



Effectiveness of Culture- Oriented Schema- Based Pre-Marital Education on Spouse Choosing Beliefs and Fear of Failure in Marriage in Divorced Parents Single Girls with Abandonment Schema

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Abstract

The research aimed to investigate the effectiveness of culture- oriented schema- based pre-marital education on spouse choosing beliefs and the fear of failure in marriage in divorced- parents single girls with the schema of abandonment. The research design was semi-experimental with a pre-test-post-test and follow-up with a control group. The statistical population included the single divorced- parents- girls with the schema of abandonment in Isfahan City. Thirty individuals were selected by convenient sampling method and randomly assigned in two experimental and control groups, 15 subjects each. Young & Brown (1998) Early Maladaptive Schemas Questionnaire-Short Form (EMSQ-SF), Cobb, Larson & Watson (2003) Attitudes about Romance and Mate Selection and Esmaeilpour & Nourmohammadi (2022) Fear of Marriage Questionnaire were administered to the participants. The experimental group was exposed to 8 sessions of 90 minutes of culture-oriented schema- based pre-marital education program, but control group did not receive any. The data were analyzed by repeated measure analysis of variance. The results showed that culture- oriented schema- based pre-marital education had a significant effect on the rejection and abandonment schema, the spouse-selection beliefs including believing in love, experience-centeredness, idealism, contrast-seeking, and easy-to-see, and the variable of fear of marriage in the post-test stage. ($p < 0.05$). Concerning the results of the research; culture- oriented schema- based pre-marital education was an effective intervention to reduce the ineffective beliefs of choosing a spouse and the fear of marriage among single girls who had divorced parents.



Extended abstract

Introduction: Regarding the effect of divorce, evidence showed that children of divorce suffer from behavioral disorders due to factors such as the absence of both parents in the main stages of development. Divorce affects the type of relationships, acceptance of new roles and children's attitude. The children who experienced the parent's divorce in adulthood would have apprehensive about establishing a relationship and marriage, and this concern is partly due to seeing their parents' divorce and remembering the pain caused by it. This negative attitude toward marriage reduces commitment to romantic relationships, which in turn is associated with poor relationship quality. It is related to children's attitudes and beliefs about marriage. Studies showed that individuals whose parents were divorced believe more than other people that relationships would lead to betrayal, and this factor is affected by the schemas that experienced parental separation in childhood. One of these schemas is the schema of abandonment and instability which is defined in childhood due to the loss of parents permanently and temporarily due to divorce, death and migration or parental neglect of the child and chaotic family conditions. On the other hand the dominant culture in any society plays a very constructive role in the lifestyle of people. Marriage, as the most important event in life, is directly influenced by the culture and values of the society. Therefore the research aimed to investigate the effectiveness of culture- oriented schema- based pre-marital education on spouse choosing beliefs and the fear of failure in marriage in divorced- parents single girls with the schema of abandonment.

Method: The research design was semi-experimental with a pre-test-post-test and follow-up with a control group. The statistical population included the single divorced-parents- girls with the schema of abandonment in Isfahan City. Thirty individuals were selected by convenient sampling method and randomly assigned in two experimental and control groups, 15 subjects each. Young & Brown (1998) Early Maladaptive Schemas Questionnaire- Short Form (EMSQ-SF), Cobb, Larson & Watson (2003) Attitudes about Romance and Mate Selection and Esmaeilpour & Nourmohammadi (1398) Fear of Marriage Questionnaire were administered to the participants. The experimental group was exposed to 8 sessions of 90 minutes of culture- oriented schema- based pre-marital education program, but control group did not receive any. The data were analyzed by repeated measure analysis of variance.

Results: The results showed that culture- oriented schema- based pre-marital education had a significant effect on the rejection and abandonment schema, the spouse-selection beliefs including believing in love, experience-centeredness, idealism, contrast-seeking, and easy-to-see, and the variable of fear of marriage in the post-test stage. ($p < 0.05$). Concerning the results of the research; culture- oriented schema- based pre-marital education was an effective intervention to reduce the ineffective beliefs of choosing a spouse and the fear of marriage among single girls who had divorced parents.

Conclusion: The obtained results reconfirmed some other researches. In explaining this finding, it could be reported that the pre-marriage training that was done with a focus on schema therapy and the role of culture and with the aim of learning accepted skills in Islamic culture such as family authenticity and honor, intelligence, cleverness and



maturity, faith and religiosity, compliance with the principle of sufficiency and good character and correcting attitudes. It caused the acceptance and comfort in choosing a spouse. Schema-focused premarital education with an emphasis on culture had an impact on the decision to choose a spouse away from any bias and influence from inappropriate childhood background and unrealistic expectations. Girls learned more adaptive coping styles that are derived from Iranian Islamic culture and apply its main component, which is the knowledge of God, in believing in marriage, and by examining past experiences, schemas and mentalities that have created biased beliefs in choosing a spouse and freely about talk about their background and inner world and what they experience and identify the roots of their thought patterns about marriage and their beliefs and experience a new meaning in choosing the right spouse.

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