data. Thus, in the test of the first hypothesis of the research, it was concluded that the structural model of the research fits the collected data. Table 6 shows the path coefficients between the variables in the structural model of the research.

Table 6. Total, direct and indirect path coefficients between the research variables in the structural model

Direction	Local variables	b	SE	β	p
Direct	Congruent communication pattern \leftarrow Inconsistent schemas	2/013	0/369	0/331	0/001
	Conversational communication pattern \leftarrow Inconsistent schemas	-2/082	0/336	-0/375	0/001
	Differentiation \leftarrow Inconsistent schemas	-2/426	0/966	-0/240	0/003
	Maladaptive \leftarrow - schemas of emotional divorce	0/258	0/010	0/430	0/001
	Consistency Emotional Divorce Communication Model \leftarrow	0/014	0/044	0/015	0/775
	Communication model of \leftarrow emotional divorce	-0/245	0/051	-0/292	0/001
	Differentiation of \leftarrow emotional divorce	-0/299	0/168	-0/195	0/006
indirect	Consistency Emotional Divorce Communication Model \leftarrow	0/131	0/033	0/142	0/001
	Communication model of \leftarrow emotional divorce	-0/136	0/031	-0/161	0/001
	Differentiation of \leftarrow emotional divorce	-0/158	0/066	-0/103	0/001
Total	Consistency Emotional Divorce Communication Model \leftarrow	0/145	0/044	0/157	0/001
	Communication model of	-0/380	0/057	-0/453	0/001

←divorce emotional				
Differentiation of←emotional				
divorce	-0/456	0/191	-0/298	0/001

Table 6 shows that the coefficient of the indirect path between the communication pattern of dialogue and emotional divorce ($p < 0.01$, $\beta = -0.161$) is negative and the coefficient of the indirect path between the communication pattern of conformity and emotional divorce ($p < 0.01$), $\beta=0.142$) is positive and significant. Thus, in the test of the fifth hypothesis of the research, it was concluded that the primary incompatible schemas in women mediate the relationship between the conversational communication pattern and emotional divorce in a negative way and the relationship between the congruent communication pattern and emotional divorce in a positive and meaningful way. Also, the table shows that the indirect path coefficient between self-differentiation and emotional divorce ($p<0.01$, $\beta=0.103$) is negative and significant. Thus, the research concluded that the initial incompatible schemas in women mediate the relationship between self-differentiation and emotional divorce in a significant negative way.

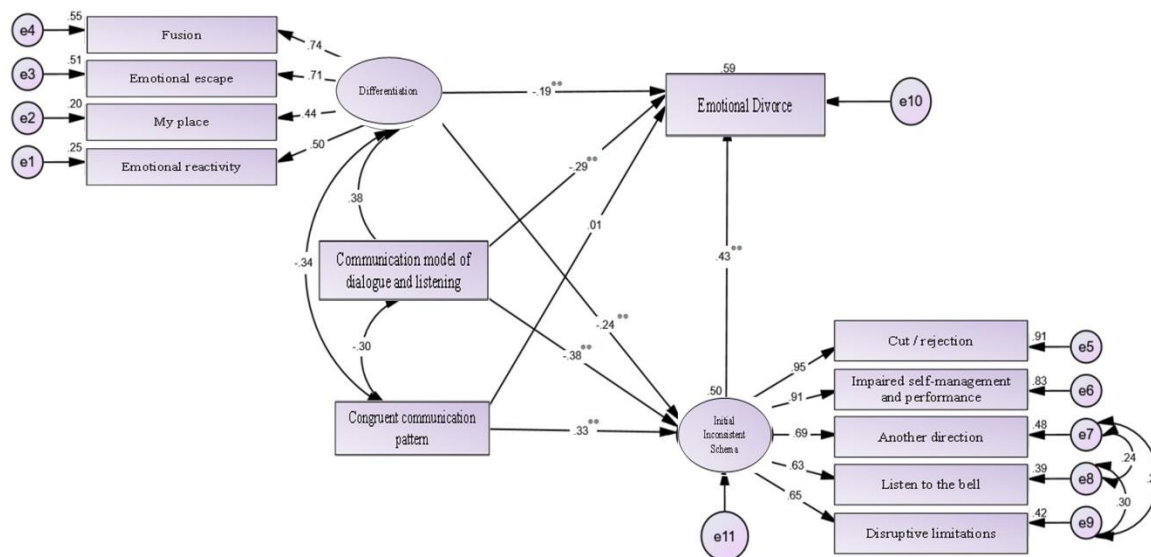


Figure 2. Structural model of research using standard data

As the figure above shows, the sum of the squared multiple correlations (R^2) for the variable of emotional divorce was equal to 0.59, this indicates that, in total, the differentiation of family communication patterns and initial incompatible schemas and 59% It explains the variance of emotional divorce in women.

Discussion and conclusion:

The results showed that the structural model of the research fits the collected data. One of the effective factors in the communication pattern of people are incompatible schemas. Schemas are fixed and long-term patterns that were created during childhood and continued until adulthood. The understanding and perception of the environment is done through schemas, that is, in fact, people perceive the world through the lens of their schemas and communicate

with others, and they tend to interpret situations in such a way that their schemas are confirmed; Therefore, behaviors originate from schemas. In other words, an increase in incompatible schemas is associated with an increase in the use of the congruent communication model and a decrease in the use of the conversational communication model. These findings are in line with previous researches (25-26). Those whose schemas are in the field of cut and rejection because they believe that their relationships with important people in their lives are not stable, tend to rush from one self-harming relationship to another in an unconsidered and hasty way, or avoid close interpersonal relationships, or if at all they don't avoid because of the extreme fear of being abandoned, they engage in control behaviors of the other party, that is, they actually use more of the conformity communication model. On the other hand, people who are in the field of impaired self-management schema are usually either strongly supported in their childhood, or on the contrary, they were rarely supported, and their parents have severely damaged their self-confidence. As adults, they think that they cannot do anything independently. As a result, in their relationships with others, they always obey, and rationality and open communication do not make sense to them. Also, people with a restricted domain schema are raised in families that received too much love and attention. As a result, in adulthood, they cannot delay the satisfaction of their immediate needs and respect the rights of others. People who have other-oriented schemas are also similar to those who are in the exclusion schema, they seek to satisfy the needs of others and their counterpart. With the difference that the people of the schema of rejection perform those behaviors because of the fear of being rejected, but these people do this to gain approval, to continue the emotional relationship and to avoid revenge. In childhood, these people are usually accepted conditionally and are protective of families that have a consistent communication style, and finally, people whose schemas are in the domain of being observant and restrained are dry and inflexible, full of violence, regressive and strict, usually worried. And they are ready for something bad to happen and they grew up in a protective family and have a consistent communication style. As mentioned before, in general, it can be said that each of the incompatible schemas somehow affects the communication pattern of people.

Also, the results showed that self-differentiation directly predicts emotional divorce in women through the mediation of primary incompatible schemas. This result is consistent with the findings of (23-24), (33-36) and 42. The result of this research is consistent with Bowen's theory. In explaining the positive relationship between differentiation and marital satisfaction, it should be stated that high differentiation enables a person to set boundaries. In fact, differentiation prevents husband and wife from mixing in times of crisis and enables them to solve the problems in the relationship with reason and logic and not based on emotional and emotional reactivity. On the opposite side, the differentiation of couples' inadequacy through emotional distancing from each other in difficult situations leads them to burnout. According to Bowen's theory, differentiation refers to the ability to create a balance between intellectual forces and emotional processes at the intrapsychic level and to create a balance between maintaining individuality with the experience of intimacy at the interpersonal level. Based on this, it can be said that undifferentiated people are involved in intimate relationships with others; Whereas well-differentiated individuals are able to maintain their defined selves. Differentiated people are leaders by nature, have their own thoughts and feelings, and do not have to adapt themselves to the expectations of others (57).

Many researches suggest differentiation as a predictor of marital satisfaction and marital intimacy. Men and women who have a low level of differentiation, when they marry, are expected to have less emotional maturity and a limited capacity for intimacy and integration. This issue requires that both people (man and woman) sacrifice their growth and self-leadership for the stability of their marriage. On the other hand, in differentiated marital systems, spouses allow each other to have a more flexible role and a more intimate relationship and tolerate each other's differences and experience less emotional reaction. In other words, in order to have less problems in response to the emotions of others, they should maintain their calmness, which these characteristics of differentiated people will strengthen the relationships of couples and increase their marital satisfaction and better psychological compatibility.

Since self-differentiation and emotional divorce is effective, it is suggested that clinical and family experts focus on factors that reduce emotional divorce, such as constructive patterns of interaction and communication, and increase constructive conflict resolution. Also, taking into account that the variables of family communication patterns, their differentiation, the initial incompatible schema well predict emotional divorce in spouses; Therefore, through increasing the skills of couples in providing marital satisfaction for each other and teaching them psychological capital, constructive conflict resolution can be increased in them. Therefore, it is recommended that counselors, psychologists, and therapists providing mental health services in the field of family and marriage, in their researches, train communication skills, cognitive-behavioral couple therapy, and structural family therapy, in order to improve family functioning and couple's communication patterns and promote the quality of marital life so that it is possible to conclude cause and effect.

Research limitations: Although in nature, any research is looking for the relationship between the factors and the extent of its effect. However, a collection will have limitations in its heart. These limitations may appear on the way of the research and make it difficult to generalize the results. The current research is not exempt from such a thing and has limitations as follows: 1- The possible concern of the participants about the effect of the questionnaire findings on their life situation, which was tried to be reduced by making the questionnaire anonymous and explaining it in this context. 2- In this research, a self-report tool was used to measure the prediction of emotional divorce based on family communication patterns and self-differentiation with the role of mediating the initial incompatible schema, which may have consciously or unconsciously tried to make themselves look favorable.

Ethical considerations: The ethical considerations of this plan included: written information about this research to the participants and giving them assurance about the confidentiality of the information and its use only in research matters, voluntary participation and obtaining the written consent of the participants to participate in this research.

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