

The explanation of divorce formation process: A qualitative research

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Introduction

Divorce is a complex phenomenon that is influenced by various personal, social, economic, cultural, and even political factors. Demographic factors such as age, gender, education, and socioeconomic class, duration of marriage, number of children, employment status, and factors such as these have a profound effect on marital relationships, and the multifaceted effects of these factors lead to further complication of the divorce phenomenon. Given the process of divorce and its context and multidimensional nature, as well as the lack of a holistic and interactive study of exposure to divorce and its causes and consequences, this study aimed to explore and explain the psychological process of forming divorce and was designed for men and women.

Method

The methodology of this study was a qualitative research using Strauss and Corbin's (1998) grounded theory approach. In the process of generating the grounded theory, the data are gathered in three stages of open coding, axial coding, and selective coding, and the process of data interpretation, step by step from raw data level to abstract concept level, and finally to a theory. In the present study, after writing interviews in the form of texts and analyzing line by line the data, the data were broken into significant parts. At this stage the main statement was extracted and a code was assigned to each expression, according to the concepts of that sentence. The researcher then

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compared these codes and compared similar codes based on features and dimensions, thus making an initial classification of the codes. In order to construct the grounded theory of the categories, they were linked together, and by linking the classes to the central class, the final theory of research on the explanation of the divorce process, that emerged from the data, was centered around the central class and based on the story behind the data. Participants in this study consisted of men and women with divorced experience, who were purposefully interviewed in 27 semi-structured ways.

Results

The achievement of the open coding phase was fifteen main classes. Some of the causal factors are: unfavorable marriage, violence, marital breakdown, and ineffective communication. Some of the underlying factors are: dysfunctional family, socioeconomic status, and couples' sexual, psychological, and medical problems. Couples' weak coping strategies, factors influencing divorce, and dysfunctional beliefs are confounders. Strategic factors include the two main classes of flexibility and initiative as well as isolation and passivity. Consequences, also, include three main categories: 1. The stigma of divorce; 2. Erosion; 3. Relieving stress and creating a new lifestyle.

Discussion

Lack of communication skills and emotional breakdown form the core of the data and findings of the present study. The results show that lack of communication skills and hopelessness in problem solving facilitates the divorce process, and training of missing link communication skills is healthy couple relationships.

Keywords: formation of divorce, qualitative research, men and women's statements for divorce

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