



## The Comparison of Self Concept and Compatibility among Single and Divorced Women in Bandar Abbas

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### ABSTRACT

This is a comparative study that aims at comparing the extent of self-concept and compatibility among single and divorced women in Bandar Abbas (Mostly between 25 to 35 years old). According to this research, the method used is descriptive and of causal-comparative. The study population included all single girls over 25 years, living in the city of Bandar Abbas. All divorced women had their divorce decree issued 12 month before the study. The study samples included 130 people who responded to Roger's Self-Concept and Bell's Compatibility questionnaire. The data for this study were analysed using SPSS software. Results from data analysis showed that self-concept of divorcees and singles is not much different. The results also showed that the compatibility of divorced and single individuals is not the same and also reveals that the compatibility of single girls is more than divorced women. It can be concluded that the "compatibility variable" has little predictive power compared to "self-concept variable".

**Keywords:** Self-Concept, Compatibility, Single Girls, Divorced Woman.

### INTRODUCTION

Marriage has always been a sacred covenant among all nations and in all times and places. Marriage is the basic layer of the existence of a family. Family is one of the oldest social entity that its history goes back to the very existence of human being [1]. Marriage is one of the most fundamental issues related to the youth. Following the recent changes in the political, cultural, economic and social pattern in the community, we have witnessed so many changes in social and personal behaviors in those communities. Marriage and divorce are not exempt from this rule and according to statistics, it has had dramatic changes regarding the quality of marriage and divorce [2] approximately all couples who were in the early stages of their relationship, reported high levels of marital satisfaction, but that satisfaction has reduced overtime. The most significant indicator of marital distress is divorce. Divorce has become endemic in all societies [3].

As the divorce rate increases in family life; it also negatively affects the life of the community and threatens public health. Urbanization and changing lifestyle patterns and attitudes are caused by industrial life which had turned the divorce issue to a bigger phenomenon. On the other hand, the significant rise in the marriage age for women, after centuries of early marriages, is an important phenomenon in the field of social change. This trend has also spreaded widely in recent years. On the other hand, it should not be ignored that the phenomenon of late marriage and celibacy, definitely disrupt the normal functioning of the family and community. Irregularities such as the prevalence of social corruption, sexual crises, leaving homes, etc. can result from these dysfunctions. Fear of loneliness, a feeling that is seen more in girls, than boys. However, despite their total interest in marriage, they will not be successful in that regard and considering the factor of aging, this will have negative effects on the psychological /social aspects of their life [4]. In most cases, individual's behavior in different situations tends to resemble their whole being. When the person has negative perception about his physical characteristics, and mental abilities, it can be reflected in a set of actions and behavior that make it hard for that person to freely express him. This can undermine his ability to adjust himself to his environment [4]. Living in a human society occurs within a framework which is based on a set of specific values and specific expectations. This requires a certain degree of compatibility within the system. If there is a gap between adjustment and basic needs, it can be

due to a lack of compliance with the conditions and situations. If we don't take it seriously, the resulting condition can strongly reject the person from society and social interactions [5].

Understanding the factors that can undermine one's self-concept can ultimately prevent this kind of scenario to happen. The main influencing factors are celibacy and divorce. Therefore, this study has tried to investigate two main areas, first: The effects of divorce and celibacy on self-concept, and Second: The compatibility of women regarding these issues. These two variables are very important in the field of mental health. In this context, limited number of researches has examined all necessary variables. But to some extent, it can be seen in similar researches. Aghaei et al. [6] also showed that the compatibility of those couples who wanted to be separated was different from normal couples. We have examined subscales such as psychological aspects of cognitive and social behavioral, emotional, sexual and religious behavior. Hellen et al. [7] also showed that divorce can result in reduced adaptation, depression and physical illness. In fact, divorce has the greatest impact on mental illness than physical. Helen et al. [7], in a study showed that the experience of divorce will affect all aspects of people (psychological, physical, social and emotional) and also influences their performance and neutralizes the family and also showed a lack of control, self-esteem and low self-respect may harm the person during the stressful events such as divorce. Gordon et al. [8] revised 2500 results regarding self-concept and have concluded that the most significant aspect of human behavior is general compatibility. Iranian has a young society and the average young population makes up a large proportion of this society. At the same time, late marriage and divorce figures is on the rise.

So, many questions about the positive and negative consequences of divorce and marriage are discussed in the context of the increasing uncertainty of outcomes such as psychological and emotional experiences. Despite the sensitive area of the phenomenon and the vacuum in theoretical models, the present study has introduced a set of questions with regard to the objectives of the plan:

- Is there any difference between the self-concept of single and divorced women (25 to 35 years old)?
- Is there any difference between compatibility of single and divorced women (25 to 35 years old)?
- Is there any significant relationship between adjustment and self-concept of single girls?
- Is there any significant relationship between adjustment components and self-concept of divorced women?

## MATERIALS AND METHODS

The study population included all single girls over 25 years, living in the city of Bandar Abbas. All divorced women had their divorce decree issued 12 month before the study. We used Convenient Sampling on 130 cases (Non-random) and benefited from referring to visiting libraries, dormitories, clinics, universities, and clubs to gather vital information. The sample included 65 female patients in the age range of 25 to 30 and the divorced wife of 65 years old (25-30).

### Data Collection Tools :

For data collection, the study used the following questionnaires :

Roger's Self-Concept questionnaire

Bell's Compatibility questionnaire

Roger's Self-Concept questionnaire

The questionnaire was made during 1938 to 1957 and was developed by Carl Rogers to measure self-concept of people. It consists of two separate forms "A" and "B". Form "A" is the basic self-concept (i.e. The way people see and perceive themselves). Form "B" is designed to measure the ideal self-concept (i.e. as one might wish). In each form we have 25 polar adjectives (positive and negative). Participants must first answer Form A and then to Form B. The validity of coefficient is estimated by Split – half method which equals to 80 %. Internal consistency of each question is calculated by using the total test correlation. Content validity can be verified by theories of Carl Rogers (creator of this scale), professors and professionals. Due high internal consistency, the test has one of the best construct validity [9]. Coefficient alpha in this study was equal to 0.63 (for form A) and 0.74 (for form B).

## RESULTS

Bell compatibility questionnaire was developed in 1961 by Bell himself. He has provided two questionnaires in the field of compatibility. One is for students and another for adults, which is composed of 160 questions [10]. The adult form is used in the study. This form has five separate measures of personal and social adjustment that includes the following list: adjustment at home - Compatible Health (Fitness) - Social Compatibility - Emotional adjustment - Job Compatibility. After editing and translating, this questionnaire was performed on 200 randomly. Cronbach's alpha was calculated to test the validity of this method and its reliability. Cronbach's alpha coefficient was 0.89 [10].

In this study, Cronbach's alpha coefficient for compatibility questionnaire was equal to 0.93. In data analysis, and for the sake of descriptive statistics, we used statistical indicators such as the percentage, frequency, mean, standard deviation and graphs. And for inferential statistics, we used independent T tests and multiple regression analysis. Results:

**Table 1.** Mean variance in ratings of self-concept and indicators for those participating subjects of the study

Items	Variance	Mean	High	Low	No.
Self-Concept (Form A)	178.282	115.93	149	77	130
Self-Concept (Form B)	241.732	121.35	170	70	130
Compatibility	898.046	112.4308	208	71	130
Household Compatibility	42.389	20.85	44	7	130
Health Compatibility	30.998	14.38	32	7	130
Emotional Compatibility	66.409	21.20	44	7	130
Work Compatibility	161.814	29.12	91	14	130
Social Compatibility	58.806	26.88	50	16	130

The above table shows the values of statistical indicators from self-concept questionnaires and compatibility. We have decided to have two forms (A and B) and assigned the highest score (170) for Form A, and lowest score (70) for Form B. Average scores on Form B is 35.121 and is greater than 93.115 compared to Form A. In Compatibility questionnaire the minimum and maximum scores (ratings) are 71 and 208 respectively and the average score is 112.7 are the lowest score obtained for the components, and the highest average is 91. The largest average of components is 12.29.

**Test Questions :**

First question: Is there a difference between self-concept of single and divorced women?

**Table 2.** T-test of independent variables (related to self-concept in both single and divorced)

Compatibility	Equal Mean					Equal variance	
	Standard deviation	Mean difference	Sig.	df	t	Sig.	F
Equal variance	3.5	6.64	0.062	128	1.88	0.09	2.897
Unequal variance	3.528	6.64	0.062	103.19	1.88		

To answer the above question, we used Test of Homogeneity. According to Table 2 in both cases we can see equal variance and unequal variance which are significantly large. Therefore, we concluded that there is no difference between the self-concept of divorcees and singles, so, self-concept is independent of the status of divorced and single people.

Second Question: Is there a difference between self-concept of single and divorced women (25-35 years old)?

**Table 3.** T-test of independent variables related to self-concept in both single and divorced groups

Compatibility	Equal mean					Equal variance	
	Standard deviation	Mean difference	Sig.	Df	t	Sig.	F
Equal variance	5.1	15.13	0.004	128	2.9	0.1	2.15
Unequal variance	5.10	15.13	0.004	117.02	2.9		

To answer the above question, we used Test of Homogeneity, According to table 3 in both cases we can see equal variance and unequal variance which are significantly small (0.004). Therefore, we concluded that there is a difference between the self-concept of divorcees and singles, so, self-concept is dependent on the state of divorced and single woman. According to the obtained mean, it can be said Single girls are more compatible than married women. Accordance with Table 3, Average compatibility for divorced singles equals to 120 which is more than 8615.104.

Third Question: Is there a significant relationship between self-concept and compatibility of single girls? To answer this question, a simple Pearson Correlation Coefficient was used. The correlation coefficient was  $r = -0.233$ . The value of  $p = 0.008 < 0.05$  are considered meaningful, only if  $n$  equal to 130. Therefore, it can be said that there is a relationship between compatibility and self-concept. If we consider the fact that coefficient is negative, then we have an inverse relationship.

Fourth question: Is there a significant relationship between self-concept and compatibility of divorced women? To investigate the question, a multiple regression equation was used in simultaneous manner and then variables entering the equation were analyzed in full detail.

In table 4, the coefficient of determination is  $R^2 = 0.071$ . That means the dependent variable is related to Compatibility components. The compliance measures of 7 can define 1% of the self-dependent variable. The dispersion of data around the regression rate is 19.574. Approximately 7% of the variance of self-concept is indicated by components of consistency which shows how weak it is when it comes to prediction.

**Table 4.** Determining Coefficient and the scales of self-compatibility

Standard error	Adjusted coefficient of determination	Coefficient of Determination (R <sup>2</sup> )	Coefficient R
19.574	0.071	0.107	0.327

**Table 5.** ANOVA results of the regression analysis, Compatibility and self-concept scales

Variable sources	Significance level	F	MS	DF	SS
Total Regression Left	.014	2.979	1141.544	5	5707.721
			383.160	124	47511.848
				129	53219.569

As shown in Table 4-19, ANOVA results show that the correlation value obtained with  $F = 2.979$  at  $p = 0.14 < 0.05$  are significant in relation to the best linear combination between adaptation measures. Therefore the dependent variable is self-concept.

**Table 6.**  $\beta$  coefficients and T values and significance levels for adaptation measures

Resources	Significance level	T	Standardized coefficients	Non-standardized coefficients	
			B	Standard error	Regression coefficient B
Constant	0.018	2.389		7.188	17.173
Household Compatibility	.041	-2.065	-.259	.392	-.809
Health Compatibility	.500	-.676	-.071	.384	-.260
Emotional Compatibility	.719	.360	.050	.349	.126
Work Compatibility	.347	.945	.090	.153	.144
Social Compatibility	.342	-.954	-.124	.345	-.329

As we can see in the above table, to determine whether the values of the multiple regression coefficients were statistically significant or not, the standardized beta coefficient is used, the results of which show the value  $\beta = -0.259$  obtained for scale of household compatibility is  $p = 0.041 < 0.05$ . Other measures had very little impact on the results.

## DISCUSSION

This study compared the self-concept and adaptation of single and divorced women in Bandar Abbas, which had four main questions. After analyzing the data from the questionnaire, the following results were obtained:

First question: Is there a difference between self-concept of single and divorced women?

To answer the above question, we used Test of Homogeneity. It was concluded that there is no difference between self-concept of divorcees and singles and it is independent on the status of divorced and single women. It's consistent with the outcome of Munoz-Eguilta studies [11]. In explaining these findings; we can say that the self-perception of people will shape their behavior. In other words, self-concept will directly determine the range of our actions in lifetime. Women who have become separated from their wives, are without husbands earning so become the head of family and should take great responsibility to take care of children. They are obligated to act with greater independence and responsibility. This independence and responsibility, will increase their self-esteem and power and make them feel they have more control over their lives [12].

Is there a difference between self-concept of single and divorced women (25-35 years old)?

To answer the above question, we used Test of Homogeneity. We concluded that there is a difference between the self-concept of divorcees and singles, so, self-concept is dependent on the status of divorced and single women. It can be said Single girls are more compatible than married women. The final results are consistent with the study of Aghaie et al. [6], Helen et al. [7], and Wallestrein [13]. In explaining these findings, we can say that a divorcee has to cope with various tasks. Wallestrein [13], states that compliance with the divorce process is separate from the marital relationship which includes feelings of dissociation, the consistence relationship of divorcee with Ex-husband or both. Generally, some factors can help the person to cope with divorce which includes social support, support from family and friends, a good relationship with the Ex-husband, attachment and differentiation, personal characteristics, physical health, attitudes, religion, age of children (their number and gender), divorce duration, marriage duration and age. Third Question: Is there a significant relationship between self-concept and compatibility of single girls? To answer this question, a simple Pearson Correlation Coefficient was used. If we consider the fact that coefficient is negative, then we have an inverse relationship. The outcome of the studies is in agreement with Maleki Tabar et al. [14], Kazemi et al. [4]. It can be

said that, the failure to achieve self-concept will cause social and psychological conflicts. As Rogers's views (1951), individual interaction with the environment, especially in light of an assessment of their interactions with others, the "self" of a person is shaped. According to Rogers' attitude, the most basic human needs, on the other side, is his tendency to perform "self-realization". All human behavior are driven and motivated by his innate tendency to perform self-realization.

Is there a significant relationship between self-concept and compatibility of divorced women?

To answer this question, the results of ANOVA showed that the relationship obtained with  $F = 2.979$  at  $p = 0.014 < 0.05$  are significant in relation to the best linear combination between adaptation measures and the dependent variable of self-concept .

The compliance measures of 7 can define 1% of the self-dependent variable. Approximately 7% of the variance of self-concept is indicated by components of consistency which shows how weak it is when it comes to prediction. In explaining these findings, it can be said that people in communities of high self-esteem and self-concept are more problems-resistant and sustainable in the face of different types of stress, accidents and sudden challenges. The failure to achieve ideal personality is caused due to poor self-concept and will turn into social conflict. When a person is having a good feeling about himself, he sees himself capable of being able to do anything. When a person believes that he is capable, then he will be successful. Many problems and a lack of consistency among people is the result of their irrational beliefs.

Overall, these results indicate that there is no difference between self-concept of divorcees and singles and self-concept is dependent from the state of being divorced or single. There is difference between compatibility of divorcees and singles and variable compatibility is dependent on the status of divorced and single. There is a relationship between adjustment and self-concept. The negative coefficient for this relationship is an inverse measure and finally, we can conclude that consistency measures of self-concept variables have little predictive power.

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