



Analyzing the lived Experience of Women in the Weakening of the Family Foundation and Divorce

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Abstract

The aim of the current research was to analyze the lived experience of married women in the weakening of the family foundation and divorce. The statistical population was all married women who referred to the family court of Isfahan in the spring of 2021. The research sample was 18 women who were selected by purposive sampling. The design of the current research was qualitative and using the phenomenological method. Qualitative data were collected via semi-structured interviews. Thematic analysis method was applied to analyze the data. Results indicated that weakening of the family foundation was under the influence of factors affecting divorce, which included physical violence, psychological violence, financial violence, ineffective communication, breaking the emotional contract in marital relationships, drug addiction and alcohol consumption, psychological issues and problems, emotional issues and problems. Also, the factors of weakening and harming the family foundation embraced dishonesty, extramarital factors affecting divorce and economic hardships. The factors that threaten the family foundation included the employment status of the couple, cultural differences and social status of the couple, and the formation of an undesirable marriage.



Extended abstract

Introduction: The family is the central nucleus of the society, which is the center of preservation of national traditions and the center of the development of emotions and feelings; but divorce is one of the factors that lead to the weakening of the family foundation. The growing trend of divorce breaks up families and leads the society towards social harm. Divorce is one of the most complicated problems in married life in all societies and this complexity is due to the role of various individual, social, economic, cultural and political factors in the emergence of this phenomenon. Intimacy is a very valuable and important category in marriage and it makes the relationship between couples stable and strong. In addition to intimacy, communication beliefs are also among the factors that affect couples' relationships. Demographic characteristics and the first periods of life, which increase the risk of marriage include: early years of marriage, low income and education, parental divorce, absence of traditional family values, previous marriage and women's jobs. These factors increase the possibility of divorce due to the lack of readiness to perform marital roles or resolve interpersonal conflicts. Poor communication skills, low and sad mood, lack of love, incompatibility, infidelity, mental illness, emotional problems, conflict regarding the roles of men and women, and personality traits of spouses were mentioned as reasons for divorce. Accordingly, the aim of the current research was to analyze the lived experience of married women in the weakening of the family foundation and divorce.

Method: The statistical population was all married women who referred to the family court of Isfahan in the spring of 2021. The research sample was 18 women who were selected by purposive sampling. The design of the current research was qualitative and using the phenomenological method. Qualitative data were collected via semi-structured interviews. Thematic analysis method was applied to analyze the data.

Results: The results indicated that weakening of the family foundation was under the influence of factors affecting divorce, which included physical violence, psychological violence, financial violence, ineffective communication, breaking the emotional contract in marital relationships, drug addiction and alcohol consumption, psychological issues and problems, emotional issues and problems. Also, the factors of weakening and harming the family foundation embraced dishonesty, extramarital factors affecting divorce and economic hardships. The factors that threaten the family foundation included the employment status of the couple, cultural differences and social status of the couple, and the formation of an undesirable marriage.

Conclusion: Family is the most important pillar of society and the first stage of socialization and education of individuals takes place in the family. When the foundation of the family is preserved and socialization of individuals is done correctly, then a healthy and successful society will be formed. In this research, the analysis of couples' experiences with emphasis on women regarding the weakening of the family foundation was categorized in the form of three overarching themes of factors affecting divorce, factors of weakening and damage to the family foundation, and factors that threaten the family foundation. Violence, breach of marital contract and ineffective communication due to emotional and psychological and medical problems are among the underlying



factors of divorce and lack of communication skills and emotional breakdown. Also, the lack of spousal skills, dissatisfaction with relationships and lack of understanding of the spouse, dissatisfaction with emotional relationships, verbal aggression and violence of the spouse, dissatisfaction with the spouse's addiction and mental disorders include the largest contribution to divorce. According to the experiences of women referring to the courts, it seemed that a large share of the problems that arise were caused by weak communication skills and couples' lack of awareness of how to treat each other.

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