

A Comparison of the Locus of Control, Unreasonable Beliefs and Religious Orientation in Divorce and Ordinary Women in Ardabil in 2016

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Abstract

Background and Objective: Family is the core of every society and the center of mental health and care satisfying the emotional, physical and spiritual needs of its members. Various factors can sustain this foundation. Some of these factors include probably the locus of control, irrational beliefs, and religious orientation. On this basis, the purpose of the present study was to compare the locus of control, irrational beliefs and religious orientation divorced women in Ardabil in 2016.

Methods: The study was descriptive and causal-comparative. The statistical population included all women asking for divorce, who referred to the Ardabil Justice in 2016. The sample population included 50 women applying for divorce and 50 normal women selected based on available sampling method. The participants completed the Rutter Control Questionnaire, Jones's irrational beliefs and Alport's religious orientation questionnaire. The obtained data were analyzed using multivariate analysis of variance. All ethical considerations have been observed in the present study and the authors of the article reported no conflict of interest.

Results: The results of analysis of variance showed that there was a significant difference between the women applying for divorce and normal women in the control variables ($p < 0.001$), religious orientation ($p < 0.001$), irrational beliefs ($p < 0.003$), and its components including emotional irresponsibility ($P < 0.001$), problem avoidance ($p < 0.001$), expectation of approval from others ($p < 0.001$), and helplessness against change ($p < 0.001$).

Conclusion: The results were indicative of a significant difference between women seeking divorce and normal women in variables of locus of control, irrational beliefs and religious orientation. Therefore, it is suggested that educational programs and workshops be organized to reduce divorces in women in order to properly manage the locus of control, irrational beliefs, and religious orientation.

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Summary

Background and Objective

Marriage is the most sacred and the most complicated relationship between two people of the opposite sex. There are numerous dimensions and purposes behind marriage and it is not only a body-to-body connection but a thought-to-thought connection. This kind of marriage leads to spiritual purity and underpins human

dignity (1). Marriage is also believed to be blessed, sacred and obligatory from the religious point of view and there is a great deal of emphasis in this regard (2). One of the factors that can threaten this heartwarming hot spot is divorce, which causes many social anomalies in the society. One of the variables that appear to be involved in divorce is the source of control. Rutter defines the source of control as the total expectation of the outcome of an event, which exists either within or beyond the control and understanding

of the person (3). Individuals with internal control believe that rewards depend on their behavior, and those who believe in external control believe that life events are not under their control, but under the control of external factors and forces (4). Another basic construct that appears to be related to family durability is irrational beliefs. Unreasonable beliefs are desires and goals that turn into essential preferences in a way that if not fulfilled, they cause confusion (5). Another construct that seems to be related to family stability and couple's life expectancy is religious orientation. In general, religious orientation refers to one's attitude towards religion. It is divided into two types, internal and external. In the former, a person lives with his/her religion, but in the second type, s/he uses religion as an instrument (6). The present study seeks to answer the question "Is there a significant difference between women on the verge of divorce and ordinary women in variables of religious orientation, locus of control and irrational beliefs?"

Methods

Compliance with ethical guidelines: In order to observe the research ethics, the researcher described the purpose of the research and the cases of confidentiality to the participants and in this way, their consent was obtained.

This study used descriptive causal-comparative design. The statistical population consisted of two groups of divorced women and ordinary women in Ardabil in 2016. Fifty divorced women and 50 ordinary women in Ardabil city were selected using available sampling method. Age, level of education, economic status and time of marriage were checked for homogeneity. Then, to observe the research ethics, the researcher explained the purpose of the research and the confidentiality issues, and obtained their consent. Inclusion criteria included having an age range of 20-50 years, being first married, not being in a sensitive period of life such as childbirth, job loss, etc., and no history of mental disease. Exclusion criteria included lack of any of the criteria for entry or the participants' desire to quit. It should be noted that the following formula was used to determine the sample size:

$$n = \frac{nz^2s^2}{Nd^2 + z^2s^2}$$

Jones irrational beliefs questionnaire, Alport Religious Orientation Scale, and Rutter's External-Internal Control Questionnaire were also used for data collection.

Results

The mean score for source of control variables in divorced and normal women was 7.70 and 10.07 and standard deviation was 3.93 and 2.69, respectively. Also, the mean score related to religious orientation was 3.16 and 3.25 and the standard deviation was 3.46 and 4.91. The mean score for irrational beliefs was 113.52 and 70.90 with a standard deviation of 27.62 and 14.63, respectively. Also, the result of multivariate analysis of variance showed that there was a significant difference between the two groups of normal and women applying for divorce in locus of control,

irrational beliefs and religious orientation.

Conclusion

The purpose of this study was to compare the source of control, irrational beliefs and religious orientation in women seeking divorce and normal women. The results of the first finding indicated that there was a significant difference between the women seeking divorce and the normal women in the control variable and the mean score related to the source of control was significantly higher in the normal women compared to the women applying for divorce. The second finding showed that there was also a significant difference between the women seeking divorce and the normal women in the irrational beliefs. Finally, the third finding of the study was that there was a significant difference between religious and ordinary women in religious orientation; women applying for divorce had a greater external religious orientation. Overall, according to the results of the present study and also considering the importance of the foundation of family, it is necessary to identify the variables that affect the durability and quality of family and couple relationships and to enhance positive and compensatory factors and eliminate destructive ones.

One of the limitations of the present study was the use of available sampling method and limiting the sample size to the women in Ardabil. Therefore, random sampling methods are suggested to be used in future studies and similar studies are suggested to be carried out in other cities. On the other hand, based on the results of the study and the need for attending to the role of some of these constructs, it including locus of control, irrational beliefs and religious orientation, it is suggested that people be informed about the role of these variables in married life in the framework of pre-marriage training classes for preventing the likely problems and raising people's awareness in this regard.

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Ethical Considerations

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Conflict of interest

The authors declared no conflict of interest.

Authors' contributions

Theoretical Background and Final Summary: First Author; Data Collection and Content Editing: Second Author and Data Analysis: Third Author.

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