Comparing the Attachment, Personality, and Loneliness, Between Divorce Applicant and Normal Women

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ABSTRACT: The aim of this study was to compare attachment styles, personality and loneliness in the divorce applicant women and normal respectively. The design of this research is descriptive and casual-comparative. The study population included all women referred to the court of Bushehr city, Iran during the years of 2014 to 2015. Sixty individuals were selected by availability sampling method and were compared with a group of ordinary women who were selected by matched with the divorce applicant group purposefully. The questionnaires of adult attachment styles, Neo character and loneliness were used to collect the data, and these data were used SPSS-18 software and analyzed with multivariate analysis of variance. The results indicate that there was significant difference between the attachment styles, personality factors and loneliness in the divorce applicant women and normal.

Keywords: Attachment, Personality, Loneliness, Applicant, Divorce.

INTRODUCTION

Divorce is the main risk factors for many forms of inefficiency and psychopathology in the family (Hahlweg & Richter, 2010). Divorce leads to the development of basic disorders in children's lives and is most important factor in disruption of fundamental structure of society, the family. High divorce rate is the hallmark of disorder in social system and family- personal relationships. The results indicate that there is the high prevalence of turmoil and disorganization of the relationship with negative consequences in physical and mental health of divorced women and children of divorce (Halford & Snyder, 2012). Created problems in the marriage, with the passage of time, are placed on each other such as layers and continue until that husband or wife complained from her marital life and this dissatisfactions are manifested in different ways. Sometimes personality characteristics and dysfunctional attachment styles of couples can be lead to poor response by each of them and add layers to the extent that it will lead to confusion and end relationships. So those majorities of couples who are separated or divorced initially bear a period of turmoil relationship and then think to separate (Ditommaso, & Spinner, 1993). Genetics play an important role among women in the incidence of divorce (Peter et al., 2015). Divorced men are dying earlier than other men but this is not absolute about divorced women, while this is in contrast to the men and women who have died spouses (Christopher et al., 2015). Divorced women increased their income in the long run and especially women who did not remarry (Abdul Qader, 2013). Divorce increased the consumption of psychotropic drugs. This increase

in consumption is due to marital timing events (even up to 5 years before the divorce) as well as the events after the divorce (advice for these people Can be play a special role) (Niin & Pekka, 2013). One of the factors related to divorce for women are interested in them. Attachment is a special emotional relationship that involves an exchange of pleasure, the care and comfort. Attachment is an interactive system that created a feeling of safety through the acceptance of acceptable limits (Bowlby, 1988).

Attachment is a fundamental motivation, intrinsic and biological and is an unavoidable process and also is a lasting psychological connectedness between two human beings (Bowlby, 1969). Divorced women have more insecurity than other women in the field of dependence (Abdul Qader, 2013). Research suggests that the personality traits especially neuroticism and extraversion, have a significant relationship with divorced in women.

In view of the importance of character study and its role in understanding human behavior, this is natural assumption that the characters have a special place throughout the history of the psychology. Characters include: a psychological totality being highlights a particular human. Psychology considers individual differences in discussion of the character and its purpose is to define more accurately of these differences and determine those (Lounsbury et al., 2007). Five-Factor Model of personality is one of the most dominant and most historic models of personality structure and many psychologists expressed that five-Factor Model covers many variables of personality. Five factors that have come in abundance in the studies, as follows: Neuroticism, extraversion, openness to experience, successful and conscientiousness (Jalali et al., 2011). This components of personality played a determine role on conspicuous person's behavior (Fatehi et al., 2014), so that is considered one of the important and effective factors on the vulnerability or wellbeing (Bukharae, 2007). Personality traits destroyed or facilitated compliance process and the psychological and physical health through the impact on interpretations of environmental events (Theeke, 2009). Another factor in women that is associated with divorce is alone component. Alone is annoying signs which aims to encourage people to communicate (Cacheu, 2013). Unfulfilled desire for emotional connection also makes most of married women feel lonely (Schwartz, 2010). Severe and the most irritant alone, alone is begins with another person. When the marriage cannot fill person alone, anger, bitterness and emotional rejection occurs that could be more of a sense of loneliness (Yoram, 2015). Gallo and Smith (2001) showed that couples with secure attachment have negative interactions less than couples with insecure attachment (especially unsafe anxiety).

Catherine (2012) in a study observed that to evaluate the effects of parental divorce and residential instability in romantic attachment among young adults, Scores insecure attachment styles (anxiety and avoidance) were much higher among people who experience divorce or separation parents, conflict and residential instability than ordinary people. Ottaway (2010) in his study under the title the impact of parental divorce on intimate relationships adult children concluded that parental divorce has an impact on intimate relationships of adult children. Barelds (2005), in his study showed that involved and confused spouses are more neurotic and introverted, while extraversion has positive relation with quality of life. Also Fisher and Mcnulty (2008) in a longitudinal study showed that neuroticism women are very poorly on problem solving method and more used in dispute with wife from humiliated wife methods or ineffective skills. Charania (2007) showed that openness, accountability, adaptability, anxious attachment, negative attractions and socio-sexual features effect on marital satisfaction. Krystle et al (2013), in their study showed that there is a significant positive relationship between signs and symptoms of paranoid personality disorder and dramatic with the increasing incidence of divorce; while the relationship were negative between avoidant personality disorder and the number of divorces among couples. In a longitudinal study (for 12 years) on 526 middle-aged (42-46 years old), in order to investigate the effect of divorce on individual differences in personality development was seen that those who had experienced divorce than ordinary people received lower scores in terms of extraversion, positive affect and trust over time (Mathias et al., 2015). Considering the important role of psychological factors in relations and general family as the most important institution of society; in the present study to investigate the role of psychological factors affecting divorce, we decided to compare attachment styles, personality and loneliness, in the divorce applicant women and normal.

MATERIALS AND METHODS

The design of this research is descriptive and casual-comparative. The study population included all women referred to the court of Bushehr city, Iran during the years 2014 to 2015.

Sixty people were selected by availability sampling method. Also ordinary women were selected according to demographic features such as age (15 to 30 years), education, duration of marriage, number of children, employment status and location, by matched with the divorce applicant group purposefully. Then, the questionnaires of adult attachment styles, Neo character and loneliness scale were administered in both groups.

Research Tools

A) Adult Attachment Scale: Questionnaires of adult attachment styles that translated by Besharat and have been used after the initial normalization in three theses at the graduate level. This questionnaire is composed of two sections: General and specific attachment and is evaluated the adult attachment in 3 level secure, avoidant insecure and ambivalent insecure. In the first section there are 21 phrases that in Likert scale is scored from number of 1 means no and the number of 5 means a lot. Reliability coefficient of the questionnaire was obtained on two occasions with intervals of four weeks, more than 83% that this reliability coefficient is also desirable (Farghadani et al., 2010).

B) NEO Character Questionnaire (NEO-FFI-R): This test is made in order to practice the five factor model of personality and provided a framework from main personality attributes. Five factors provided the most basic personality dimensions under specified attributes, both in natural language and in personality questionnaires. A variety of research showed that these factors were comprehensive and can be explained personality in different directions. The participants based on a scale of five options (completely disagree - disagree - no idea - agree - completely agree) to its material responds that any material can be scored from 0 to 4 and collection of scores for each factor determined the factor's score. About the validity of the questionnaire, the results of several studies indicated that Neo subscales short form, have a good internal consistency. NEO questionnaire is normalized in Iran by Garusi (1998). The validity of this questionnaire obtained by using test-retest about 208 students within 3 months, respectively, 0.83, 0.75, 0.80, 0.79 and 0.79 for the factors N, E, O, A, C (Hasanvandi et al., 2013).

C) Loneliness Scale: This questionnaire was developed in 2008 by Dehshiri et al. and has 38 questions. It is answered by a Likert way (1= very high; 2= high; 3= moderate, 4= low, 5= very low). The validity coefficient and internal consistency and reliability of the scale are equal to 0.91 and 0.84, respectively. Also loneliness scale correlation with Russell loneliness scale (UCLA) equal to 0.60 and correlation of three subscales of loneliness (loneliness due to family relationships, loneliness due to friendship, emotional symptoms alone) with scale (UCLA), were 0.57, 0.33 and 0.47, respectively, which indicated convergent validity of feeling alone (Hafezi et al., 2014).

Data analysis method

In this study, data were analyzed in two levels of descriptive and inferential statistics by using the software (SPSS18). At the descriptive level the average and standard deviation of the study were examined, and in inferential statistics were used according to the hypotheses of analysis of variance (MANOVA).

RESULTS

The Descriptive findings

In this part, the presentation of descriptive data of research dependent variables was discussed. Descriptive data of research variables in two groups of divorce applicant women and normal are shown in Table 1.

Table 1. Descriptive data of research variables between two groups.

variable	Divorce Applicant		Normal	
	average	SD	average	SD
Securely	1.80	0.61	2.66	0.54
Avoidant	2.13	0.81	1.96	0.61
Anxiety	3.07	0.76	1.87	0.73
Neuroticism	37.75	4.09	29.90	4.95
Extroversion	26.91	3.16	28.06	3.49
Openness	21	2.96	22.58	2.55
Agreeableness	22.38	3.44	26.90	3.02
Conscientiousness	19.63	2.25	24.78	2.81
Loneliness from Family	20.66	3.99	18.93	3.99
Loneliness from Friends	18.81	6.79	19.61	6.55
Emotional Loneliness	17.30	5.37	13.15	4.35
Total Loneliness	56.78	9.84	51.70	8.48

As you observed in Table 1, the mean scores of divorce women were significantly higher in variables neuroticism, attachment anxiety, emotional loneliness and total loneliness and also were lower than normal women in variables of agreeableness, conscientiousness and secure attachment. However, to determine the significance of these differences, parametric statistical tests are required.

First hypothesis: There is a difference between attachment in divorce women and ordinary. The test results of WILKS' Lambda (MANOVA) is shown In Table 2, for comparison average scores criterion variable attachment styles in two groups of divorce women and ordinary.

Table 2. The test results of WILKS' Lambda for average criterion variable attachment styles.

Test	Value	F	df Premise	df Error	Sig.	Effect Size
WILKS' Lambda	0.425	52.37	3	116	0.001	0.57

As can be seen in table 2, WILKS' Lambda (MANOVA) test indicates that between the two groups, there were significant differences in criterion variable attachment styles ($P < 0.05$), so that there were 57% of differences in attachment styles, resulting from membership group of participants. In order to test hypotheses, multivariate analysis of variance was used. The results of this analysis are observed in Table 3.

Table 3. Multivariate analysis of variance to compare the participants' attachment styles in two groups.

Variable	Source Changes	SS	df	Average Squares	F	Sig.	Effect Size
Securely	Group	22.26	1	22.26	65.41	0.001	0.35
Avoidant	Group	0.897	1	0.897	1.71	0.192	0.014
Anxiety	Group	43.30	1	43.30	77.42	0.001	0.39

As can be seen in Table 3 there are significant differences between secure attachment style in the divorce applicant women and normal, effect size 0.35 indicated that 35 percent of the variance or scores, resulting from membership group. However, the difference between the average scores of the two groups was not significant in avoidant attachment style. Also the anxious attachment is significantly higher in divorce applicant women from normal women. Effect size 0.39 indicate that 39 percent of the variance or scores, resulting from membership group.

Second hypothesis: There is a difference between the character in divorce applicant women and normal.

The test results of WILKS' Lambda to compare scores of the components of characters in two groups of divorce applicant women and normal, have been presented in Table 4.

Table 4. The test results of WILKS' Lambda to compare scores of the components of characters in two groups.

Test	Value	F	df Premise	df Error	Sig.	Effect Size
WILKS' Lambda	0.274	`60.42	5	114	0.001	0.72

As can be seen in table 4, WILKS' Lambda test indicates that between the two groups, there were significant differences in Personality factors (P<0.05), so that there were 72 percent of differences, resulting from membership group of participants.

Table 5. Multivariate analysis of variance to compare scores of the components of characters in two groups.

Variable	Source Changes	SS	df	Average Squares	F	Sig.	Effect Size
Neuroticism	Group	1848.67	1	1848.67	89.60	0.001	0.432
Extroversion	Group	39.67	1	39.67	3.56	0.061	0.029
Openness	Group	75.20	1	75.20	9.81	0.002	0.077
Agreeableness	Group	612.01	1	612.01	58.25	0.001	0.331
Conscientiousness	Group	795.67	1	795.67	122.55	0.001	0.509

As can be seen in Table 5 there are significant differences between neuroticism scores in divorce applicant women and normal, effect size 0.43 for the neuroticism variable indicated that 43% of the variance resulting from membership group.

Also average scores of divorce applicant women were significantly lower in the openness variables, agreement and conscientiousness from normal women.

Third hypothesis: There is a difference between loneliness in divorce applicant women and normal.

The test results of WILKS' Lambda to compare scores of the variable of criterion loneliness in two groups of divorce applicant women and normal, have been presented in Table 6.

Table 6. The test results of WILKS' Lambda to compare scores of variable of criterion loneliness.

Test	Value	F	df Premise	df Error	Sig.	Effect Size
WILKS' Lambda	0.799	`9.70	3	116	0.001	0.20

As can be seen in table 6, WILKS' Lambda (MANOVA) test indicates that between the two groups, there were significant differences in variable of criterion loneliness (P < 0.05), so that there were 20 percent of differences in loneliness, resulting from membership group of participants. In order to test this hypothesis multivariate analysis of variance was used. The results of this analysis can be seen in Table 7.

Table 7. Multivariate analysis of variance to compare the Feelings of loneliness in two groups.

Variable	Source Changes	SS	df	Average Squares	F	Sig.	Effect Size
Loneliness from Family	Group	90.13	1	90.13	5.65	0.019	0.046
Loneliness from Friends	Group	19.20	1	19.20	0.431	0.513	0.004
Emotional Loneliness	Group	516.67	1	516.67	21.57	0.001	0.155
Total Loneliness	Group	775.20	1	775.20	9.17	0.003	0.072

As can be seen in Table 7 there were significant differences between the feelings of loneliness than family and emotional loneliness and total loneliness in divorce women and ordinary. However, the difference between the average scores of the two groups in feelings of loneliness than friends is meaningless. The highest effect size was related to emotional loneliness as these variables alone explained 15% of the difference between the two groups.

DISCUSSION AND CONCLUSION

First hypothesis: There is a difference between attachment in divorce applicant women and normal.

Multivariate analysis of variance to test the above hypothesis indicated that there was a significant difference between secure attachment in divorce applicant women and normal. In other words, secure attachment style in the divorce applicant women is lower than normal women; on the other hand results of this analysis indicated that anxious attachment style among divorce women is higher than normal women. So, it seems that divorce women have more anxious attachment style and ambivalent attachment to secure attachment. To explain these results, it can pointed in terms of Cassidy (1999), he believes that people are satisfied from their marital life who have secure attachment features; Such people have confidence in yourself and others and have positive visualization and supportive of attachment figures. This positive visualization increased sense of self-worth and mastery in these individuals and enables them to adjust their negative emotions in a constructive manner. Such individuals tend to make sincere and positive relationships with others. They have more confidence than the unsafe group and have a positive attitude towards the world and others and trust them so do not feel alone in their difficult situations. While people with ambivalent attachment style as ambivalent children, is on search and demand emotional and affective contact in couple's relationship, but they are unhappy and angry from relationships that there are so much contacts in it, therefore will resist strongly against such an excitement contact. In this couple model, there is a high level of disharmony, disagreement and conflict. Because each of the couples at the same time that expects his partner caters the chronic and insatiable needs to dependence, any response to these needs rejected as inadequate them. This condition can be a context for development of marital conflict and finally led to phenomenon of separation and divorce. Hakim Javadi et al (2007) believe that whatever secure attachment be lower and ambivalent attachment be more, individual in communication is powerless, especially its close relations in identifying other emotions and reception of it. This means that couples with anxious insecure attachment style suffered the most stress, thus lead to a failure to understand the emotions of others, lack of understanding of happiness and sadness. The results also showed that there is no significant difference between the divorce applicant women and normal in the style of avoidance. These results are controversial with studies of Sadeghi et al (2011) and Caroline and Haya (2014).

Second hypothesis: There is a difference between the character in divorce applicant women and normal.

The results of this study showed that there are significant differences between personality factors in divorce applicant women and normal. In fact divorce women receive higher scores in neuroticism factors. The results also suggest that divorce applicant women obtained lower scores in openness personality factors, agreeableness and conscientiousness. The findings are consistent with studies of Anari (2008), Hosseini et al (2013) Behrouz et al

(2014), Barelds (2005), Charania (2007) and Fisher and Mcnulty (2008). Amanelahi fard and Mehrabizadeh (2006) in their study showed that high scores of couples in neuroticism are associated with reduction of marital adjustment while high scores openness; agreeableness and conscientiousness are associated with the increase in marital adjustment. Hosseini et al (2013) in their study showed that competing couples obtained higher scores in neuroticism personality factor but their scores are lower in components of conscientiousness, agreeableness compared to normal couples. Behrouz et al (2014) in their study on divorced spouses showed that there is a negative relationship between neuroticism factors with marital satisfaction, and there are a positive relationship between agreeableness and openness factors with marital satisfaction. In fact individuals with high neuroticism scores have more irrational emotions and disability in containment of excitation behavior and they are weak in coping with problems.

Therefore, such individuals can not adopt safe and effective coping strategies against difficulties of life that are part of married life. On the other hand, Kaglyn et al (2000) believed that individuals neurosis expressed more negative emotions than to his wife, and in this way contribute to the formation of negative interaction patterns in marital relations (according to the Shahmoradi et al., (2011). On the other hand, it seems that low neuroticism to created mental health and the appropriate emotional, obligation to moral obligation couples and agreeableness by the ability to created solidarity and accord, during marital conflicts lead to greater consistency and reduce divorce in couples (Hosseininasab et al., 2009). Jarvis (2006) believes that the conscientious people performed more targeted efforts to maintain and perpetuate their marital relation. In this regard Kvrdk (1993) believed that, this high level of conscientiousness causes a person be more conscientiousness and to refrain from showing violent behaviors in marital relationships and inhibit their impulses. Agreeableness is personality traits that refer to interpersonal tendencies. Individuals with high scores in this dimension, have other features such as friendship, companionship, merciful and humility. Such an individual loves others and helps them, as believes that others help him (Lounsbury et al., 2007). Thus agreeableness acts in marital relationship as a positive factor.

Third hypothesis: There is a difference between loneliness in divorce applicant women and normal.

Finally, multivariate analysis of variance to test the hypothesis indicated that there are significant differences between the feelings of loneliness than family and emotional loneliness and total loneliness in divorce applicant women and normal, this means that divorce applicant women are felt more alone than normal women, this is especially considered in relation to emotional loneliness. These results are consistent with the research of Khosravi et al. (2014) and Hecht and Baum (1984). Hecht and Baum (1984) found that the amount of time an individual lived alone, is not critical determinant of loneliness in him, but the threat of separation and the quality of attachment that is experienced in insecure individuals, particularly divorced women, has an important role in loneliness. So if in married life conditions created where this emotional need is not satisfied as well, women will feel more emotional loneliness in comparison of men. Also, because women have higher standards for the quality of married life and also more emotionally invested in their marriages (Katrina 1996), more likely in marital conflict to suffered from despair and loneliness, and so think about divorce. The results of this study indicate that attachment styles, personality traits and loneliness of the important factors that can have a significant relationship with the occurrence of divorce in couples. However, it should be noted that divorce applicant women are experiencing the much more complex, less secure and more difficult life world that possibility of understanding and understand all aspects of it or does not exist or difficult to access. Thus, studies and research in this field still have long and difficult way.

Conflict of Interest
The authors declare no conflict of interest.

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