

The Efficacy of LEARN's Multifaceted Intervention on the Level of Perceived Stress in Women Who Are on the Verge of Divorce

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Received 26 January 2023

Accepted 24 February 2023

DOI: 10.30495/IJSS.2023.71629.1375

Abstract: This study was implemented with the purpose of determining the efficacy of Lorne multi-faceted intervention on the level of perceived stress in women who are on the verge of divorce referring to the counseling centers in Tehran. The purpose of the study has been practical and the data collection method has done on the basis of semi-experimental, pre-test and post-test. The statistical population of the study included 300 women who were on the verge of divorce referring to the counseling centers in Tehran. To select the sample, random cluster sampling method was used. The data collection instrument has been Cohen's Perceived Stress Questionnaire (1983) with a five- point scale and a reliability coefficient of 0.79, and holding Lorne therapy course for experimental group which lasted about 8 sessions in one and a half hours. To analyze the data, MANCOVA multivariate covariance analysis and ANCOVA univariate covariance analysis were applied. The obtained results showed that Lorne multifaceted intervention is effective on the level of perceived stress of women who are on the verge of divorce; in a way that it has caused the perceived stress to be decreased to the extent of 41.6%.

Keywords: Lorne multifaceted intervention, perceived stress, women, divorce

Introduction

As technology advances, the stressors increase as well. Stress is not limited to the members of society or a certain class of people and people face with different stressors with regard to the style and conditions of their life, in a way that it cannot be removed and separated from life. Today's industrial and meta-industrial world has brought many problems and troubles as People's concern about work, the rapid development of science and technology, and the concern about the fossilizing knowledge and information (Fegghi Farahmand, 2010). Human gathering, especially in the new megalopolises with multi-million people, are encountered with many problems due to the complexity of social relations to great extent. One of the problems and social harms today is related to the divorce, which literally means untwisting and being abandoned. In Islamic jurisprudence, the definition of divorce is that divorce is abrogating marriage commitment with a special word. In another word, the dissolution of the marital relationship in a permanent marriage, after which there will be no responsibility for the two spouses in terms of fulfilling the rights and obligations concerned with marriage, is called divorce (Akbari, 2019).

In Iran, the growth of the divorce rate can be obviously seen through examining the respective statistics. According to the statistics provided by the Bureau of Statistics and Demographic Information of the Civil Registration Organization of the country, the total number of recorded divorces in the first three-month of the year (1994) was 7874, which by comparing this statistics with the divorce statistics at the same time in 2008, It is seen that in the first three-month of the year (2008), the rate of divorce increased to 27,983 cases and in winter to 29,477 cases. In the year (2009), the

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number of 2713 divorces has been recorded in the country, which has increased by 1.9% compared with the same period of the prior year. According to the report concerned with the Bureau of Statistics and Demographic and Migration Information of the Civil Registration Organization of the country, the number of 19 divorces has been recorded every hour in 2014. In News Website has been reported 3.5% growth in 2014 compared to 2013 in the date of 20/04/2014 with news code (87542), moreover in the first three-month of 2015 the rate of divorce has increased by 5.17% compared with the same period (site A, 17/01/2016). And in 2017, this rate has reached 8.5%. By comparing these figures, the growth of the divorce statistics is clearly obvious (Safariniya, 2021). This is while the Iranian family had such a hateful viewpoint toward divorce in the past that they did not divorce except for very special cases, and even in the family system of the Safavid era, certain officials preferred to divorce their wives and they liked to end their married life. But they refuse to announce abandonment the lower classes of the society almost didn't make attempt to abandon and divorce at all. Divorce was not axiomatic in Iran in the past eras, it was believed that one should enter in a white dress (wedding dress) and come out in a white dress (shroud), but when the husband or wife died because of accidents or illness, the one who was alive had to marry due to the importance of presence of the woman or man in the house. Until, in the current condition, due to multifarious reasons, including the unwillingness to live together, the process of divorce has increased and the phenomenon of divorce has been accepted by the society. In different studies concerned with the field of divorce, it has been shown that divorce is one of the harms that accompanied with many causes: unemployment, marital conflicts, economic problems, addiction, emotional poverty, immigration, social media and the Internet, beliefs transformation and the role of women, psychological aspects and Personality type are considered the most important reasons for divorce in various studies (Safariniya, 2021).

In order to prevent and solve social problems and harms, appropriate services should be provided with at least three characteristics: timeliness, specialization, and availability. One of the ways to implement these three characteristics is to create a context for providing many community-based services in this regard the Office of the Socially Disadvantaged has started its activity due to compiling mobile social services, which has been operating since 2007 with standard vehicles. In the recent decades, we have witnessed the emergence or significant increment of chaos in norms of the society and faced with phenomena which their depth and severity and reaction to them have accompanied with different approaches in society of Iran. Statistics presented by organizations and social institutions in recent years have indicated the fact that the variety and frequency of social harms are increasing. Running special centers for social and family problems and harms in government organizations and forming several non-governmental organizations that have been focused on women and children and other vulnerable or damaged groups has indicated public attention to this issue. In this regard, the running mobile service teams of social emergency are considered as inevitable necessity. Because, in this way, it is possible to identify the people are exposed to harmful conditions and the socially damaged in time and implement the necessary interventions in the related place for them, and also we should pave the way for them to rehabilitate and empower themselves through the strengthening of community-based interventions. Facing with material progress on one hand and social instability on the other hand have caused the residents of developing countries to be faced with many mental pressures, which for its part have been influential in the occurrence or spread of mental disorders (Tarkhan, 2007).

Divorce as a destructive harm in family, accompanies many consequences for people. One of these consequences is creating psychological problems, especially stress and anxiety. Studies show that most divorced men and women suffer from anger, anxiety, depression and loneliness, divorce creates emotional disturbance and sometimes even mental illness. Alcohol consumption, drug use and committing suicide are related to the complications of divorce that have been reported in different countries. Research shows that people who have divorced for the second or third time experience more severe problems show more severe anxiety, depression and distress than those who have divorced once. Divorced women significantly experience almost all stressful life events more and suffer from the states as crying, failing, self-blame, being angry, feeling worthless, feeling despair about the future and so on. In another report, it is seen that in the first divorce, men face with serious problems, get offended and feel despair sooner. When men lose their children they feel loneliness to great extent.

Apart from the emotional reactions of the couple, they may experience other feelings like anger, despair, deception, and the grief of losing life. These negative feelings usually last for years until they remarry and regain the lost trust (Sadeghi et al., 2013). Today, stress has nearly become a common word and everyone has experienced it, but stress, like many other psychological constructs (such as personality and intelligence), has no popular definition (Larkin, 2005). In fact, the phenomenon of stress refers to a tangible or mental reaction that is created by the perception of a threat toward the biological balance of the body (Levin, 2005). The concept of perceived stress has been derived from the theory of Lazarus and Folkman (1984) about the role of evaluation in the stress process. According to the findings of Lazarus, the stress process is created by interpreting an event as an event that imposes pressure on a person. This interpretation of the stressful event states the concept of evaluation that determines whether the situation is threatening or harmless. People usually evaluate events in different ways, and this makes some of them to be more vulnerable to the unpleasant consequences of stress (Velrath and Torgersen, 2000). In fact, perceived stress refers to the degree that people evaluate the events of their life as unpredictable, uncontrollable and stressful (Mousavi, Alipour, Agah harris, Zare, 2014).

Undeniable reasons indicate the fact that stress has negative and irreparable effects on physical, mental and behavioral health, which is costly for a person to great extent. Of course, the vital importance of examining the problem of mental stress is not only because of experiencing the severe physical and mental suffering and discomfort by people, but also because it relates to the social and economic problems of today's societies even indirectly and at the same time significantly (Khoshkam, 2003). Different accidents in life have different effects on people, and these events are stressful in any way. Examinations and researches conducted in the past few decades have indicated the predominant role of stress in the occurrence of diseases. Today, it has been proven that when it emerges, the three nervous, hormonal and defense systems of the body operate in a mutual effect. Recently, it has been confirmed that in case of stress emergence, the defense system of the body weakens and a number of white blood cells that are responsible for defending the body, die. Susan Folkman believes that if we learn how to adapt to stress, its harmful effects will be diminished, and if this adaptation is done appropriately, diseases, academic and occupational problems, and emotions as aggression, anger, resentment and Incompatibility will be decreased (Feghhi Farahmand, 2009).

Although some experts do not consider psychological stress necessarily destructive, the majority of researchers believe that psychological pressure in the present conditions is a disturbing factor in mental health, which has extremely paved the way for behavioral problems and conflicts. Severe and long lasting stress, as life changes, can affect a person's ability to adapt, cause depression, and destroy the joy of life as it is harming the body (Harkins and Luther, 2001). Therefore, it seems that predicting the quantitative and qualitative impact of stressful events on the people of a society will facilitate planning concerned with mental health (Khoshkam, 2003). Today, Stress management is practical largely that should be considered precisely, a stress that works in a cause and effect relationship. If the cause or causes are not removed, the effect will not be eliminated as well (Dekenzo, 2006). On one side, decreasing and relieving nervous pressure are considered as an important factor, and people who suffer from nervous pressure for any reason are actually exposed to harm as a part of the spiritual wealth of the society, and it is related to the duty of experts to monitor them behaviorally and try to prevent from harm emergence (Cleg, 2006). In this relationship, the measures as appropriate nutrition and exercise, taking vacations, time management, strengthening religious foundations, being moderate, relaxation, and behavioral reactions changes have been broached to protect human against multifarious stresses (Fakhimi, 2005).

Lorne's program is a new multifaceted program in the field of stress management that encompasses lifestyle components, attitudes, exercise, communication and nutrition. In a way that it overlaps with many aspects of the previous programs, as cognitive-behavioral therapy, mindfulness, and so on, moreover, it also encompasses lifestyle and nutrition programs that the previous programs have been deprived of it. This program is a complete and comprehensive program that seems to have an effective role in the domain of stress management and control. Barlow et al. (2001) believe that implementing

this program both individually and as a group will be useful for controlling and diminishing stress levels (Mousavi et al., 2015). Therefore, considering the importance of stress and its health-related consequences, and with regard to the limited number of experimental studies on the efficacy of the Lorne's multifaceted intervention, this study aims at examining the effect of this intervention on the perceived stress in women who are on the verge of divorce.

Research implementation methodology

Type of research: The current study is based on a semi-experimental research with a two-group design, pre-test-post-test along with a control group.

Statistical population, sample and sampling method: The current statistical population encompasses all the women who are on the verge of divorce referring to the counseling centers of Tehran in the summer of 2022. The provinces of the statistical population includes Tehran, Alborz, the towns of Tehran province, Qom, Qazvin, Markazi, Mazandaran, Isfahan, Semnan and Hamedan. Random cluster sampling method has been used in groups. The statistical sample of the study consists of 300 women who are on the verge of divorce referring to the counseling centers of Tehran city that 15 women in each province places in the experimental group and 15 women stands in the control group randomly.

Measurement instruments: To collect data, the following instruments are used:

A) Perceived stress scale: This questionnaire has been designed in 1983 by Cohen et al. This questionnaire is a 14-question instrument that had been applied to measure general perceived stress in the past month and measures thoughts and feelings about stressful events, control, domination, adapting to psychological pressure, and experienced stress and moreover this scale examines risk factors in behavioral disorders and shows the process of stressful relationships. The perceived stress scale measures two subscales: a) negative perception subscale (1,2,3,4,11,12,14) b) positive perception subscale (5,6,7,8,9,10,13). This scale has been used to measure the degree to which the situations existed in one's life are evaluated as stressful (Cohen, Kamark and Merilstein, 1983). It contains 14 questions that each of which has 5 options, half of which are scored directly (0, 1, 2, 3, 4) and the other half are scored reversely (4, 3, 2, 1, 0). This means that the points are assigned according to the range of 5-point Likert to never=0, almost never=1, sometimes=2, often=3, and many times=4. The obtained lowest score is 0 and the highest score is 56, a higher score indicates more perceived stress. Cohen's perceived stress questionnaire has been considered as a practical instrument in different countries, and therefore it has been translated into various languages and it has been used in many countries and turned into the norm. Cohen et al. reported the Cronbach's alpha coefficient for the reliability of the scale in three groups of subjects, two groups of students and another heterogeneous group between 0.84 and 0.86. The relationship between this scale and validity criteria have not been affected by gender and age (Cohen et al., 1983). Salehi Fadavi (1995) has reported the Cronbach's alpha coefficient for the reliability of this test as 0.75, and Sepahvand et al. (2007) have reported the Cronbach's alpha coefficient for the reliability of this test as 0.80.

B) The protocol of Lorne's behavioral therapy program (Barlow, Rapi and Reniz 2001), the description of this protocol has been summarized in Table 1.

Table (1): Lorne's behavioral therapy program protocol (Barlow, Rapi and Reniz 2001)

Session	Syllabus
First	Stress control and lifestyle approach- introducing the program, presenting explanations in the field of lifestyle change, mental portrayal, the importance of self-monitoring and recording it.
Second	Principles versus techniques in understanding response systems and the importance of physical activity - finding the pattern, source and principles of stress, obvious signs of stress, determining logical goals, review and home-related duty of the stress response cycle, the importance of physical activity, performing physical fitness and recording it
Third	Detente and time management, ABC pattern of attitudes, and the role of social relations -egotism, challenging destructive and stressful thoughts, the role of emotions and its origin, explanations about logical thinking
Fourth	Courage and the importance of nutrition - review worksheets, explanations about courage, the

	importance of appropriate nutrition, stress management, the role of family support and help seeking
Fifth	Mental portrayal, stress and eating, overcoming negative events, preventing from self-criticism, rewarding yourself, following a proper diet, explanations about anger, evaluating physical activity as walking, and so on., reviewing and solving problems
Sixth	Reality test and two-way ladder, attitudinal traps and problem solving - introducing the test, actualizing a two-way ladder, detente through recalling, beliefs related to failure and stress, problem solving
Seventh	Behavioral chains and the importance of roles - stress as a chain, breaking the chain, reviewing the patients' behavioral chain, determining roles and goals
Eighth	Strengthening oneself against a stressful environment - challenging life events, relapse prevention and control, reviewing and summing up the program

Statistical methods of data analysis: In data analysis, MANCOVA multivariate covariance analysis and ANCOVA univariate covariance analysis have been used.

Findings

Research hypothesis: Lorne's multifaceted intervention is influential on the level of perceived stress in women who are on the verge of divorce.

Table (2): The result of homogeneity of covariance matrix (Box's M)

Box's	F	df1	df2	P-value
2.138	.369	9	100	.108

As it can be seen in Table 2, the significance level of Box's M test is equal to 2.138. Since this value is higher than the required significance level (0.01) for rejecting the null hypothesis, our null hypothesis is confirmed on the basis of homogeneity of the covariance matrix. Therefore, the assumption concerned with the homogeneity of the covariance matrix is held as one of the assumptions of the multivariate covariance analysis test.

Table (3): MANCOVA multivariate covariance analysis test results for the main research hypothesis

Test	Value	df Hypothesis	df Error	F	P-value
Pillai 's trace test	.853	2	295	858	.000
Wilks's lambda test	.147	2	295	858	.000
Hotelling's trace test	5.818	2	295	858	.000
The largest root test	5.818	2	295	858	.000

As it can be seen in Table 3, the significance level of all four respective multivariate statistics in other words Pillai's trace test, Wilks's lambda test, Hotelling's trace test and the largest root test, are equal to 0.01 ($p < 0.01$). Therefore, the statistical null hypothesis is rejected and it is specified that the Lorne's multifaceted intervention is influential on the level of perceived stress in women who are on the verge of divorce.

Table (4): The results of covariance analysis in pre-test and post-test scores of perceived stress

Component	Source of changes	Sum of squares	df	Mean squares Effect size	Statistic f	P-value
Negative perception	Pre-test	1345.089 .585	1	1345.089	102.743	.000
	Group Effect	487.287 .338	1	487.287	37.221	.000
	Error	955.699 -	73	13.092	-	-
	Total	3328.000 -	75	-	-	-
	Pre-test	1308.134 .634	1	1308.134	126.349	.000
	Group Effect	477.350 .387	1	477.350	46.106	.000

Positive perception	Error	755.796 –	73	10.353	–	–
	Total	2942.000 –	75	–	–	–
Perceived stress (Total)	Pre-test	5466.549 .635	1	5466.549	126.923	.000
	Group Effect	2044.492 .394	1	2044.492	47.469	.000
	Error	3144.095 –	73	43.070	–	–
	Total	12372.00 –	75	–	–	–

As it can be seen in Table 4, the results of the Covariance analysis test for comparing the scores of perceived stress components in the two experimental and control groups in post-test show that Experimental group after implementing Lorne's multifaceted intervention obtained a significant difference in the scores of perceived stress compared to the control group, (negative perception $P < 0.01$ and $F = 37.221$; positive perception $P < 0.01$ and $F = 46.106$ and perceived stress (total) $P < 0.01$ and $F = 47.469$). Therefore Lorne's multifaceted intervention is influential on the level of perceived stress in women who are on the verge of divorce; in a way that the effect of Lorne's multifaceted intervention on negative perception is 33.8 %, on positive perception of 38.7 %, and 39.4 % on the perceived stress (total).

Discussion and conclusion

The results obtained from the analysis of the research hypothesis through the covariance analysis test showed that Lorne's multifaceted intervention is influential on the level of perceived stress in women who are on the verge of divorce; in a way that, the effect of Lorne's multifaceted intervention on negative perception is 8.33%, on positive perception 7.38% and on perceived stress (total 4.39 %). This result is consistent with the studies conducted by Bakshayesh, (2015), Mousavi, (2014), Akbari, (2013), Daubenmeyer, Weidner, Sumner et al. (2007), Gabta, Khera, Vempati et al. (2006) and Rusike (2005). It can be explained that stress is a normal part of daily life and any change in life, whether positive or negative, causes stress emergence in a person. Stress is not negative all the time and if it is managed appropriately, it can be useful. For instance, stress emergence in a student can help him or her to study better and more, but if it is not managed properly, it will be harmful and causes disorder to be created in one's performance.

Researches indicate that facing with stress hormones constantly, which include adrenaline, noradrenaline and cortisol, can have destructive effects on the body (McEwen, 2007). Eventually, it can lead to negative health-related consequences, including high blood pressure, diabetes, cardiovascular diseases, receptor desensitization, and tissue damage (McEwen, 2007), Smiths, Otegar, Candel and Welf (2008) getting less creative, anxiety increment, falling to thinking and flexibility Barlow, Rapi and Reisner (2001). Stress can affect one's behavioral system and lead to maladaptive health behaviors including decrease in physical activity, inappropriate diet, excessive alcohol consumption, smoking, and excessive use of medications (McEwen, 2001). Stress should be considered because its perception can directly affect physiological processes and behavioral patterns by creating negative emotional states and therefore can be the origin of physical illness emergence (Cohen, 2007) in a way that stressful life events increase the risk of exposing to diseases (Lazarus and Folkman, 1984) by being high pressure or being imposed on one's adaptive system (Taylor, 2011). This is why in recent decades the relationship between stress and health has been considered by many researchers (Cohen et al., 2007). There are numerous evidences based on psychological stress has

predominant role on increasing the risk of cardiovascular diseases (Krantz and McKenney, 2002), Ids Kell and Kemeny, (2001) and Pipera and Pendo, (2005) delay in Colitis' wound healing Glaser, (2005) and mortality increment Nielsen, Christensen, Schnor and Groenbaek, (2008). Therefore, stress management is important because one will provide with suitable technique by increasing one's awareness of his or her own stress and training different strategies, including relationship management, training tension strategies, controlling and reforming irrational beliefs, training daring techniques, overcoming procrastination, etc. in order to deal effectively with a stressful situation and prevent from the harmful effects of stress on one's health in this way (Barlow, 2001). Interventions related to stress management has been considered as a suitable tool to reduce stress, anxiety and negative consequences concerned with them. Until now, different interventions have been designed in the field of stress management, each of which follows a specific viewpoint in the domain of stress management and reduction. For instance, some of these interventions have been designed based on the physical viewpoint and some on the basis of psychological principles and relying on psychological and behavioral techniques; while researchers believe that combined interventions have a synergistic effect. One of these combined interventions is the Lorne's intervention, which in addition to the components related to the previous interventions, it encompasses lifestyle and nutrition components as well. As Lorne's intervention affects different parts of the stress cycle (from the brain to behavior) through its components, it can be considered as a multifaceted intervention and creates the expectation that it has the capability to control stress from different aspects. Therefore, with regard to the role of meta-cognitive beliefs and meta-worry in the continuation and expansion of stress and anxiety, it seems that Lorne's multifaceted stress management intervention can affect the stress cycle from different directions (cognitive, behavioral and emotional aspects).

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