



Examination and Comparison of Normal and Divorce Girls' Personalities

Masoumeh Larny¹

Department of Psychology, College of Agriculture, Varamin Branch, Islamic Azad University, Varamin, Iran
(Lmasumeh@yahoo. Com)

Abstract

The present study was aimed to examine and compare normal girls and divorce girls' personalities. Research method was comparative-causal. The statistical population consisted of all of Tehran's female high school students (11th region) in 2016. Research sample included 80 individuals (40 normal girls and 40 divorce girls), who were selected using a stratified sampling method. Measurement tools included an MMPI test and a personal information sheet. Data analysis was done through SPSS-19 software in two sections: descriptive and inferential (multivariate variance analysis). The results of the multivariate variance analysis showed that there is a significant difference between normal girls and divorce girls in terms of scales such as hypochondriasis (Hs), depression (D), schizophrenia (Sc), psychopathy (Pd), psychological tiredness (Pt) and hysteria (Hy). And considering the size of effect, the greatest difference between the groups was seen for scales such as depression, psychological tiredness, hypochondriasis and hysteria. However, for scales such as paranoia and mania, there was not a significant difference between the two groups. Results show that psychological disorders in this group are relatively bigger than those happening to normal girls, and that these disorders have increased, compared to the past decades. Hence, it is recommended that more support is provided for this group of people.

Keywords: depression, divorce, personality, psychological tiredness

Introduction

Relationship traumas between couples are the most common family disorders. Considering the fact that close relationships and marriage are sources of happiness for most people, any disorder to them can be the most stressful experience in life (Amato, Kane, & James, 2011). Divorce is the cause of disruption in the most important part of the society, i.e. family. After the death of one spouse, the other person must make big changes in themselves in order to become adapted to new stations. Divorce affects couples and their children's adaptability in psychological, physical, social, and emotional dimensions, leading to a decrease in the efficiency of family members (Belali et al, 2011; Amato & James, 2010).



Global rate of divorce in industrialized countries is increasingly significantly. In the USA, 50 percent of first marriages end in divorce (MizanurRahman et al, 2013). According to the statistics reported in Personal Status Registration organization (Statistical Center of Iran, 2015), from 2006 to 2013, there has been a 16-percent increase in the number of divorces in Iran. Additionally, based on a report from America's Instruments Registration organization, every year, more than 1 million children experience divorce, half of whom are under 18 (Saeedi, 2012). In divorce literature, many negative consequences have been mentioned such as: economic problems (mostly for women), lack of social support (especially from spouses' families and spouses' mutual friends), increase in alcohol abuse, decline in mental health, parental tensions, role change problems, depression, lack of physical health, and decline in all life quality dimensions (Amato, 2010). In many studies, more negative consequences related to divorced women have been reported, such as mental pressures, decline in mental health, depression and mental tiredness (Zareh et al, 2014). Several studies, which have focused on divorce consequences in Iran, have referred to more problems and challenges for divorced women in social, emotional, economic, and psychological dimensions (Fasayi et al, 2012).

These consequences can result in emotions such as failure, hopelessness, sadness, and fury in individuals; additionally, they may face anxiety and uncertainty when dealing with challenges of starting a new life, such as economic, emotional, and social challenges. For this, these individuals are more vulnerable in terms of depression and insolvency (Brown, 2014). Goldenberg & Goldenberg (2012) believe that after family members' deaths, divorce is the most important cause of mental pressure. Although negative consequences of divorce involve both the husband and wife, considering previous studies in this field, undoubtedly women are more vulnerable than men (Gähler, 2006). Negative consequences of divorce include immunization system malfunctioning, behavioral and anxiety disorders, addiction and suicide, changes in relationships, and reduction in social support (Garner, 2008; according to Farghdani et al, 2010).

Therefore, family is a base for love and life; and divorce is a trauma that destroys this base. Among intrapersonal features, personality variables are factors affecting family adaptations. Studies show that personality factors are experimental predictions of individuals' adaptation. Personality is defined as an internal organization in emotional, cognitive, and conceptual systems, which determines individuals' unique reactions to the environment (Jani & Han, 2014). Personality comprises attributes which are seen in different age groups, genders, and cultures; apart from the fact that these attributes include inter-personal differences in terms of cognition, emotions, and behaviors (Willson & Dishman, 2015). Alexander (1950) refers to personality as



the expression of organism uniqueness, and Allport (1937) defines personality as an internal dynamic structure composed of social-mental systems, which determine their unique adaptability to the environment. Personality is related to individuals' internal world and their behaviors, which is characterized through behavioral patterns over time (Cobb-Clark & Schurer, 2012). Psychologists have not yet reached an agreement over how changeable or unchangeable personality can be, because there is evidence that some people have fixed personalities and some other people have changeable personalities (Bahrambeigi, 2015).

Rustayi et al (2014), in their studies on divorce, found that divorce children are more exposed to mental disorders. Divorce children are more exposed to anxiety and depression, and due to behavioral problems and depression in adolescents of single-parent families after divorce, there will be weaker academic functions (Motatiato, 2015). Adolescents with no parents, in addition to problems related to adolescence, face more challenges than other adolescents, leading to a lot of stress. The spread of mental pressure symptoms in divorce children and adolescents is greatly related to their being socially and physically ignored (Saeedi, 2012). Psychologists' examinations have shown that divorce is one of the most common factors of mental and personality disorders, putting divorce children under the pressure of numerous emotional problems, personality disorders, behavioral problems, and social problems (Freeman, 2011).

Therefore, adolescents' abnormal behaviors are a common issue in the field of pathology. Family is the base of personality, values, beliefs, and intellectual criteria, which play an important role in the determination of lifestyle. Prior to the first reactions, individuals' behaviors are affected by social and cultural norms in families where they have grown up. If we carefully pay attention to the infrastructures of families, we will find that two main pillars of families are mothers and fathers. And in order to provide a balanced lifestyle, the presence of both of them is necessary. Hence, the bond between people's personality and their adaptability to parental relationships is due to the fact that certain dimensions and aspects of individuals' personalities can act as stressful factors in all parts of family relationships. On the other hand, each personal characteristic determines individuals' functional and behavioral patterns. A person's personality leads to a certain variety of reactions, which affect their adaptability. The growing increase in the number of divorces in today's world, as well as family members' dissatisfaction with one another, conflicts in families, and the negative effects of separations on family members approve of the claim that this subject has not received fair attention and support, especially within recent decades. Hence, not many have scientific attitudes to marriage. Characterization of variables that are related to success and failure in marriage



provides the ground for experimental research and interventions. Hence, the present study was aimed to examine and compare normal and divorce girls' personalities. One of the things that make it necessary to do this research is the large number of divorces in Iran and the world. Thus, with the examination and identification of factors related to divorce, we can take an important step towards divorce prevention.

Research Methodology

Research method was practical in terms of objective; and in terms of data collection method, it was descriptive, of a comparative-causal type. The statistical population consisted of female high-school girls of Tehran (11th region), from 2015 to 2016. From all schools in Tehran's 11th region, 4 schools were selected using a stratified random sampling method. Then, from the four schools, 40 adolescent girls with separated parents were selected; they were identified through their educational-consultation documents. In addition, 40 girls with normal parents were selected.

Measurement tools included an MMPI-2 questionnaire. It had 71 items intended to evaluate individuals' mental status. Minnesota's multi-aspect personality questionnaire (MMPI) is one of the most important and valid questionnaires, which is currently used due to its clinical and technical features. This questionnaire was for the first time introduced by Mckeen Lee and Hete Vee in Minesota's University in 1943 (Graham, translated by Yaghoobi et al, 2000). The short form of this test (including 712 items), which is called "Mini Malt", was designed by Kinkaen in 1968. The statistical features of this test were approved by Iranian researchers (Ekhhvat and Jalili, 1982; Ekhhvat, 1973) in multiple studies for Iran's society. The short form had three levels of validity: lie detection (L), infrequency (F), and modification (K). It also had 8 clinical levels: such as hypochondriasis (HS), depression (D), hysteria (HY), social-mental deviation (PD), paranoia (PA), psychological tiredness (PT), schizophrenia (SC), and hypomania (MA). Studies focusing on MMPI, between 1970 and 1980, showed that all scales of MMPI were completely reliable; and the range of reliability coefficient changes was from 71% (MA scale) to 84% (PT scale) (Duck Worth et al, translated by Sharifi and Nikkhoo, 1999).

The analysis of the data obtained from the implementation of the questionnaires was done through SPSS-19 software in two sections: descriptive and inferential (multivariate variance analysis).



Findings

In order to examine research hypothesis, a multivariate variance analysis was used. Table 1 summarizes the results of the multivariate variance analysis.

Considering the indexes presented in the table and the values of F, in terms of at least one of the dependent variables of the research, there is a difference between the groups (normal and divorce girls). In order to determine the difference point, a one-way variance analysis was used.

Table 1: Indexes of multivariate variance analysis for normal and divorce girls in terms of dependent variables

Variable	Tests	Value	F	Df hypothesis	Df error	P	Size of effect
Group	Pillais Trace	0.74	12.69	8	35	0.001	0.74
	Wilks Lambda	0.25	12.69	8	35	0.001	0.74
	Hotelling's trace	2.96	12.69	8	35	0.001	0.74
	Roy's biggest root	2.96	12.69	8	35	0.001	0.74

Table 2: Indexes of one-way variance analysis in the text of multivariate variance analysis for normal and divorce girls in terms of dependent variables

Source	Dependent variable	Sum of Squares	Mean of Squares	Degree of Freedom	F	P	Size of Effect
Group	hypochondriasis (Hs)	61.45	61.45	1	17.27	0.001	0.29
	Depression (D)	275.01	275.01	1	43.27	0.001	0.50
	Hysteria (Hy)	93.09	93.09	1	15.40	0.001	0.26
	Mental-social deviation (Pd)	40.09	40.09	1	6.02	0.01	0.12
	paranoia (Pa)	4.45	4.45	1	1.14	0.29	0.02
	Psychological Tiredness (Pt)	200.81	200.81	1	25.48	0.0011	0.27
	Schizophrenia (Sc)	105.09	105.09	1	8.52	0.006	0.17
	Hypomania (Ma)	9.09	9.09	1	2.22	2.22	0.05



One-way variance analysis results in the context of multivariate variance analysis, considering the values of F and P, show that there is a significant difference between normal and divorce girls, in terms of scales such as hypochondriasis (Hs), depression (D), schizophrenia (Sc), psychopathy (Pd), psychological tiredness (Pt), and hysteria (Hy). And based on size of effect, the biggest difference between the groups is related to D, Pt, Hs, Hy, respectively. However, for scales such as Pa and Ma, there is not a significant difference between the two groups. In order to determine the differences between the groups, a Bonferroni comparison test was used.

Table 3: Multiple comparisons of Bonferroni test

Dependent Variable	Groups	Mean of groups	Difference between mean values	P
Hypochondriasis (Hs)	Normal girls	6.63	2.36	0.001
	Divorce girls	4.27		
Depression (D)	Normal girls	10.45	5	0.001
	Divorce girls	5.45		
Hysteria (Hy)	Normal girls	10.90	2.90	0.001
	Divorce girls	8		
Mental-social deviation (Pd)	Normal girls	9.72	0.01	1.90
	Divorce girls	7.81		
Paranoia (Pa)	Normal girls	6.54	0.63	0.29
	Divorce girls	5.90		
Psychological tiredness (Pt)	Normal girls	10.36	4.27	0.001
	Divorce girls	6.09		
Schizophrenia (Sc)	Normal girls	11.09	0.006	3.09
	Divorce girls	8		
Hypomania (Ma)	Normal girls	6.18	0.90	0.14
	Divorce girls	5.27		

As it can be seen in the above table, the scores of divorce girls for all scales are higher than those of normal girls; except for two scales (Pa and Ma) which do not have a significant difference. In other variables, there are significant differences between the two groups in terms of personalities.

Discussion and Conclusion

Examination and comparison of normal and divorce girls' personalities shows that there are significant differences between the two groups. Multivariate variance analysis results show that for the six scales of MMPI-2, i.e. hypochondriasis (Hs),



depression (D), schizophrenia (Sc), psychopathy (Pd), psychological tiredness (Pt), and hysteria (Hy) there is a significant difference between normal and divorce girls. However, for scales such as paranoia thoughts (Pa) and mania (Ma), there is not as significant difference between the two groups. This finding is in congruence with the findings obtained from internal and external studies (Jani and Han, 2014; Willson and Dishman, 2015; Rustayi et al, 2014; Motatiato, 2015; Allen and Brinig, 2012). In expressing these findings, it can be stated that considering intense social and economic problems of divorce girls together with personality and clinical disorders, this group has higher scores for all scales, compared to the group of normal girls. This shows that the group of divorce girls is absolutely vulnerable. If future studies achieve the same results for this group of individuals, it will be made clear that psychological disorders of this group are way bigger than those in other groups of divorce girls. Furthermore, these disorders have had a considerable increase, compared to past. Hence, it is recommended that social supports are provided for such individuals in order to prevent more serious problems. Additionally, it is necessary to take first, second, and third prevention measures in the society, along with more support and concentration. Since divorce girls of this research have high D (depression) scores, it can be said that these individuals are pessimistic about future, about the probability of dominating difficulties, and about adaptability to conditions; and most probably, they consider suicide. Their self-esteem is very low; and results **approve of such a finding.**

Therefore, considering the diagnostic code of the group of divorce girls in this study, they are mentally disturbed. They very much feel stressed, anxious, and nervous. There are all kinds of fears in this group of people. They are dependent and face problems even in small decisions. Such people cannot think in a healthy way, and they cannot focus. They are in desperate need for attention and love. They do not actively participate in life situations, because they are pessimistic. They have stereotypical attitudes to problems. They might have improper responses to insight-based psychotherapy, considering their diagnostic code. However, they exploit a supportive psychotherapeutic relationship.

Considering the basic role of personality in the health and balance of individuals' lives, as well as the importance and position of families in the society, it is recommended that stronger and richer educational-cultural programs are implemented in schools, universities, and the media in order to enhance divorce girls' personalities. Since the present research uses a self-report tool, and because of the large number of questions and the type of research (comparative-causal), it is recommended that simpler research tools are used for examinations.

Reference



1. Amato, P. R., Kane, J. B., & James, S. (2011). Reconsidering the “good divorce”. *Family relations*, 60(5), 511-524.
2. Allen, D. W., & Brinig, M. (2012). Child support guidelines and divorce incentives. *International Review of Law and Economics*, 32(3), 309-316.
3. Amato, P. R. (2010). Research on divorce: Continuing trends and new developments. *Journal of marriage and family*, 72(3), 650-666.
4. Amato, P. R., & James, S. (2010). Divorce in Europe and the United States: Commonalities and differences across nations. *Family Science*, 1(1), 2-13.
5. Bahrambeigi, Zeinab (2015). Comparison of personality features and life satisfaction in men and women of Rasht. MA Thesis, Tehran's Sciences and Research University.
6. Balali T, Etemadi O, Fatehizadeh M.(2011). The study of Relationship between psychological factors and demographic predicting post-divorce adjustment among divorced women of Isfahan. *J Couns Psychoth Cult*. 2011;2(5):29-53.[Persian]
7. Brown LT.(2014). Bruised but not Broken: How coping styles, spirituality and social support are contributing factors to how well people do after divorce [Dissertation]. California State University; 2014.
8. Cobb-Clark, D. A., & Schurer, S. (2012). The stability of big-five personality traits. *Economics Letters*, 115(1), 11-15.
9. Duck Worth, G. C. Anderson, P (1999). Interpretation guide of MMPI and MMPI-2 for clinical consultants and experts. Tehran: Sokhan.
10. Ekhat, Vali Allah and Jalili, Ahmed (1982). Sample mental features of the soldiers of the war between Iraq and Iran. *Medical System Magazine*, Course 8, No. 4, pp 207-214.
11. Ekhat, Vali Allah (1973). A study on the diagnostic value of Minnesota's multi-aspect personality questionnaire. *Psychotherapy News Magazine*, Course 3.
12. Fasaie SS, Isari M.(2012). Gender analysis of life after divorce. *J women dev politics*. 2012; 10(3):5-30. [Persian]
13. Farghadani, A., Navabinejad, S., & Shafiabady, A. (2010). Designing a model based on mindfulness, nonexistential resistance to life and sociability focusing on search for meaning in life in divorced women. *Procedia-Social and Behavioral Sciences*, 5, 1650-1664.
14. Freeman, B. W. (2011). Children of divorce: The differential diagnosis of contact refusal. *Child and adolescent psychiatric clinics of North America*, 20(3), 467-477.
15. Graham, Jan (2000). MMPI-2 guide, Evaluation of personality and mental pathology, Isfahan University. Tehran: Arjmand.
16. Goldenberg, H., & Goldenberg, I. (2012). *Family therapy: An overview*. Cengage Learning.
17. Saeedi, Tahereh (2012). Effectiveness of group training for optimism in depression, anxiety, and mental pressure in adolescent girls of divorce families. MA Thesis, Isfahan University.
18. Zareh, Somayyeh; Agilar Vafayi, Maria and Ahmedi, Fazl Allah (2014). Divorced women's spiritual confrontation when adapting to divorce: A qualitative study. *Behavioral Sciences Magazine*, Course 8, No. 4, pp 395-403.