

Structural Modeling Relations of Temperament and Character Mediated by Social Network Dependence with the Amount of Emotional Divorce of Women Referred to Counseling Centers in Babol

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Abstract

The purpose of the study was to model the relationship between the temperament characters with a dependency on social networks in Babol. The method of this study was a correlation with Structural Equation Modeling and covariance based approach. The statistical population included all women between 20 and 40 years of age who were in five counseling centers in collaboration with Babol Justice Divorce Service. According to Cochran formula, 432 people were selected as the sample. Regarding the importance of family in the individual and social processes of the community, it is suggested to strengthen the relationship between couples counseling and providing appropriate information and training for families in improving marital satisfaction. Consideration should also be given to culturally appropriate use of social media and groups or social networks in society by the social values of the community.

Keywords: Temperament, Character, Social networking dependency, Emotional divorce.

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1. Introduction

Data that annually released by national organization for civil registration as formal statistic indicates not only the amount of couples deprivation in marital life but also provides more shocking statistic which devotes to emotional divorce (Najaf Pour Bousherri, Bardide, and Kazemi, 2015), empty and silent lives in which man and woman do not meet each other's need and live together coldly, but because of their children, fear of loneliness, inability to meet life's needs and social-cultural situations do not apply for legal divorce (Ejtemai Sangary and Heidary, 2015). From Bohannan's point of view (1970), emotional divorce is the first step in the formal divorce process and is indicative of a declining relationship in which a sense of alienation dominates between couples. In this condition, the wife and husband may continue to be with each other but their trust and attraction to each other have been vanished (Safai Rad and Varaste Far, 2013). If emotional divorce and its consequences have not been considered enough in the past perhaps one reason is that the number of emotional divorces has not been as high today (Samak, El-Keshky, & Khusaifan, 2016). Up to now, no estimation has been provided by related organizations about emotional divorce but it is said in some resources that the rate of emotional divorce is twice that of legal divorce (Yazdani, Haghghatian and Keshavarz, 2012). Torkaman, Skafi, Eidgahian, and Sohrabi (2014) concluded that lack of intimacy with the spouses is the most important factor in emotional divorce. The results' study of Latifian, Arshi, and Eghlima (2017) it is indicated that the reason for coldness and decrease in relationships among the couples is because their expectations are not met. Emotional divorce describes a relationship in which couples seem good and intimate in social environments (Ingram, 2016) but cannot tolerate each other in privacy (Naimi and Ghalichi, 2017). Therefore in emotional divorce, couples solely live in the same home while the relation between them has completely interrupted or is without will and satisfaction (Muscanell, & Guadagno, 2015). Although wife and husband may continue to be with each other like a social group but their attraction and trust towards each other has been destroyed (Fooladi, Esfandiar Poor, Brojeni, Kaviani Brojenu & Omidi Brojeni, 2018). Emotional divorce involves a lack of trust, respect, and affection for one another (Shoorgashti &

Ghazai, 2018). Spouses instead of supporting each other act in the direction of annoying, deprivation and decreasing self-esteem of each other, each one is searching for finding reasons to confirm deprivations, shortages, and rejection of the other one (Zamani, Minaei & Mohammadi Aria, 2017). According to the McMaster's model about evaluating the function of the family, it can be said that family functioning performance is accompanied with members ability to cope with changes, solving contradictions and conflicts (Silove et al., 2016), solidarity between the members and success in exerting disciplinary patterns, observing the boundary between members (Bonache, Gonzalez-Mendez, & Krahé, 2016), following regulations and dominant principles on this institution to protect the whole system of the family (Ebadi Samian & Ata Dokht, 2017).

Some studies such as Zamani, Minaie and Mohammadpour Aria (2017), Pietri, & Bonnet (2017) and Yalch, Levendosky, Bernard, & Bogat (2017) have stated that of factors that can affect emotional rejection and finally emotional divorce is personality features at different dimensions of temperament and character. What we mean by temperament factors is a broad attitude of the person towards the environment which has biological infrastructures. Indeed automatic excitability reactions which are to some extent genetically and remains constant during the life are called temperament in Cloninger's theory (Josefsson et al., 2013) and contrast character originated in self-concepts and personal differences in objectives, values, and personal selections and the meaning of his experience in the life which is affected by social learning and grows during the life (Allemand, Hill, & Lehmann, 2015). Personal differences in temperament dimension, form sensory information processing (Ebrahimi & Bani Fatemeh, 2014) and character are conceptualized as the congenital orientation in emotions which is the basis and foundation of acquisition automatic, emotional and habitual behavioral traits which are observable at early years of the life (Pietri, M., & Bonnet, 2017). Harm avoidance temperament factor referred to traits such as anticipatory worry, fear of uncertainty, shyness with strangers and fatigability and asthenia in relationships, novelty seeking is a temperament factor related to impulsive sensation seeking, extravagant, impulsive and disorderly (Cloninger, Zwir, 2018). The temperament factor of reward dependence described traits such as

sentimentality (Gurdal, Sevi Tok, & Sorias, 2018). From Ingram's point of view, temperament trait not only determines mental and emotional states but also can affect the quality of the couples' relationships as well as adoptive interactions with children and these relational qualities from persons' temperament which is a great determinant for the probability of emotional or psychological divorce in the family. The character trait of self-directedness includes accountability (Pietri, M., & Bonnet, 2007) and is based on self-imagination as an independent person and includes subcategories of unity, respect, dignity, resourcefulness, leadership, and hope (Cloninger & Svrakic, 2005). Character dimension of the cooperation is indicative of traits such as social acceptance (Pietri, M., & Bonnet, 2017) and its social sense, empathy, compassion, helpfulness and pure-hearted conscience (Cloninger & Svrakic, 2005) are originated. Self-transcendence dimension is proposed based on the concept of self as part of the universe and its surroundings which are accompanied by mysterious beliefs, spiritual acceptance and unconditional dignity and patience (Cloninger & Svrakic, 2005). These components showed that character traits are predictable among couples with emotional divorce (Shiri & GHanbar Panah, 2016). Totally, in addition to the effects of temperament and character traits on transactional dimensions in the different interpersonal and family areas, today using new technologies is one of the revelations of the world ahead (Reed, KLucier-Greer, & Parker, 2016) and social networks as one of the new coming dimensions of these technologies, are very effective on people's relations and interactions in the society (Rostami, Rostami, Mohammadi Haft Cheshme & Gholami, 2017). Social network is a new generation of social relation spaces while so much time does not pass from their existence but has been able to penetrate among the people (Abbas, 2019). In the same way, kind and manner of use can lead to personal and social problems (Khajavi Nia, Amir Poor & Azar Seresht, 2017). One of its common problems is decreasing the relationship of the person with his family and reduction of the social circle around him (Kraut et al., 1998, Chen, Chen, & Gau, 2015). The studies of Wu, and et al. (2016) and McDaniel, Drouin, & Cravens (2017) indicated that dependence on social networks has decreased couples' relationships among the users and changed their family process and

unlimited use of internet decreased emotional and physical activity. Accordingly, Tang, Chen, Yang, Chung, & Lee (2016) stated that most relations are made around the internet are weak forms of relationship and affect negatively family relations too. Inappropriate and dependently use of visual networks can lead to improper friendships, crime or other emotional problems. According to Khajavi Nia, Amir Poor and Azarseresht, (2017), one of the problems of the society is the replacement of visual social networks instead of relationships and transactions among the couples and man and woman have been involved in unwanted null, incorrect and deceptive relations in visual social networks. A part of the emotional divorce and consequently permanent divorces in the country have resulted from improper use of visual space. Safarpour, Kimiai and Ebrahimabad (2016) have found in a study that using online social media has a positive relation with emotional divorce and marital conflicts. Meanwhile, using online social media mediates marital conflicts and emotional divorce. Therefore, online social media accompanied marital conflicts can increase the distance between the spouses and provide the basis for emotional divorce. Abbas (2016) said in this regard that dependence on social networks in relations, age and the amount of vulnerability could affect divorce and emotional betrayals. Muscanell, and Guadagno (2015) and Abbas (2019) indicated regarding indulgence in social communications that a significant relationship exists between excess communication with social networks and destructive relations in the family environment such as emotional divorce that this level of tendencies can be a good predictive for divorce and extramarital emotional relationships. Currently, excessive tendencies to visual networks is a basic for emotional health, social relations and person's attitude towards the world and the ability to trust on others affect emotional health, feeling safety and mental health of the person (Gibson, Thompson, and Oslivan, 2016).

Generally, given to the very sensitive role of marital status on total performance of the man and woman at first level, direct effect of these interactions on the children can be revealed in different forms such as inappropriate parenting style, abnormal communications, and interpersonal conflicts and lead to incorrect function of the family (Brewer, Hunt, James, & Abell, 2015). Meanwhile, couples whose relations are with tension when

sufficient tolerance from different dimensions of emotional signs such as mutual anger, fear etc. does not exist in life pressures leads to more personal and interpersonal damages in relations, and it can result in collapsing of the family system and twice hurting of the children at that family and finally formal divorce. Therefore considering to discussions mentioned above the issue of emotional divorce must be studied empirically as an important issue and to be pointed out from new dimensions in combination with psychological and sociological issues and its influential factors to be studied. Therefore, it is necessary that fundamental dimensions such as temperament and character considering emotional issues which are requisitions of emotional divorce and separation by tacking account emergence of new technologies in communication and social networks so that by determining the relationship of these variables which predict divorce avoid increasing divorce event. Given to what stated above, the main question of the researcher is that whether temperament and character mediated by dependence on social networks can affect the amount of emotional divorce of the women referred to counseling centers of Babol city.

2. Method

This study, considering its objectives, is a basic study and based on the data collection method. It is a cross-sectional and correlation of Structural Equation Modeling (SEM) type with a covariance-based (CBSEM) approach. In this approach, path coefficients, factor loads are estimated using minimization of the difference between sample covariance matrix and model implied covariance matrix. This approach (CBSEM) is used when data are normal, and variables are with interval scale and usually, at least 200 observations are needed to avoid absurd and non-homogenous solutions (Reinartz et al., 2009). Meanwhile, this approach is more suitable at the situations in which the feedback of the study is strong and the aim of the study is the expansion and more studies. Statistic population of the current study includes all 20 to 40 years old women referred to 5 counseling centers to take divorce-related services with the cooperation of the Department of Justice in Babol city. For the optimum estimation for studies related to Structural Equation Modeling,

Klein (2010) and Loughlin (2004) quoted from Ghasemi (2011) believed that sample sizes, less than 100, are inappropriate and sample sizes above 200 are desirable. Accordingly, in this study, 432 persons as the sample size were selected with a convenience sampling method (given to clients' criteria referred for divorce to counseling centers of the department of justice). After gathering questionnaires, collected data was analyzed using SPSS 24 and Amos 23 software.

3.1. Data Collection Tools

3.1.1. Emotional Divorce Questionnaire (2015)

The Emotional Divorce questionnaire has been designed by Mohammadi, Jokar KamalAbadi and Golestane (2015). This scale with 36 items includes dimensions of criticism and reprimand, silence and confrontation, emotional response, emotional intercourse, power and resources, deprivation and depression and frustration, third angle, restriction, and sexual problems. Each dimension includes four questions which are measured by a five-point Likert scale (never to always) and every item has a value between 0 to 4, and with questions like (I blame each other for our life's problems) measures the amount of emotional divorce. This scale evaluates various dimensions of emotional divorce. Having a high score in emotional divorce or its dimensions is indicative of a high amount of emotional divorce or vice versa. Nine factors constitute social isolation and their scales are as follow. Your total range of scales will be from 0 to 36. A higher score shows that the amount of emotional divorce is higher. Therefore, score higher than 18 (averagely), for total questionnaire and higher than 2 (averagely) for every variable, shows that the amount of emotional divorce is higher than average in life. Content validity, as well as convergent and divergent validity of the questionnaire (2016), is confirmed by professionals and experts in this area. Reliabilities of the items using Cronbach's alpha method are as follow: criticism and reprimand (0.83), silence and confrontation (0.76), emotional response (0.76), emotional intercourse (0.86), power and resources (0.84), deprivation and depression and frustration (0.88), third angle (0.86), restriction (0.74) and sexual problems (0.90). This research was studied by computation of Cronbach's alpha

coefficient and Cronbach's alpha coefficient for the total test was gained as 0.831.

3.1.2. Cloninger's Temperament and Character Inventory (TCI)

Cloninger's temperament and character inventory (TCI) was developed in 1994 including 125 sentences that the subject completes the test by giving a false-correct answer to the questions and based on a universal pattern that encompasses the normal and abnormal personality. This inventory has been developed to measure personality traits that exist via inheritance (temperament) or through the environment (character) in the person. Cloninger has provided his biological-nervous model to explain temperament components. Temperament and character inventories (TCI) have four temperament scales including novel seeking, harm avoidance, reward dependence and persistence and three scales of character including cooperation, self-directedness, and self-transcendence. This test has been done in Iran for the first time by Kaviani and reliability coefficient has been reported by Iranian version (2007) as follow: novelty seeking (0.91), reward dependence (0.61), persistence (0.76), cooperation (0.95), self-directedness (0.85) and self-transcendence (0.88) and reliability was gained as 0.80 for temperament and 0.80 for character. In this study, Cronbach's alpha coefficient was calculated.

3.1.3. Dependence on Social Networks Questionnaire

This questionnaire has been made by Khaje Ahmadi, Shahnaz Pooladi and Bahreini (2016) with 23 items and after confirmation of nominal and content validity of the questionnaire by ten specialists of the university, stages of construct validity was done using exploratory factor analysis. The first version of the questionnaire was designed with 27 items and 1 item omitted in psychometric process during conducting content validity. Index and content validity ratios were calculated 0.95 and 0.86 respectively. According to exploratory factor analysis, items of the questionnaire decreased to 23 items and questionnaire dimensions were categorized into four factors of personal performance with nine items, time management with six items, self-controlling with four items and social relationship with four items with prediction power of

57.470. Internal reliability was calculated with Cronbach's alpha coefficient as 0.92. In this study, Cronbach's alpha coefficient was calculated and Cronbach's alpha coefficient was 0.833 for the whole test.

Table 1. Descriptive statistics of the temperament and character, dependence to social networks and emotional divorce variables

Variable	M	SD
Novelty seeking	11.99	2.13
Harm avoidance	8.97	1.73
Reward persistence	7	1.69
Temperament	1.82	0.65
Cooperation	29.78	5.79
Self- directedness	14.62	2.54
Self-transcendence	12.35	2.626
Character	6.94	1.69
Personal performance	33.91	6.35
Time management	25.44	3.65
Self-controlling	15.55	1.17
Relationships	11.04	2.34
Dependence on networks	12.48	3.65
Criticism	64.50	10.23
Silence	7.95	1.83
Response	6.74	1.82
Intercourse	8.30	2.40
Power	7.76	1.84
Deprivation	9.08	2.22
Third angel	9.28	1.61
Restriction	4.43	1.28
Sexual	6.77	1.83
Emotional divorce	7.46	2.42
	67.78	15.42

Findings of Table 1 indicated that the highest mean among the temperament components had been related to novel seeking (11.99), among to character components to cooperation (14.62), among components on dependence to social networks to personal performance (25.44) and components of emotional divorce to deprivation (9.28).

Table 2. Pearson Correlation Coefficient of temperament and character subscales, dependence to social networks with emotional divorce

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
Novelty seeking	1																								
Harm avoidance	**84	1																							
Reward persistence	**87	**83	1																						
Temperament	**70	**68	**70	1																					
Cooperation	**95	**93	**94	**42	1																				
Self-directedness	**35	**42	**69	**28	**48	1																			
Self-transcendence	**37	**23	**50	**41	**34	**52	1																		
Character	**42	**27	**48	**39	**41	**44	**48	1																	
Personal performance	**52	**43	**54	**52	**46	**38	**52	**43	1																
Time management	**25	**25	**25	**14	**19	**19	**41	**41	**41	1															
Self-controlling	**26	**26	**26	**17	**18	**21	**19	**18	**19	**26	1														
Relationships	**25	**25	**25	**16	**24	**22	**14	**19	**14	**57	**59	1													
Dependence on networks	**26	**27	**27	**15	**23	**15	**20	**17	**42	**60	**58	**56	1												
Criticism	**25	**27	**28	**18	**29	**27	**26	**26	**71	**63	**75	**70	**66	1											
Silence	**21	**19	**24	**17	**19	**14	**21	**17	**20	**22	**18	**27	**21	**17	1										
Response	**21	**20	**25	**14	**17	**19	**20	**16	**19	**19	**18	**21	**27	**24	**51	1									
Intercourse	**24	**20	**25	**19	**16	**17	**19	**15	**18	**26	**24	**24	**26	**17	**58	**44	1								
Power	**24	**22	**17	**20	**15	**17	**19	**12	**17	**21	**21	**19	**24	**16	**52	**43	**48	1							
Deprivation	**22	**22	**21	**21	**18	**18	**14	**14	**20	**27	**26	**18	**30	**19	**48	**42	**29	**54	1						
Third angel	**22	**21	**24	**18	**14	**15	**18	**11	**16	**18	**23	**19	**22	**16	**17	**13	**27	**43	**43	1					
Restriction	**22	**21	**18	**16	**21	**16	**13	**10	**18	**24	**18	**21	**21	**18	**44	**29	**24	**49	**45	**42	1				
Sexual	**24	**23	**19	**19	**22	**15	**16	**15	**19	**22	**21	**24	**29	**22	**29	**42	**47	**44	**51	**50	**43	1			
Emotional divorce	**22	**20	**22	**15	**19	**17	**17	**19	**14	**25	**19	**26	**28	**21	**34	**39	**43	**41	**33	**42	**35	**28	1		
	**26	**27	**29	**22	**28	**31	**30	**24	**24	**21	**19	**24	**24	**20	**53	**61	**49	**44	**43	**70	**70	**80	**69	1	

The results of correlation in Table 2 indicated that there is a significant correlation between temperament variables with emotional divorce and dependence to social networks ($r=-28$ and $r= -19$) respectively, between character with emotional divorce and dependence to social networks ($r= -18$ and $r= -24$) as well as between emotional divorce and dependence to social networks ($r= 20$). More precisely, there is a significant negative correlation between emotional dependence components of time management, self-directedness and relationships with temperament and character components namely novelty seeking, reward dependence, persistence, and cooperation, self-directedness and self-transcendence. However, a significant positive correlation was seen between personal performance component in line with

dependence on social network variable with self-directedness and self-transcendence components in character. Meanwhile, there is a significantly negative correlation between temperament and character components (novelty seeking, harm avoidance, reward dependence, persistence, self-directedness, and self-transcendence) with emotional divorce (criticism and reprimand, silence and emotional response, emotional intercourse, power and resource, deprivation and depression and frustration, third angle, restriction, and sexual problems).

Table 3. Fit indices from data analysis and values after correction

Test	Description	Acceptable values	Values before correction	Values after correction
χ^2/df	Relative Chi-square	<3	3.742	2.436
RMSEA	Root Mean Square Error of Approximation	<0.1	0.842	0.042
GFI	adjusted goodness of fit index	>0.9	0.931	0.987
NFI	Normed Fit index	>0.9	0.897	0.950
CFI	Comparative Fit Index	>0.9	0.881	0.947

Given to results of table 3, RMSEA is equal to 0.042; then this amount is lower than 0.1 which indicates that the root means square error of approximation of the model is suitable and acceptable. Meanwhile, the amount of Chi-square is equal to between 1 and 3 (2.710) and GFI= 0.978, CFI= 0.947 and NFI= 0.950 which are nearly equal and larger than 0.9 which indicates that the model used for measuring studies variables has been a suitable one.

Table 4. Direct estimation of the model by maximum likelihood (ML)

Variable	b	B	R2	T	
Temperament on emotional divorce	-0.581	-0.371	0.215	5.857	0.001
Character on emotional divorce	-0.482	-0.324	0.156	4.457	0.001
Dependence on social networks on emotional divorce	-0.312	0.156	0.048	3.754	0.004

The results of table 4 indicate that temperament and character variables and dependence on social networks directly affect emotional divorce. Meanwhile, the results show that values obtained by the standardized beta of temperament and character and dependence to social networks on emotional divorce are respectively -0.371, 0.324 and 0.156 and the values for common variance (R^2) of temperament and character and dependence to social networks on emotional divorce are respectively 0.215, 0.156 and 0.048.

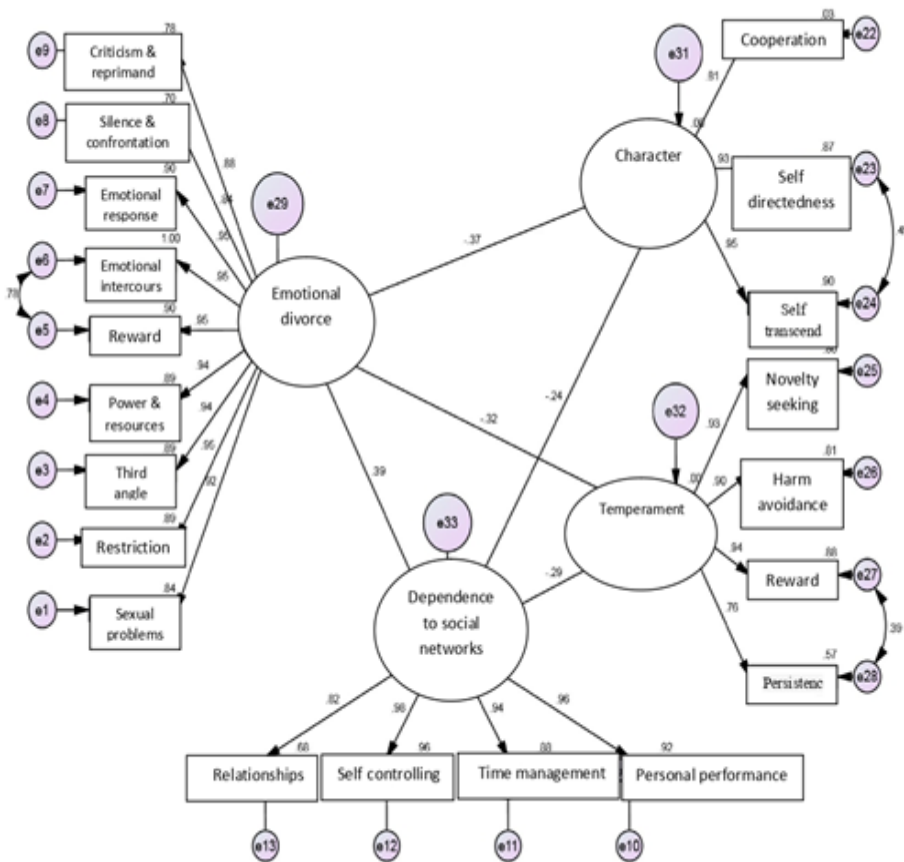


Figure 1. Tested final model accompanied by standardized prediction statics

4. Discussion and conclusion

This research aims to study temperament and character structural relationship modeling mediated by the dependence of social networks on the emotional divorce of the women who referred to counseling centers of Babol city. In the provided model, temperament and character variables are predictor variables, dependence to social networks as mediation variable and emotional divorce as a criterion variable. The results indicated that there is a significant correlation between temperament and character variables and dependence on social networks as well as between emotional divorce and dependence on social networks. To say more precisely, there is a negative correlation between emotional dependence components of time management, reward dependence, persistence and cooperation, self-directedness and self-transcendence. However, a significant positive correlation is seen among the component of personal performance in dependence to social network variable with self-directedness and self-transcendence components in character.

Meanwhile, there is a negative significant correlation between temperament and character components (novelty seeking, reward dependence, persistence, cooperation, self-directedness, and self-transcendence) with emotional divorce (criticism and reprimand, silence and confrontation, emotional response, power and resource, deprivation and depression and frustration, third angel, restriction and sexual problems). Meanwhile, the results indicate that temperament and character mediated by dependence on social networks affect the emotional divorce. These results are in consistence with studies of Muscanell and Guadagno (2015); Shiri and Ghanbar panah (2016); Kimiai and Ibrahimpour (2016); Minai and Mohammadi Aria (2017); Pietri, and Bonnet (2017); Safarpour, Abbas (2019).

To explain the results obtained from this study, theoretical and experimental observations can be used. If marriage is a common life contract for evolution and unity and meeting the deepest sense of human need, the existence of an emotional, adaptive and interactive healthy interpersonal relationship is required for its continuation and sustainability. Therefore, the origin of the failure to achieve the above objective can be found in the difference in the function of the complex mechanism of the various relations

and psychology. Emotional divorce and conflict are serious threats for marital life which challenge the stability and quality of the marriage and cause negative mental, physical, social and economic consequences.

Concerning the effect of personal traits on the quality of relationships and emotional affiliation of the couples, it can be said that character is a determinate and basic factor in interpersonal relationships. Successful couples are those who own desired personal traits and these features deepen their emotional relation in advance (Wardle, 2011). Among personal character traits, self-directedness or self-consciousness and self-identification are very important. Self-consciousness is considered as a requirement for social adjustment.

The more self-directedness, more accountability in the couples and therefore the less the possibility for emotional divorce would be. Accountability, on the one hand, can cause commitment to the family and the spouse and on the other hand, increases the possibility to take roles which are put in their shoulders as woman or man. Then the marriage of the youth who have problem from accountability point of view, there would not be any conclusion except increasing in tension and conflict in the life and leads to family breakup; then it can be said that, many factors that today cause emotional divorce and separation of wife and husband turns back to inability of one or both sides in accepting and carrying out responsibilities which have been assigned them as a spouse, father or mother. Uninvolved character traits can be seen in all personality disorders. Low self-transcendence justifies accountability problems, lack of long term objectives, low self-esteem and challenging with an identity which is seen to some extent in the couples applied for divorce.

Novelty seekers or impulsive persons are considered undesirable spouses, while stable people with open and expressive emotions have happier relationships (Fitness, 2001). Impulsive persons lose their balance quickly when faced with a problem and react without thinking. These people most probably lose their control in sexual and emotional opportunities and situations relative to others (Kedmatgozar, Bolheri and Karamlou, 2008). Then emotions

and emotion management can be known as the important principle in determining the quality of relations especially couples' relationships.

It is found in the studies that all persons do not attract equally to new technologies and the amount and manner of them to use technologies are not the same (Barany, Obverts, Carbonell & Chamorro, 2016). The power of visual-social networks and internet on people's lives can be known as Copernican Revolution and on the other hand, it is very same to human societies and enables the person to communicate with numerous people, create social groups and send personal profiles (Boyd & Alisson, 2008). One of the consequences of excessive use of visual space is the creation of a gap in the relationship of the family members and most couples who are active in visual space. Persons with high accountability try to avoid social communication tools as they believe that these tools prevent them from doing their more important tasks (Butt & Phillips, 2008). It is found that personality affects the manner of using technologies, especially the internet, social networks, visual spaces and online and offline games (Charlton & Danforth, 2010). Given to close relation between temperament and character traits with the amount of using visual networks and the effects they have directly or indirectly on emotional dependence of the couples it is proposed that to prevent emotional divorce and its consequences, it seems necessary to expand counseling culture before marriage to select suitable spouse from personality point of view and also strengthen couples relationships and provide suitable information and trainings for the families in the area of improvement and marital satisfaction. Meanwhile, the correct using of mass media and social groups or networks according to social values should be culturalized in different ways. The tool to collect data, using a convenient sampling method and a low number of couples in Babol city can be pointed out as some limitations of the present study.

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