



Association between Emotional Divorce, Mother's Psychological Hardiness and Child's Psychological Wellbeing

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ABSTRACT

Background: The emotional divorce considers a catastrophic problem in society as it destroys all family and has negatively effects on child psychological wellbeing and mother psychological hardiness. **Aim:** The aim of this study is to assess the association between emotional divorce, mothers' psychological hardiness and child's psychological wellbeing. **Design:** this study followed descriptive correlational design. **Setting:** Basic education governmental school at Tanta city and Kafrelsheikh city **Tools:** The data was collected using three tools: **Tool I:** Ryff's Psychological Well-Being Scales (PWB), **Tool II:** Emotional Divorce Scale **Tool III:** Psychological Hardiness Scale **Result:** the basic result revealed that the highest percentage of the mothers have high emotional divorce and of majority of mother have lower psychological hardiness and most of children have mild psychological wellbeing, there is statistically significant negative correlation between children psychological wellbeing and mothers emotional divorce and negative correlation between mothers' emotional divorce and their psychological hardiness **Conclusion:** the present study concluded that, emotional divorce affect mothers' psychological hardiness and children psychological wellbeing. **Recommendations:** It is necessary to develop further scientific family program to improve spouses' mental health so they can cope with and adjust to life's challenges and stressors.

Keywords: *Emotional divorce, psychological hardiness, psychological wellbeing.*

Introduction

The emotional divorce considers a catastrophic problem in society as it destroys all

family and negatively impacts the mental health of the child and psychological hardiness of the mother. It describes a stage in a relationship

where the positive feelings of affection and love are replaced by growing feelings of resentment, dislike, and hatred as well as the belief that the pleasant sensations are gone for good. When these unpleasant emotions are present, the qualities that first drew the couple to one another lose their significance. *Sherbaf (2019) & Obeidi (2015)* however legal divorce denote to couples who are legally divorced by going through court proceedings and having their marriage contract terminated (*Amiri et al., 2018*).

Emotional divorce is characterized as a circumstance where the family construction appears to be preserved but is empty on the inside since a healthy emotional relationship has been replaced with a harmful one (*Shabanlou et al., 2019*). Couples who are emotionally divorced engage in negative behavior to hurt, undermine, and tear each other down in the absence of the respect and love found in a healthy relationship (*Amr et al., 2020*). Also partners live together because of necessity and compulsion, without any feelings of love, nonparticipation from shared in between, they only interact about their daily lives (*Jarwan et al., 2020*) & (*Ebrahimi, et al., 2022*).

As divorce consider astigmatic problem—occurs in every civilization and comes in a variety of forms and intensities. Many cultures and Families in Middle Eastern encourage emotional divorce instead of legal divorce while still married in order to preserve the family structure, unaware that emotional divorce may be more harmful than the more visible legal divorce. Studies have revealed that emotional divorce has

a higher negative emotional influence on children and their personalities than legal divorce, despite the fact that both types of divorce are worrying for the family members, especially children (*Shiri et al., 2016*).

The stages of emotional divorce include the loss of affection and love, a gradual limited abandoning of all emotional practices, and finally a complete abandonment (*Jarwan, et al., 2020*). These phases start with the instability and confidence decline, then the chill and loss of love, at this point, there is a great deal of blame and a serious need to answer for every failure and charge of negligence, then selfishness that contributes to the destruction of family rules. Each couple considers themselves individually after that Marital silence that refers to not conversing or exchanging kind sentiments with the other person after being convinced that doing so would be pointless, finally Emotional Divorce take place , At this stage, there is an increase in the psychological distance between the partners ,the bargain takes on a sort of coldness, sharpness, or seriousness that is akin to official interactions if they have to deal with one other on a few occasions rather than the friendly or spontaneous treatment that should be the norm (*Hashemi, et al., 2017*).

Emotional divorce has negative effect on mother Psychological Hardiness, the hardiness concept refers to personality characteristic to explain why some people do not react negatively to difficult life event (*Dunst, 2021*) Psychological hardiness is one personality trait that enables a

person to deal with stress well, preserve their physical and mental health, and avoid developing stress-related psychophysiological diseases. Mothers with psychological hardiness are characterized by positivity and emotional calm. They are efficient at handling pressure and stress; they have the power to change stressful circumstances into less dangerous one's psychological hardiness is the process of an individual adapting to life's challenges and successfully resolving issues by having faith in one's capacity to control one's emotions and the ability to manage the problems of his/her daily life. (Jarwan, et al., 2020).

Psychological Hardiness consists of three related dispositions including control, commitment and challenge, The ability to act as though one can exert effort to change the circumstances around them is known as the control disposition, The belief that change rather than stability is the norm for life is known as the challenge disposition, it represents stimulating chances for personal improvement rather than risks to one's security and the commitment disposition is defined as a set of beliefs that seeks to reduce the likelihood of challenging life situations (Sarani, et al., 2015).

Numerous studies conducted over many years have revealed that children who see their parents' divorce are more likely to suffer from a wide range of poor outcomes; occasionally, however, the risk was more than in the case of children who do not face a divorce. Children with divorced parents are more likely to

have issues like physical illnesses, mental disruptions, difficulties forming social bonds, and academic failure. What about the effects of a divorce emotionally? What kind of divorce might create more harm, legal divorce, or emotional divorce, despite significant studies on how legal divorce affects people (Hashemi, et al., 2017).

Effect of emotional divorce on children according to literature, it has an impact on families in general and children in particular since they are more likely to experience a range of detrimental effects such emotional disturbance and difficulty forming social bonds (Hashemi, et al., 2017). Children who live in unhealthy environments due to emotional divorce experience, they suffer from emotional and mental distress, which can manifest in their behavior, academic performance, or physiological trouble. According to studies, teens' emotional self-determination and self-esteem are negatively impacted by their poor perceptions of their parents' relationship (Amiri, et al., 2015).

Children with divorced parents had higher levels of, violence, and anxiety than other children, according to a study by Spigelman et al. (2010). Additionally, Hashemi and Homayuni (2017) found that children from families going through an emotional divorce had more emotional and behavioral problems than children whose parents had formally divorced. Higher levels of depression, anxiety, and aggression were also found in children of emotionally divorced parents (Homayuni 2017). Although scholars both nationally and

internationally have done a good job of addressing the effects of legal divorce, researchers in Arab countries still need to focus more on emotional divorce. Children are typically the most impacted by emotional divorce and must learn how to deal with it at an early age. These consequences can be either positive or harmful, these consequences may be emotional, psychological, or social. Emotional divorce, mother's psychological hardiness and children wellbeing were investigated unconnectedly. The current study's attempt to assess married women's psychological hardiness and their level of emotional divorce is consistent with earlier studies in this regard and the effect on the children wellbeing. (Amr et al., 2020).

Aim of the study:

This study's aim is to assess the association between emotional divorce, mothers' psychological hardiness and child's psychological wellbeing

Research Questions

1. What is the level of mother's emotional divorce?
2. What is the level of psychological hardiness for mothers who have emotional divorce?
3. What is the level of children psychological wellbeing
4. Is there a correlation between mother's emotional divorce, psychological hardiness for mothers and children psychological wellbeing?

Subjects and Method

Research design:

The current study used a descriptive correlational research design, which relies on examining a specific phenomenon while describing and demonstrating how it is related to other occurrences.

Research setting

The study was carried out at basic education governmental school at Tanta city and Kafrelsheikh city. The school divided into two building, one for primary levels, it contains 45 classrooms, and the second, preparatory level, comprises 18 classrooms.

Subjects:

Purposive sample of 100 students at primary and preparatory governmental school and their mothers who's referred through social worker documentation in these school. The study subject chosen according to the following **inclusion criteria** include criteria for subject and school. **Subjects;** both sex, age groups from 6 -15 years and their mothers. The mother at least read and write and both child and mother are willing to participate in the research.

Regarding School criteria, governmental school, should have both primary and preparatory level. The school agrees to conduct the research, it has a system for recording cases of children who have social, psychological, and educational problems.

Exclusion criteria: the children less than 6 years.

Tools of the study

The data collection done through three tools:

Tool I: Ryff's Psychological Well-Being Scales (PWB), it consisted of two parts:

Part 1: socio-demographic characteristics sheet:

Participants' socio demographic data sheet was developed by the researchers which includes both data about child and their parents such as child age, gender, level of education, parents' age, occupation, education, residence, income, duration of marriage.

Part 2: Ryff's Psychological Well-Being Scales (PWB): it was developed by *Ryff (1989)* to evaluate child psychological wellbeing. It consists of 42-item divided into seven subscales included (Autonomy, Environmental mastery, Personal Growth, Positive Relations, Purpose in life and Self-acceptance subscales).

Each item is rated on a 5-point Likert scale ranging from 1 "strongly disagree" to 5 "strongly agree". The minimum number of points is 42 and the maximum number of points is 210. To avoid errors when answering the scale, note that the following points must be scored reversed: (3, 5, 10, 13-19-23, 26, 27, 30-32, 34, 36, 39, 41)

Scoring system of these questionnaires was as follow:

- < 50% = low Psychological Well-Being
- 50 – 75% = average Psychological Well-Being
- > 75% = high psychological well-being

Tool II: Emotional Divorce Scale: a thirty - item It was developed by *Jarwa & Alfrehat 2020* to assess having a tendency toward emotional divorce, consists of 30 items, each item is rated on a 5-point Likert scale ranging from 1 "strongly disagree" to 5 "strongly agree". The minimum number of points is 30 and the maximum number of points is 150. To avoid errors when answering the scale, note that the following points must be scored reversed: (1-3, 5, 6, 8, 9,13,15,17, 19, 21, 23, and 30).

Scoring system of the scale was as follow:

- < 75 = low Psychological Hardiness
- 75 – 112 = average Psychological Hardiness
- > 112 = high psychological Hardiness

Tool III: Psychological Hardiness Scale: A thirty-one-item Psychological Hardiness Scale it was developed by *Jarwan & Al-frehat (2020)*. to assess Psychological Hardiness for mother, It consists of 31 items, Each item is rated on a 5-point Likert scale ranging from 1 "strongly disagree" to 5 "strongly agree". The minimum number of points is 31 and the maximum number of points is 155. To avoid errors when answering the scale, note that the following points must be scored reversed: (2, 6, 16, 19,25, 26,28,31)

Scoring system of these questionnaires was as follow:

- < 77.5 = low Psychological Hardiness
- 77.5 – 116 = average Psychological Hardiness
- > 116 = high psychological Hardiness

Validity

Tools used to verify the accuracy of this research tools Emotional Divorce Scale, Ryff's

Psychological Well-Being Scales (PWB) and Psychological Hardiness Scale were translated into Arabic and evaluated by a selection of five experts in psychiatric nursing disciplines to ensure the content's validity and relevance. It took three weeks to complete this evaluation. The panel's comments and recommendations led to adjustments being made to the tools.

Reliability

The Cronbach's alpha coefficient needs to be relatively high (nearing 1) to ensure the reliability of the research tool. It was to be ($r = .89, .84$ & $.95$ respectively). Therefore, this tool is highly reliable and credible, and it can be used for research

Pilot study

Approximately 10% children and their mothers were asked to participate in a pilot trial before the full study was started. While adhering to the inclusion criteria and after attaining ethical approval from the Nursing Research and Ethical Committee and schools to conduct the study. A pilot study was conducted on 10 children and their mothers, which was determined by the projected sample size for the full study. There were difficulties in distributing the questionnaire to participants in the pilot study, and some of them refused to participate because they were anxious about the time to go home.

Data collection process

The current study was accomplished according to the following steps:

Administrative approval: -

- An official letter was accepted from faculty of nursing, Tanta & Kafrelsheikh University to study setting to take his permission for starting data collection
- An official permission to conduct the study was obtained from the responsible authorities "the director of basic education governmental school in Tanta and Kafrelsheikh " for data collection after clarifying the purpose of the study.

Ethical Considerations:

- School approvals were taken from district administration and directors of the two-participating school in September 2022 in Tanta and Kafrelsheikh city
- Nature of the study did not make any harm to the entire sample
- Knowledgeable consent taken from the children and their mothers after explanation of the purpose of the study
- Privacy and confidentiality were secure. Students and their parents were reassured that the obtained information is confidential and used only for purpose of the study.
- Children and their mothers' right to withdraw from the study at any phase were respected.
- All tools of the study were translated into Arabic language and were tested for content validity by a jury of five experts in the field of psychiatric nursing.

Actual study:

- School social worker and administration help the researchers to communicate with mothers of their children who recorded in school social service files and determine the timetable according to mother and child availability either in students break or before time to leave school.
- The researchers interviewed child and his mother to explain the purpose of study and reassure them that all data and results will be confidential.
- The interview was done in allocated room by the school to collect data.
- The researchers distributed study questionnaire which related to mother (emotional divorce & psychological hardness) and instructed mother on how to complete the questionnaires. In the same time the researchers collected the data from child by structured individual interview, took the child alone in the same room that mother sitting, building trust relationship, oriented him with what do researcher do, and giving some sweet and gift according to the child age.
- An average of 3-5 participants were collected every day / three days / week. The actual field work started from beginning of October till the half of November 2022, during this period 100 participants were collected. Every researcher collected from his school in city (one school in Tanta and the other in Kafrelsheikh city)

The Data Analysis Process

We used SPSS V19 (Statistical Package for Social Studies) developed by IBM, Illinois, Chicago, USA, to process, organize, code, and statistically analyze the data we acquired. Data was quantified using with frequencies and percentages. We used a Pearson's correlation coefficient and an analysis of variance to assess the potential associations between major research variables. We set alpha (the criterion value below which a p-value would be considered statistically significant) to 0.05.

Result

Table 1 shows that 54% of studied children are girls while 46% are boys. Most of the children (53 %) are 6-10 years old, while those who are between 11-15 years of age constitute 47% of the study subject with Mean (10.8935 ± 3.24794). Regarding education level, it was founded that less than half of children participant (47%) between level 7-9 and only 14% of participant through level 1-3.

Table 2 show socio-demographic characteristics of parents, which indicate that, the majority of mothers age (55%) between 31-40 years with mean (30.473 ± 3.7209), also, 73% of studied mothers in the study spent duration of the marriage more than 12 years, 20% of them have higher education, while 44% middle educated, 65% of mother did not work, although more than half (62%) of mothers have enough income. Additionally, 50% of the fathers are 31-40 years old, in relation to their educational level, 35% of them have higher education and 78% of them are working.

Table 3 illustrate frequency distribution of emotional divorce of considered mothers, it was observed that 45% of the mothers strongly agree that “they stayed away from their goals to avoid a struggle with their spouse”. Also, the table clarify that 44% of mothers feel strongly agree about “their married life is based on grumbling and complaining and 46% of them strongly agree that “their marital life lacks dialogue and quiet discussion” while 40% of them disagree that “their husband respects her opinion and takes it low”.

Furthermore, that 39% of the mothers strongly agree that “spouse objects are to care children” and 50% of them feel that their husband is not happy to marry them. On the other hand, 54% of mother participant strongly disagree about feel happy when they exchange ideas with their husband while 45% of them strongly disagree about pleased to hear the words of love and praise from their spouse

Figure 1 illustrates the total score of emotional divorce of considered mothers. It can see that the highest percentage of the mothers (73%) have high emotional divorce and 25% of them have average score of emotional divorce.

Table 4 shows the distribution of the mothers who were studied in terms of their psychological hardiness. Mothers strongly disagree about having values and principles they uphold and adhere to, believing that their lives have meaning and purpose and that the value of life is found in the individual's adherence to principles and

values at 45%, 52%, and 47%, respectively. However, they strongly agree—with frequencies of 55%, 48%, and 53%—that individuals are afraid to face problems even before they arise, feel worried and threatened as a result of situations and occurrences, and believe that external forces over which people have no control affect their lives.

Figure 2 illustrates the total score of psychological hardiness of considered mothers. It illustrated that 70% of mother participant have lower psychological hardiness, while 24% of mothers have average level of psychological hardiness.

Table 5 show the levels psychological wellbeing subscales, it was observed that more than two third percentage (89%) of the children personal growths level were low, while their level of positive relation with other and their purpose in life were average at 37% and 43% respectively but it was detected that 57% of children have low level of self –acceptance and only 10 % of them have high level of self-acceptance.

Figure 3 demonstrates the total score of psychological wellbeing of children participants, which revealed that more than half (68%) of children have mild psychological wellbeing level and 27% of them were within average level of psychological wellbeing.

Table 6 present the correlation between mothers’ emotional divorce, their psychological hardiness, and their children psychological wellbeing that is important result in

the current study to identify the aim of the study. It was found that there is statistically significant negative correlation between children psychological wellbeing and mothers emotional divorce, where $r = -.883$, $p=.000$ while there is statistically significant positive correlation between mothers' psychological hardness and their children psychological wellbeing, as $r = .957$, $p = .000$. Additionally, there is statistically significant negative correlation between mothers' emotional divorce and their psychological hardness, as $r = -.905$, $p = .000$. This mean that the children psychological wellbeing has inverse proportion with mother's emotional divorce and direct proportion with mothers' psychological hardness.

Table 1: - Allocation of the studied child according to their socio-demographic characteristics.

Studied subject (n =100 child)			
Socio-demographic criteria		N	%
Child Sex	Boys	46	46
	Girls	54	54
Age	6-10	53	53
	11-15	47	47
	Mean SD: 10.8935 ± 3.24794		
Educatio	1 st - 3 rd level	14	14

n grade	4 th - 6 th level	39	39
	7 th -9 th level	47	47

Table2: Allocation of the studied parents according to their socio-demographic characteristics.

Studied subject (n =100 mother)			
Socio-demographic criteria		N	%
Mother age	20 – 30	24	24
	31 – 40	55	55
	41 –	21	21
	Mean SD: 30.473 ± 3.7209		
Father age	20 – 30	12	12
	31 – 40	50	50
	41 –	38	38
	Mean SD: 33.7500± 7.93261		
Duration of marriage	less than 7 y	2	2
	7-12	25	25
	more than 12	73	73
Education level of father	Read and write	22	22
	middle education	43	43
	higher education	35	35
Education level of mother	Red and write	36	36
	middle education	44	44
	higher education	20	20
Income	Enough	62	62
	Not enough	38	38
Mother work	Work	35	35
	Not work	65	65
Father work	Work	78	78
	Not work	22	22

Table 3: Frequency Distribution Percentage of emotional divorce of considered mothers

Emotional divorce scale items	Strongly agree		Agree		Neither agree nor disagree		Disagree		Strongly disagree	
	No	%	No	%	No	%	No	%	No	%
1. Stay away from my goals to avoid a conflict with my husband	45	45	39	39	4	4	2	2	0	0

Emotional divorce scale items	Strongly agree		Agree		Neither agree nor disagree		Disagree		Strongly disagree	
	No	%	No	%	No	%	No	%	No	%
2. My husband is keen to go out together for a walk	2	2	2	2	8	8	42	42	45	45
3. My husband meets my wishes quickly	47	47	44	44	4	4	4	4	1	1
4. My husband insists on his mistakes	1	1	1	1	19	19	30	30	49	49
5. I tolerate my husband when he does not meet my requests	3	3	2	2	12	12	33	33	50	50
6. I feel bad while shopping with my husband	55	55	33	33	7	7	3	3	2	2
7. I exchange gifts with my husband	48	48	37	37	8	8	4	4	3	3
8. Signs of grief and depression appear on my husband for no convincing reason.	49	49	31	31	10	10	7	7	3	3
9. I check the messages and contacts on my husband's phone	51	51	29	29	11	11	5	5	4	4
10. I feel that our marital life is based on grumbling and complaining.	44	44	33	33	14	14	6	6	3	3
11. My husband respects my opinion and takes it low	2	2	2	2	20	20	40	40	36	36
12. Our marital life lacks dialogue and quiet discussion	46	46	34	34	11	11	7	7	2	2
13. I feel that my husband is related to me and does not spare me.	1	1	1	1	13	13	30	30	55	55
14. My husband objects to the way I care about children.	39	39	31	31	20	20	5	5	5	5
15. My husband is intent on doing things that will cause me trouble.	2	2	4	4	13	13	28	28	53	53
16. I apologize to my husband when he wronged him.	1	1	2	2	15	15	35	35	47	47
17. I feel an emotional emptiness between me and my husband.	1	1	0	0	16	16	40	40	43	43
18. I tell my husband with the feelings of love and attraction to him.	2	2	0	0	12	12	38	38	48	48
19. I feel remorse and dissatisfaction with my marriage.	2	2	1	1	13	13	40	40	44	44
20. I think my husband is deficient in the performance of his family duties.	1	1	2	2	20	20	38	38	39	39
21. I feel that my husband does not love me.	43	43	35	35	11	11	6	6	5	5
22. I find support from my husband when I am in crisis.	2	2	4	4	20	20	41	41	33	33
23. My husband gives up helping me when I need it.	1	1	2	2	12	12	28	28	57	57
24. I feel weak and insulted when expressing my feelings to my husband.	0	0	3	3	20	20	32	32	45	45
25. It is better for the husband's family to take care of him if he has a health problem.	46	46	36	36	11	11	4	4	3	3

Emotional divorce scale items	Strongly agree		Agree		Neither agree nor disagree		Disagree		Strongly disagree	
	No	%	No	%	No	%	No	%	No	%
26. I feel that my husband is not happy to marry me.	50	50	44	44	4	4	0	0	2	2
27. I feel happy when I exchange ideas with my husband.	0	0	3	3	13	13	30	30	54	54
28. I am glad to hear the words of love and praise from my husband.	4	4	1	1	15	15	35	35	45	45
29. I feel that the relationship between me and my husband is based on interest.	44	44	38	38	10	10	5	5	3	3
30. My husband travels without a convincing reason.	39	39	40	40	16	16	3	3	2	2



Figure 1: Percentage division of Total score of emotional divorce of considered mothers

Table 4: Frequency Distribution Percentage of psychological hardiness of studied mothers

psychological hardiness scale items	Strongly agree		Agree		Neither agree nor disagree		Disagree		Strongly disagree	
	No	%	No	%	No	%	No	%	No	%
I have certain values and principles that I adhere to and preserve	5	5	10	10	10	10	30	30	45	45
I think my life has a purpose and meaning for which I live.	3	3	1	1	12	12	32	32	52	52
The value of life lies in the individual's adherence to principles and values.	2	2	6	6	10	10	35	35	47	47
I can do anything that serves my family or my community.	4	4	5	5	19	19	33	33	39	39
I think that the fun and excitement of life lies in the ability of the individual to meet the challenges.	2	2	16	16	5	5	27	27	50	50
My success in studying and family depends on my efforts, not on luck and chance.	1	1	14	14	8	8	29	29	48	48
I stand by others when facing any problem.	0	0	12	12	11	11	33	33	44	44
I feel responsible for others and take the initiative to help them	4	4	3	3	9	9	30	30	54	54
I have the ability to persevere after solving any problem	1	1	3	3	19	19	31	31	46	46
I plan for my life and do not leave it to luck, chance and external circumstances	3	3	11	11	7	7	40	40	39	39
I had the love of adventure and the desire to explore my surroundings.	0	0	10	10	10	10	33	33	47	47
I take care of problems because I trust my ability to solve them	0	0	5	5	14	14	42	42	39	39
I can control the course of my life.	1	1	9	9	15	15	31	31	44	44
I can achieve my goals no matter what the challenges are.	2	2	1	1	15	15	36	36	46	46
I have a curiosity and a desire to know what I do not know.	1	1	9	9	9	9	44	44	37	37
I have the ability to implement my future plans.	3	3	0	0	14	14	32	32	51	51
I think life with all of its aspects is not worth living	56	56	17	17	20	20	5	5	2	2

psychological hardiness scale items	Strongly agree		Agree		Neither agree nor disagree		Disagree		Strongly disagree	
	No	%	No	%	No	%	No	%	No	%
I make my own decisions, and they are not made by an external Source	44	44	28	28	24	24	3	3	1	1
Problems raise my energy and my ability to challenge.	1	1	10	10	12	12	35	35	42	42
I change my values and principles if circumstances require so.	2	2	5	5	14	14	46	46	33	33
I think the failure is due to reasons that lie in the person Himself/herself.	3	3	11	11	0	0	43	43	43	43
Most of my life is lost in meaningless activities	51	51	25	25	19	19	4	4	1	1
I think t' e exciting life is that I have problems I can face.	2	2	5	5	17	17	41	41	35	35
I participate in any activity that serves the community in which I live without hesitation	1	1	0	0	6	6	50	50	43	43
I think luck and chance play an important role in my life.	0	0	4	4	20	20	46	46	30	30
I think bad luck is due to poor planning.	0	0	9	9	15	15	32	32	44	44
I am afraid to face problems even before they happen	55	55	39	39	4	4	2	2	0	0
feel scared and threatened as a result of circumstances and events.	48	48	29	29	13	13	6	6	4	4
I think that individuals' lives are affected by external powers that they have no control over.	53	53	30	30	12	12	5	5	3	3
I am afraid of life changes that may threaten my life.	49	49	36	36	3	3	8	8	4	4
I think that distance from people is a gain	38	38	41	41	7	7	10	10	4	4

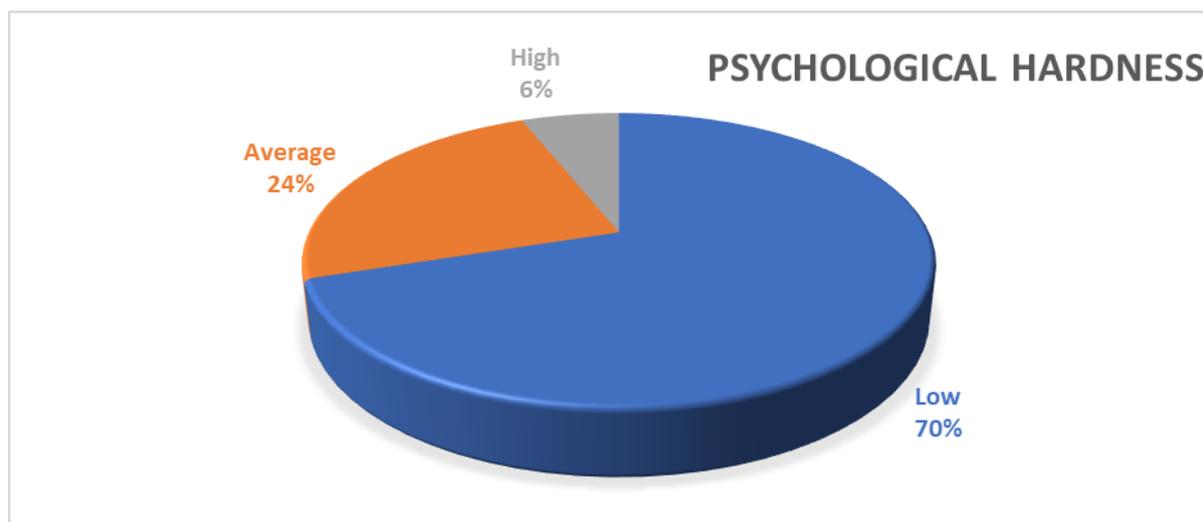


Figure 2 : Percentage division of Total score of psychological hardiness of considered mothers

Table 5: Frequency Distribution and Percentage of children according to level of psychological wellbeing

Psychological wellbeing subscales	Studied child (N =100)					
	Low		Average		High	
	N	%	N	%	N	%
Autonomy	60	60.0	30	30.0	10	10.0
Environmental mastery	49	49.0	38	38.0	13	13.0
Personal growth	89	89.0	11	11.0	0	0
Positive relation	54	54.0	37	37.0	9	9.0
Purpose in life	46	46.0	43	43.0	11	11.0
Self-acceptance	57	57.0	33	33.0	10	10.0

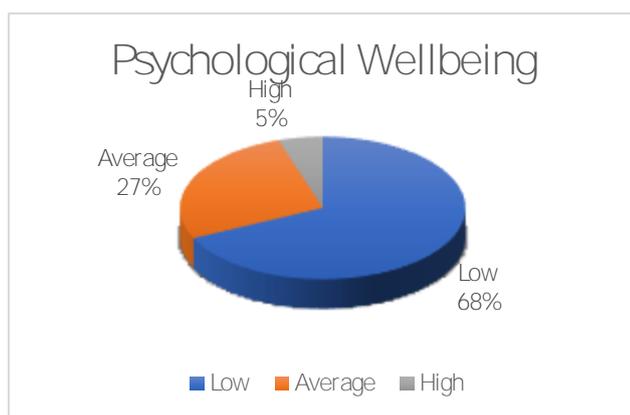


Figure 3: Percentage division of Total score of psychological wellbeing of considered student

Table 6: Correlation between emotional divorce, psychological hardness, and psychological wellbeing

Variables	Studied subject (n =100 mother & 100 child)			
	Emotional divorce		Psychological hardness	
	r.	P value	r.	P value
Psychological wellbeing	-.883	.000* *	.957	.000**
Emotional divorce	-	-	-.905	.000**

** Correlation is significant at the 0.000 level.

Discussion

The emotional divorce is the stage of a relationship where the positive emotions of love and affection are replaced with growing feelings of anger, disdain, and hatred as well as the belief that the favorable emotions are gone

for good. When these unpleasant emotions are present, the attributes that first attracted the couple to one another lose their significance. These feeling have negative effect on child psychological wellbeing and mother psychological hardness *Obeidi (2015)*

Emerging result of the actual study revealed that more than half of studied mothers have emotional divorce this result may be due to daily life stressors in all families that disturb the peace of life like high prices, child's daily problem, poverty, and unemployment, all these problems have critical role in increase percentage of emotional divorce. This result is alongside with *Jarwan (2020)* who found that majority of the studied mothers have emotional divorce.

Psychological hardness is one personality trait that enables a person to deal with stress well, preserve their physical and mental health, and avoid developing stress-related psychophysiological diseases. In the recurrent study, it was found that more than half of the studied mothers have low psychological hardness this may be related to a consequence of the emotional divorce and there is no emotional containment in addition to increase daily life stress full events that have negative effect of mother psychological hardness. This result is in agreement with *Shabanlou(2016)* who found that majority of the studied mothers have low psychological

hardness on other hand *Elizabeth(2021)* was incongruent with the present results and stated that more than half of studied mothers have high psychological hardness.

A key component of mental health is psychological well-being, which is seen to include hedonic (enjoyment, pleasure) and eudaimonic (meaning, fulfillment) happiness as well as resilience (coping, emotion regulation, and constructive problem solving.) *Ctst (2016)*. Alongside with this result, it was founded that majority of children have low psychological wellbeing, this may be due to numerous studies that showing a link between parental emotional divorce and a higher likelihood of a child experiencing adjustment issues, such as academic problems (such as poorer grades and school dropout), disruptive behaviors (such as conduct and substance use problems), and depressed mood these affect negatively in Psychological well-being of these children .This result is in congruent with *Sturge-Apple (2016)* who found that majority of the studied children have low psychological wellbeing, on other hands it contradicts with other study for *Ashoke et al (2020)*that said that majority of the studied children have moderate psychological welling.

In relation to correlation between mothers' emotional divorce, their psychological hardness, and their children psychological wellbeing. Current Results presented that there is negative significant correlation between children

psychological wellbeing and mothers emotional divorce and positive significant correlation with mothers' psychological hardness. This can be explained by mothers considered the pillar of the family and is very affected by their problems also child is the mirror of the mother and father, reflecting all their actions, whether positive or negative, and emotional divorce creates an atmosphere of problems and anxiety in home that have worse effect on mother and their children, the findings of *Sarani et al (2019)* support this conclusion.

Conclusion:

Based on the results of the present study, it can be concluded that the highest percentage of the mothers (73%) have high emotional divorce while 70% of them have lower psychological hardness and more than half (68%) of children have mild level of psychological wellbeing. Additionally, there were a statistically significant negative correlation between children psychological wellbeing and mothers emotional divorce, where $r = -.883$, $p=.000$ while there is statistically significant positive correlation between mothers' psychological hardness and their children psychological wellbeing, as $r =.957$, $p =.000$. Moreover, there is statistically significant negative correlation between mothers' emotional divorce and their psychological hardness, as $r = -.905$, $p =.000$. This mean that the children psychological wellbeing has inverse proportion with mother's emotional divorce and direct proportion with mothers' psychological hardness.

Recommendations:

The results of this study have led to several recommendations.

- It is necessary to develop further scientific family program to improve spouses' mental health so they can cope with and adjust to life's challenges and stressors.
- The necessity of continuing education program for individuals getting married, with a particular emphasis on how to boost couples' self-confidence and build their self-esteem to ensure the stability and continuation of married life.
- Activating the function of electronic awareness by the family-related authorities through intelligent applications, websites, and electronic program that help couples with measures connected to the intensity of emotional divorce and with remedies that help to eliminate it.
- Work to build specialist counselling centers that offer counselling services both before and after marriage to enhance and raise the level of compatibility between spouses.
- Because emotional divorce has a major negative impact on family and society stability, we advise to plan, avoid, and treat emotional divorce, higher committees in the area of the family are formed. which is equally risky as a divorce in its entirety.
- Enhancing coping mechanisms for mothers by making time for activities like yoga, meditation, exercise, music, reading, or photography. Nurses should be encouraged to participate in these programs, which should also be arranged in institutions.
- The necessity to adopt the idea of setting up programs or courses for married life and making them both required and available to those considering marriage. The fulfilment of the marriage contract should be conditioned upon its successful conclusion.
- Conducting additional research on emotional divorce and psychological hardiness in light of factors that the current study did not consider, such as the wife's level of education, the kind of housing, and the size of the family.

Conflict of Interest

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