

Examining the Self-Efficacy of Divorced Women and Married Women in Pardis City

Abstract

The present study was conducted aiming to investigate the self-efficacy of divorced women and married women in Pardis City. The research sample included 50 divorced women and 40 married women who were randomly selected using the clustering sampling method. The participants completed the research tools, including the Connor-Davidson Resilience scale (CD-RISC) and Rolandic et al. self-efficacy scale (1986). The descriptive research design of the causal-comparative type was used. Independent group t-statistics and multivariate analysis of variance (MANOVA) were used for the data analysis. According to the results, it was found that there is a significant difference between the self-efficacy of divorced women and married women, and based on the average scores, divorced women have less self-efficacy than married women. As a result, it can be said that in divorced women, the obstacles and problems of life cause them to expect less success in overcoming problems and not to be consistent in their efforts, to have less confidence in their abilities, and to have doubts, and generally have less self-efficacy than other married women.

Keywords: *Self-Efficacy, Divorced Women, Married Women, Pardis City*

Arefeh Shokri

*Master english translation of damavand
Email: ishokrArefeh89@gmail.com*

Introduction

One of the changes created is the phenomenon of divorce; There are studies on the increased rates of divorce and its negative consequences, such as reduced quality of life (Ghaffari & Rezaei, 2013). Also, the institution of the family is considered the most basic and main social institution. Divorce and separation is the most important factor in the disintegration of the structure of the most fundamental part of society, namely the family (Nikugoftar and Sangani, 2020). Statistics show that the rate of divorce in different communities is increasing, and as much as divorce is increasing in family life, its effects and consequences also threaten the life of society and the health of the people more than ever (Allahverdi and Moradzadeh, 2020). Divorce is one of the factors that disturb the mental peace of women in the family (Tabrizi, Ghamari, and Bazazian, 2020). The feeling of loneliness and the greater emotional needs after divorce is not only due to the loss of a spouse, but also because women after divorce lose not only their husbands and families but also shared friends and even some of their friends (Victor, 2018).

Research indicates that married people experience more psychological health and less psychological stress compared to divorced, separated, widowed, and single people (Aggarwal, Kataria & Prased, 2017).

One of the issues that are affected after divorce is self-efficacy; Self-efficacy is a person's judgment of his abilities to organize and perform an activity. A high sense of self-efficacy causes more effort, resistance, and flexibility (Abdollahimi Noshad, 2020).

Self-efficacy beliefs are the foundation of motivation, well-being, and human success, and when people believe in the ability to do a task, they will have the ability to achieve desired results (Kern & Williams, 2020). People with high self-

efficacy are more likely to reject negative feedback, and rejecting negative feedback increases life expectancy and happiness (Borjali, Asgari Rad, and Naseri Nia, 2021).

Research findings indicate that divorce, in addition to physical and psychological problems, considerably affects people's feelings, behavior, and ways of thinking, especially their self-efficacy (Nouri Purliavli et al., 2021).

The World Health Organization has defined psychological well-being as a basic need and vital for improving the quality of human life. Several definitions have been presented for psychological well-being; however, in general, it can be considered as an individual's evaluation of the experiences, awareness, communication, and overall subjects related to one's worth during his life. With the introduction of the term psychological well-being in the theoretical literature, many studies were conducted seeing to determine the factors affecting it (Duck Worth, 2012). Some of these studies are as follows: Hashemi et al. (2018) conducted a study entitled "The effect of life skills training on the self-efficacy of divorced women in Tehran. According to the nature of the subject, the method of this research is experimental studies with a semi-experimental design and of the pre-test - post-test type with the control group. The statistical research population included all divorced women who were referred to health centers in Tehran in the second half of 2017. Among these, 30 divorced women referring to Tehran health centers in the second half of 2017 were randomly and purposefully assigned to the case group (n = 15) and control group (n = 15). The case group received life skills training for 10 sessions. Both groups responded to the self-efficacy scale (Sherer et al., 1982) in the pre-test and post-test stages. The collected data were analyzed by covariance test and using SPSS-20 software. The research findings showed that there is a significant difference between the average self-

efficacy of the case and control groups in the post-test phase ($P > 0.05$). According to the findings of this study, it was concluded that life skills training affected the self-efficacy of divorced women. Khakshor (2020) conducted a study entitled "Evaluation of the role of self-efficacy and resilience in predicting psychological well-being in divorced women of Isfahan city". The sample size of this study was 120 divorced women in Isfahan city who were selected from among those who were referred for divorce. The participants were sampled using the convenience sampling method. For data collection, the Ryff Scales of Psychological Well-Being, Connor-Davidson Resilience scale (CD-RISC), and general self-efficacy scale were used. The obtained data were tested and analyzed with Pearson correlation and multivariate regression analysis. The results showed that resilience has a significant positive relationship with psychological well-being and a significant positive relationship with self-efficacy, and psychological well-being did not show a significant relationship with self-efficacy. Resilience with the standard beta coefficient of 0.23 could predict psychological well-being, and self-efficacy with the coefficient was not able to predict psychological well-being. According to the findings, resilience helps people turn difficulties into profitable opportunities. A person's adaptation approaches and family characteristics help him control the pressures and adverse conditions of life, which in turn leads to a person's well-being. On the other hand, divorced women are not confident in their abilities and instead of seeing problems as threatening, they avoid them and avoid choosing challenging goals. Asadpur, Kasai, and Barghai (2016) carried out a study entitled "The role of practicing religious beliefs in predicting self-efficacy and life expectancy of divorced women". This study aimed to investigate the role of practicing religious beliefs in predicting self-efficacy and life expectancy of divorced women. This research adopted a correlational research design. The statistical population included all the divorced women of Karaj city in the first quarter of 2015 who were referred to the Divorce Counseling Center of the Family Court of Karaj city. From these people, 278 were selected using the convenience voluntary sampling method, and they responded to life expectancy and self-efficacy scales. The collected data were analyzed using Pearson's correlation test and multiple regression. The results of the research showed that collective religious behavior, practical behavior, and religious behavior have a positive relationship with self-efficacy. Also, practical behavior, collective religious behavior, and religious behavior predicted a 1.8% of the self-efficacy variance. Likewise, religious beliefs, personal religious behavior, collective religious behavior, and practical behavior have a positive relationship with life expectancy, and practical behavior, personal religious behavior, and collective religious behavior

predicted a 16.9% variance in life expectancy. It is appropriate for counselors and therapists or organizations related to women's affairs to work on ways to strengthen religious beliefs so that in difficult situations, such as divorce, their hope and self-efficacy do not suffer a traumatic drop. Taghavi Nia (2021) conducted a study entitled "Effectiveness of Self-Efficacy Training on Improving Mental Health and Reducing Rumination of Divorced Women with Substance-Dependent Spouses". This study aimed to investigate the effectiveness of self-efficacy training in improving mental health and reducing rumination of divorced women with substance-dependent spouses under the coverage of the welfare organization of Kohgiluyeh and Boyer-Ahmad Province. This research was a semi-experimental type with a pre-test-post-test design with a control group. The research statistical population included all divorced women aged 20 to 45 with a substance-dependent spouse covered by the welfare organization of Kohgiluyeh and Boyer-Ahmad Province in 2019. 40 women were selected using purposive sampling and were randomly assigned to the case ($n = 20$) and control ($n = 20$) groups. The participants of both groups completed the Ruminative Response Scale and the General Health Questionnaire in the pre-test and post-test. The case group received the self-efficacy training program (8 weeks), while the members of the control group did not receive any intervention and only completed the questionnaires. The data were analyzed by the analysis of variance (ANOVA) method. The results showed that after controlling for the pre-test effect, self-efficacy training had a significant effect on mental health and rumination in the case group, and this training program significantly improved mental health and reduced rumination in divorced women with substance-addicted spouses. Based on the results, self-efficacy training can reduce the harmful effects of addiction on the mental health of divorced women with substance-addicted spouses. Gram and Dehghan (2015) conducted a study entitled "Comparison of mental toughness and self-efficacy between divorced women and married women". The purpose of this study was to compare mental toughness and self-efficacy between divorced women and married women in Arak. It was a causal-comparative (ex post facto) research. To select the research statistical population, all married women and all divorced women of Arak city who are under welfare organization supervision were included, which constituted a total of 081. The sample of normal women was randomly selected from normal women of Arak city. Several 01 people were selected by simple random. In this research, Ahvaz Toughness Scale and Sherer's General Self-Efficacy Scale were used. An Independent t-test was used to test the research hypothesis. The research findings showed that there is a significant difference between married women and divorced women. The hypotheses of the research were supported. Thus,

it can be concluded that the scores in mental toughness and self-efficacy are higher in married women than in divorced women.

The identification and pathology of the underlying and fundamental factors of the psychological problems of divorced women will lead to solving and treatment of these problems, which will result in an improved quality of life and the reduction of these women's sufferings. The psychological and social problems of divorced women trigger other problems, such as problems in their mental health. The level of anxiety and stress caused by divorce, especially for women who perceive different limitations compared to men, creates many social and psychological challenges for them and affects the mental and general health of these women, and creates personal and professional problems in their life. Considering the difference in the level of self-efficacy between married and divorced women, the results can be provided to the authorities related to divorced women and the welfare organization, as well as the counseling centers, so that solutions are made to reduce the problems of these women and increase the quality of their life. Therefore, research in this field seems necessary.

Research Methodology

The statistical population of the present study consisted of all divorced women who referred to the welfare organization of Pardis City and married women of Pardis City in the first half of 2021. The sample of this research included 50 divorced women who were selected using the cluster random sampling method. For this purpose, a list of departments where divorced women were referred was prepared from the welfare organization, and then three departments were randomly selected, and a list was prepared from each of the departments where divorced women were referred, which included 70 divorced women who referred. Then, 50 were randomly selected from three departments and a questionnaire was given to them. Also, married women of the research included 40 married women working in the campus organization, who were selected using a cluster random sampling method. To this end, first, different departments of the welfare organization were identified and five departments were randomly selected, and among the married women employed in the welfare organization, which included 64 people, 56 people were included in the study after matching with the first group (in terms of age groups, education level. The data collection tool was the self-efficacy questionnaire with 17 items developed by (Ollandik, 1984 and Ozrold and Crow, 1986). This is a self-

report and paper-pencil questionnaire. Its items are written for people above 14 years old in terms of comprehensibility. The answers to the questions can vary from the option Completely Disagree, No Idea (average), Agree and Completely Agree. The self-efficacy questionnaire is scored based on 1 to 5 points assigned to each item. Items 1, 3, 8, 9, 13, and 15 have increasing scores from left to right, and the rest of the items have increasing scores from right to left. The minimum score that one can get is 17 and the maximum score is 85 (Jalali and Asadi, 2013).

The reliability of the questionnaire was obtained in research by Barati Bakhtiari (1996, quoted by Safarzadeh, 2009) through the Spearman-Brown method with a length equal to 0.76 and Cronbach's alpha obtained with the overall consistency of the items equal to 0.79.

In a research by Safarzadeh (2009), the reliability of the questionnaire was obtained by Cronbach's alpha and bisection method as 0.84 and 0.84, respectively, which indicated acceptable reliability coefficients. To measure the validity of this questionnaire, it was correlated with the sizes of several personality traits. These personality measures included Rater's internal control scale, social desirability scale, self-alienation scale, and interpersonal competence scale. Based on the investigations, a positive correlation was obtained between self-efficacy scale scores and Rater's internal control scale scores (0.40). There was a negative correlation with the self-alienation scale (0.60 and 0.55) and a positive correlation (0.46) between the interpersonal competence scale and self-efficacy, and all the coefficients were significant at the 0.001 level (Zardosh, 2012). In another study, Minai reported the reliability coefficient of the questionnaire using Cronbach's alpha method as 0.86.

In the present study, the reliability coefficient of the questionnaire was obtained using Cronbach's alpha method as 0.62. SPSS software, Ver. 17 was used for data analysis. Also, a 0.05 level was used to confirm all the hypotheses. In the analysis of research data, the statistical methods of independent groups t-test and multivariate analysis of variance (MANOVA) were used.

Findings

Descriptive findings

The descriptive findings of the current research are presented as the mean, standard deviation, and the number of sample subjects for the research variables, which are shown in Table 1.

Table 1: Descriptive findings of action flexibility and self-efficacy of divorced women and married women

Variable	statistical index	Mean	SD	No.
	Group			

Self-efficacy	Divorced women	51.60	4.91	60
	Married women	72.20	2.14	60

As can be seen in Table 1, the highest average self-efficacy (72.20) is related to married women and the lowest average self-efficacy (51.60) is related to divorced women.

Inferential findings from research hypotheses

Table 2: The difference between the self-efficacy of divorced women and married women

Group	No.	t	Degree of freedom	p
Divorced women	60	-20.76	118	0.001
Married women	60			

As can be seen in Table 2, t is equal to -20.76, which is significant with 118 degrees of freedom at the $p < 0.001$ level, and the second research hypothesis is supported. In other words, there is a significant difference between the self-efficacy of divorced women and married women, and according to the average values in the table (1), divorced women have less self-efficacy than married women. In this part, research hypotheses are examined through multivariate

Table 3: The results of Levene's test regarding the assumption of equal variances of the scores of the research variables in the study groups

Variable	F	First degree of freedom	Second degree of freedom	Sig. Level
Self-efficacy	0.40	1	118	0.78

As can be seen in Table 3, Levene's test is not significant in the variable of self-efficacy. Therefore, the variance of the two groups of divorced women and married women is not significant in self-efficacy. Therefore, the assumption of

Table 4: The results of one-way analysis of variance on the mean self-efficacy scores of divorced women and married women

Variable	Sum of squares	Degree of freedom	Mean of squares	F	P	Statistical power
Self-efficacy	13996/80	1	13996/80	431/32	0/001	1

As can be seen in Table 4, there is a significant difference between divorced women and married women in terms of self-efficacy ($p > 0.001$ and $F = 431.32$). In other words, there is a significant difference between the self-efficacy of divorced women and married women, and according to the averages in Table 1, divorced women have less self-efficacy than other married women. Consequently, the research hypothesis is confirmed.

Conclusion

To check the research hypotheses, the independent sample t-test and multivariate analysis of variance (MANOVA) were used, and the results obtained are as follows:

Major hypothesis: There is a significant difference between the self-efficacy of divorced women and married women.

analysis of variance. Before analyzing the data related to the hypotheses, they were examined to ensure that the data of this research estimate the underlying assumptions of the multivariate analysis of variance. For this purpose, the assumptions of homogeneity of variances were examined. Levene's test was used to observe the assumption of equal variance of the research variables, the result of which is presented in Table 3.

homogeneity of variances is confirmed and zero is confirmed for the equality of the variances of the scores of the two groups in all research variables. That is, the presumption of equality of variances of scores in two groups was confirmed.

According to the results, it was found that there is a significant difference between the self-efficacy of divorced women and married women, and based on the average scores, divorced women have less self-efficacy than married women. Moreover, the results of the present research are consistent with results other studies, such as Gram, Dehghan (2016), Asadpur et al. (2017), Taghvai (2021), Khakshor (2020), Hashemi et al. (2018). In explaining this research hypothesis, it should be stated that, compared to married women, divorced women

have a greater understanding of social and cultural restrictions and employment in society, and the sufferings of these women make them have many worries in facing their problems. The stress caused by the psychological and social problems of these women makes them face many challenges, so they rely less on their skills and mental abilities. These women are weak in problem-solving and self-efficacy skills, and they lack the ability and belief in their abilities to succeed in a situation and solve problems due to various cognitive and social reasons, as well as the pressures and psychological burdens of life, and of course, their lack of control and control skills. Because divorced women face many psychological, social, and emotional damages, these pressures create considerable stress and can endanger the social-psychological functioning of the person, reducing their self-efficacy. According to Bandura's social cognitive theory, the feeling of self-efficacy originates from previous complete and sufficient performances, verbal encouragement, and mental states of people and the environment, and the interaction between environmental factors, cognitive structure, and other individual characteristics determines self-efficacy. In divorced women, social and emotional support is less perceived due to being a supervisor and the pressure of work, and the demands and needs of establishing a life. Therefore, the level of belief in self-efficacy and cognitive attention to one's abilities is less investigated and seen. As a result, it can be said that in divorced women, the obstacles and problems of life cause them to expect less success in overcoming problems and not to be consistent in their efforts, to have less confidence in their abilities, and to have doubts, and generally have less self-efficacy than other married women.

Acknowledgments: Non

Conflict of Interests: Non

Ethical Considerations: Non

Financial Disclosure: Non

Funding/Support: Non

Persian References

Asadi, M., Jalali, M. (2013). "Examining the relationship between self-efficacy and time management of Ahvaz Azad University students". MA Thesis. Ahvaz Islamic Azad University.

Asadpur, E., Kasai, A., Sadat Barghai, S. (2017). "The role of practicing religious beliefs in predicting self-efficacy and life expectancy of divorced women", *Islam and Psychological Research*, second year, No. 3, pp. 97-112.

Abdolrahimi Noshad, L. (2020). "The effectiveness of treatment based on acceptance and commitment in self-regulation and self-efficacy of women with addiction to

stimulants". *Recent Advances in Behavioral Sciences*, 5(49): 1-12.

Allahvardi, F., and Moradizadeh, S. (2020). "Investigating the effectiveness of positive-oriented psychotherapy on increasing the happiness and psychological well-being of divorced women". *Women and Society Scientific-Research Quarterly*, 11(43), 223-242.

Borjali, M., Asgari Rad, Z., and Naseri Nia, S. (2021). The effectiveness of teaching Schwanker's encouragement method based on Adler's theory on self-efficacy, life satisfaction and emotional regulation of conflicted couples". *Culture of Counseling and Psychotherapy*, 12(45), 161-184.

Duckworth A.L, Weir D, Tsukayama E, Kwok D (2012). Who Does Well in Life? Conscientious Adults Excel in Both Objective and Subjective Success. *Front. Psychology*. 3(356):1-8.

Hashemi, M., Benisi P., Razavi M. (2018). "Effect of life skills training on self-efficacy of divorced women in Tehran", 5th International Conference on Psychology, Educational Sciences, and Lifestyle.

Ghaffari M, Rezaei A (2013). Correlation of Marital Satisfaction and Quality of Life with Life Skills and Obsessive-Compulsive Tendency Among Payam-e-Noor University Students. *Medical Science*. 23(2):140-147. [Persian].

Kazem G., Dehghan, A. (2016). "Comparison of mental toughness and self-efficacy between divorced women and married women", International Conference on New Approaches in Human Sciences.

Kern, M. L. Williams, P. Spong, C. Colla, R. Sharma.(2020) K. Downie, A. Oades, L. G Systems informed positive psychology. *The Journal of Positive Psychology*(6)15,705-715.

Khakshor, H. (2020). "Evaluation of the role of self-efficacy and resilience in predicting psychological well-being in divorced women of Isfahan city", The first national conference on interventions in crisis and promotion of mental health.

Aggarwal, S., Kataria, D., & Prasad, S. (2017). A comparative satisfaction in patients with study of quality of life and marital depression and their spouses. *Asian journal of psychiatry* 65-70.

Victor, C. R., Burholt, V., & Martin, W. (2018). Loneliness and ethnic minority elders in Great Britain: an exploratory study. *Journal of cross-cultural gerontology*, 27(1), 65-78

Nikugoftar, M., and Sangani, A. (2020). "The effectiveness of schema therapy on rumination, social emotional loneliness, and general health of divorced women". *Knowledge and Research in Applied Psychology*, 21(2): 1-12.

Taghvai Nia, A. (2021). "Effectiveness of Self-Efficacy Training on Improving Mental Health and Reducing Rumination of Divorced Women with Substance-Dependent

Spouses", *Scientific Quarterly of Addiction Research*, year 15, No. 60, pp. 183-204.

Tabrizi, F., Ghamari, M., and Bezazian, S. (2020). "Comparing the effectiveness of acceptance and commitment-based therapy with the combination of acceptance and commitment-based therapy and compassion-based therapy on the psychological well-being of divorced women". *Scientific Quarterly of Counseling Research*, 19(75): 65-87.