



## The Effectiveness of Spirituality-Oriented Schema Therapy on Regret of Choosing a Spouse and Marital Burnout in Victim Women of Domestic Violence with Cultural Emphasis

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### Abstract

The purpose of the present study was to investigate the effectiveness of spirituality- oriented schema therapy on regret of choosing a spouse and marital burnout in victim women of domestic violence with cultural emphasis. The statistical population included all the victimized women of domestic violence in Isfahan city during Autumn of 2022. The sample consisted of 30 female victims of violence, who were selected by purposive sampling procedure and randomly divided into two experimental and control groups (15 subjects each group). The research method was semi-experimental with pre-test-post-test design and follow-up with control group. The experimental group was exposed to spirituality- oriented schema therapy for 10 sessions, 90 minutes each. The control group received none. Research data were collected via implementing the Schwartz's (2002) Regret of Choosing a Spouse Questionnaire and Pines' (1996) Marital Burnout Scale in three stages of pre-test, post-test and follow-up and were analyzed by repeated measures analysis of variance. The results showed that spirituality-oriented schema therapy significantly reduced the regret of choosing a spouse and marital boredom in victim women of domestic violence. The findings also indicated that spirituality-oriented schema therapy was significantly effective on the regret of choosing a spouse and marital burnout in women who were the victims of domestic violence with cultural emphasis. Therefore, the research suggested that this therapy could be applied to help victim women of domestic violence.



## Extended abstract

**Introduction:** The family is one of the most important social systems that gives its members a sense of security and peace. However, the existence of conflict within the family causes the spread of anxiety and insecurity, which leads to the spread of mental illnesses, family murders, child abuse, and violence against women. Domestic violence is a form of trauma, physical, sexual and psychological violence that occurs in the family and can cause mental and emotional problems. Domestic violence against women is often related to the cultural structures of society. Domestic violence is more likely to occur in societies that reinforce cultural norms of men's superiority over women. These norms can be created and perpetuated through religious beliefs, traditions and social values. In societies where traditional gender roles and male power over the family are recognized, women are more exposed to domestic violence. While considering that the domestic violence against women in Iran is also influenced by certain cultural and social factors, the purpose of the present study was to investigate the effectiveness of spirituality-oriented schema therapy on regret of choosing a spouse and marital burnout in victim women of domestic violence with cultural emphasis.

**Method:** The statistical population included all the victimized women of domestic violence in Isfahan city during Autumn of 2022. The sample consisted of 30 female victims of violence, who were selected by purposive sampling procedure and randomly divided into two experimental and control groups (15 subjects each group). The research method was semi-experimental with pre-test-post-test design and follow-up with control group. The experimental group was exposed to spirituality-oriented schema therapy for 10 sessions, 90 minutes each. The control group received none. Research data were collected via implementing the Schwartz's (2002) Regret of Choosing a Spouse Questionnaire and Pines' (1996) Marital Burnout Scale in three stages of pre-test, post-test and follow-up and were analyzed by repeated measures analysis of variance.

**Results:** The results showed that spirituality-oriented schema therapy significantly reduced the regret of choosing a spouse and marital boredom in victim women of domestic violence ( $p < 0.05$ ). The findings also indicated that spirituality-oriented schema therapy was significantly effective on the regret of choosing a spouse and marital burnout in women who were the victims of domestic violence with cultural emphasis.

**Conclusion:** In explaining the results obtained from the effectiveness of spirituality-oriented schema therapy on regretting the choice of spouse in women who are victims of domestic violence, it could be said, it is assumed that every couple has basic schemas about themselves and relationships that they bring to marital relationships. And schemas play a role in the way couples choose and their response to stimulating stimuli. In victim women of domestic violence, due to the problems and violence they suffered in their married life, they naturally resort to their incompatible schemas in this field and in their minds they come to the conclusion that their choice of spouse was wrong. In this regard, schema therapy focuses on self-destructive patterns of thinking, feeling and behavior that are rooted in a person's childhood and are repeated throughout life. Schema therapy, by teaching victim women of domestic violence to recognize incompatible schemas and their relationship with current problems, teaches that the root or continuation of many



of the current problems are these incompatible schemas of people. Therefore finally, the research suggested that such therapy could be applied to help victim women of domestic violence.

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