Predicting Emotional Divorce Based on Dyadic Perfectionism and Resilience in Women

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A R T I C L E I N F O

ABSTRACT

The current study aimed to predict emotional divorce in women through dyadic perfectionism and resiliency. The target population for the research consisted of all women living in Tehran in 2021. A descriptive correlational design was employed, and a sample size of 360 was selected using convenience sampling. Participants were asked to complete three questionnaires: the Gottman Emotional Divorce Questionnaire (1994), the Shea and Slaney Perfectionism Questionnaire (1999), and the Connor and Davidson Resiliency Questionnaire (2003). The multivariate regression analysis revealed a positive correlation between emotional divorce and perfectionism and a negative correlation between emotional divorce and resiliency (p-value$<.05$). As such, the study concluded that both perfectionism and resiliency could significantly predict emotional divorce in women. Moreover, the findings underscored the importance of resiliency in moderating the positive relationship between emotional divorce and abnormal perfectionism.

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Introduction

The rising prevalence of divorce has been identified as a significant factor that impedes the trajectory toward a sound and healthy lifestyle, increasing in households headed by single parents (Van Gasse & Mortelmans, 2020). The ramifications of divorce are evident in various aspects of society, including divorced women, children of divorce, and the broader community. The psychological and physical effects of separation and divorce on couples have been well-documented (Kanter et al., 2019), highlighting this phenomenon's moral and social implications. According to Dehghani & Yousefi's (2018) research, there was a 3.4% increase in the percentage of divorce changes between 2013 and 2014. Additionally, the study found that in 2014, an average of 19 divorces were registered per hour in Iran. The concept of divorce can be classified into two distinct categories, namely open and hidden. Open divorce refers to the legal separation of a couple through the intervention of a court, whereas hidden divorce pertains to situations where the couple is compelled to continue living together due to various factors. The mentioned classification of divorce is commonly referred to as a "silent divorce" or an "emotional divorce" in academic literature (Basharpour et al., 2021). Emotional divorce is a phenomenon that arises from a dearth of positive interactions with one's spouse, failure to fulfill emotional needs, sexual discontentment, physical unattractiveness, infidelity, financial difficulties, chronic illnesses, physical abuse, and other similar factors. This condition is often accompanied by anxiety, depression, guilt, despair, social withdrawal, and negative and persistent views towards oneself, one's partner, and the future (Assr & Abd-elmaksoud, 2021). Emotional divorce is prevalent in families where couples choose to cohabit despite experiencing emotional detachment. This decision is often influenced by factors such as adherence to family customs, irrational beliefs, societal stigmatization of divorced women, worry about solitude, separation from children, or financial insecurity (Ghaibi et al., 2022; Hosseini & Kaviani, 2018).

Xu et al. (2016) assert that individuals' standards and beliefs regarding marriage positively affect their intimate relationships. These norms provide a set of moral strategies for the routine life of romantic partners. However,

issues arise when said standards are not upheld or when couples perceive them as excessively high and unrealistic expectations within their relationship. According to Hewitt et al. (2017), establishing high standards and expectations for oneself and others is linked to relational disagreement and holds significant implications for problems within the context of marriage. Relational perfectionism or dyadic perfectionism is the term used to describe the act of an individual imposing perfectionistic standards and expectations on others (Shea et al., 2006; Stoeber, 2012).

Perfectionism is negative perfectionism and a set of extremely high-performance standards that are accompanied by negative self-evaluations, criticism, and self-blame (Sironic & Reeve, 2015). A person who practices marital perfectionism has high standards and a perfectionist outlook on his spouse. This type of perfectionism occurs when one of the partners has high expectations of the other and believes the other cannot live up to those expectations (Fritts, 2012). According to Mackinnon et al. (2012), marital absolutism can lead to various issues, including strife in marriages, aggressive interpersonal behaviors, a loss of closeness, and conflict. These individuals retreat from their spouses rather than attempting to resolve their differences during arguments (Fons-Scheyd, 2007). A person who practices marital perfectionism has high standards and a perfectionist attitude toward his spouse. This type of perfectionism occurs when one of the partners has high expectations of the other and believes the other cannot live up to those expectations (Fritts, 2012). According to Mackinnon et al. (2012), marital absolutism can lead to various issues, including strife in marriages, aggressive interpersonal behaviors, a loss of closeness, and conflict. These individuals retreat from their spouses rather than attempting to resolve their differences during arguments (Fons-Scheyd, 2007). Marital distress, hostile interpersonal behaviors, decreased intimacy, and conflict are just a few problems that marital perfectionism can lead to (Mackinnon et al., 2012). These individuals withdraw from their spouses rather than attempting to resolve their differences during arguments (Fons-Scheyd, 2007).

Individuals with perfectionistic tendencies believe that a strong intimate bond with their significant other is predicated upon attaining perfection. However, given the unattainable nature of perfection, these individuals eventually come to the realization that achieving such high standards is

impossible. Consequently, they experience a sense of emotional breakdown (Mackinnon et al., 2012). According to Davis et al. (2018), individuals who exhibit perfectionistic tendencies tend to experience lower levels of marital satisfaction, hold negative perceptions of their relationship with their spouse, experience a lack of positive emotions towards their partner, and exhibit lower levels of marital adjustment when compared to individuals who do not exhibit such tendencies.

Perfectionism develops in a relationship, persists, prevents it from being fulfilled and successful, and as a result, it causes the relationship to break down and fail (Shariati et al.,2014). Perfectionism is a significant factor in the development of communication and emotional difficulties, as well as the perpetuation of psychological wounds. Perfectionists experience heightened stress and emotional distress in their lives due to their intense ambition. The aggregation of stress on individuals and its subsequent transmission to the future diminishes the degree and standard of life satisfaction and resiliency (Bugay, et al., 2016). Therefore, negative communication between partners generally results in a decline in the quality of marital life and distress in their relationships. In fact, one factor influencing a relationship's quality is the experiences and personal characteristics each partner brings to it (Arcuri, 2013). Perfectionism has been linked to emotional divorce, according to previous research (Sherry et al., 2014; Arcuri, 2013). Dyadic perfectionism is one of the variables that are related to perfectionism.

On the other hand, several studies have validated the correlation between perfectionism and communication patterns as well as relationship quality in couples (Arcuri, 2013). Additionally, research has shown an association between forgiveness, intimacy, marital satisfaction (Safarzadeh et al., 2011), communication satisfaction, and long-term commitment (Stoeber, 2012), among other related factors. According to Peterson's (2017) findings, a statistically significant positive correlation exists between perfectionism and conflict and a statistically significant negative correlation between perfectionism and marital satisfaction among couples. The existing research (Ahmadlou & Zainali, 2016; Bastani et al.,2010; Zamani et al., 2013) has demonstrated a positive and statistically significant correlation between negative perfectionism and emotional divorce. Perfectionism is a significant

factor in the development of communication and emotional difficulties, as well as the perpetuation of psychological wounds. Perfectionists experience heightened stress and emotional distress in their lives due to their intense ambition. The aggregation of stress on individuals and its subsequent transmission to the future diminishes the degree and standard of life satisfaction and resiliency. In another study, Kilbert et al. (2014) established the correlation between perfectionism and resiliency.

According to Dantzer et al. (2018), individuals can cultivate resiliency, which enables them to persist in the face of adversity, including failures, crises, and challenges, as well as positive events, growth, and increased responsibilities, without losing motivation to pursue further success. According to Richardson (2002), resiliency is a protective factor influenced by individuals' personality characteristics. This quality enables individuals to better withstand challenges and conflicts, ultimately contributing to increased marital compatibility and heightened satisfaction levels within couples. As a result, the family institution can function effectively, leading to a vibrant and thriving society. According to Sedghi & Cheraghi (2019), resilience is a crucial human ability that facilitates effective adaptation to stressful and challenging circumstances. Connor & Davidson (2003) define resilience as the capacity of an individual to maintain biological and psychological equilibrium in hazardous circumstances. Numerous studies have been conducted on resilience and its relationship to various variables. Resilience aids individuals in facing and adapting to challenging and stressful life circumstances (Yazdian et al., 2010) and reduces depression and stress (White et al., 2010). Resilience has the potential to act as a moderator in stressful family situations by mitigating the levels of stress and impairment while also enhancing the problem-solving skills of family members. The presence of resilience within a family unit mitigates psychological issues among its members while also acting as a safeguard against the potential psychological impacts of adverse events (Pinquart, 2008).

Numerous studies confirm the correlation between resilience and marital satisfaction. Individuals with greater resilience exhibit higher levels of adjustment and satisfaction (Huber et al., 2010). Previous research has established a negative correlation between resilience and various negative psychological outcomes such as psychological distress, stress, and negative

emotions (Frisby et al., 2012), as well as stress and burnout (Hao et al., 2015). Conversely, a positive and significant correlation exists between individuals' resilience and their ability to manage stress (Loprinzi et al., 2011; Sood et al., 2011), as well as their mental well-being (Davydov et al., 2010). In addition, research indicates a significant and inverse correlation between resilience and divorce rates (Eskandarpour, 2015; Afrasyabi & Jafarzadeh, 2015).

The scientific investigation of emotional divorce and its contributing factors, such as dyadic perfectionism and resilience, holds significant value as it pertains to the psychological well-being of individuals. The findings of this research have the potential to enhance the implementation of preventative measures aimed at maintaining and strengthening the family foundation, with a particular focus on the well-being of women. Despite the extensive research conducted on emotional divorce in Iran, the researchers of this study found no research on predicting emotional divorce based on dyadic perfectionism and resilience among married women. This gap underscores the increased significance of conducting research in this particular domain. The present study attempts to predict emotional divorce based on dyadic perfectionism and resilience.
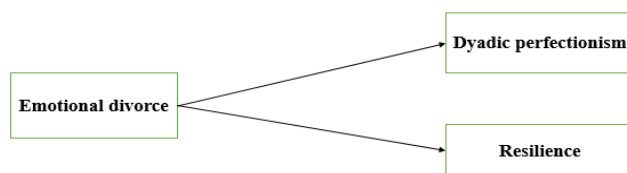

Figure1. Conceptual model of research

Methods

The present study used a descriptive-correlational research design. The present study's target population comprises married women residing in Tehran in 2021. The sample was selected from the 13th district, which is one of the 22 districts in Tehran. Subsequently, a non-random convenience sampling method was employed to recruit 360 participants who had volunteered to participate in the study and met the specified inclusion and exclusion criteria. Participants then proceeded to complete the designated research instruments (It is noteworthy that the selection of the 13th district from among the 22

districts of Tehran was based on the convenience of sample accessibility and proximity to the researcher's place of residence). The study's inclusion criteria comprised being married, expressing willingness to participate, completing the questionnaires, having no prior history of divorce, having a minimum of two years of married life, having at least a diploma, and residing within the 13th district of Tehran. The exclusion criteria included completing the questionnaires incompletely and unwillingness to participate. The study's exclusion criteria comprised incomplete questionnaire completion and unwillingness to participate.

Upon establishing the preferred sample size, a link for the necessary questionnaires was generated at https://form.avalform.com. Following the required coordination with Islamic Azad University, Tehran North Branch authorities, permission was obtained to conduct the research, and the respondents' willingness to participate in the study was ascertained. The research objectives were communicated, and the desired questionnaires were disseminated through online platforms, including social networks and mobile devices. The distribution was carried out among the individuals who met the eligibility criteria for participation in the study. Participants were instructed to thoroughly peruse all items and carefully respond to the questionnaires provided. Surveys have been created without mentioning first or last names to minimize administrative concerns, maintain privacy, and ensure confidentiality. Three distinct scales—emotional divorce, resilience, and dyadic perfectionism—were included in each set of surveys. The present study employed descriptive and inferential statistics, specifically Pearson correlation and multivariate regression analysis, to examine the collected data. The statistical software used for data analysis was SPSS version 23.

Measurements

The Gottman Emotional Divorce Questionnaire is one of the frequently used instruments to measure emotional divorce. Gottman developed this questionnaire in 1994, and it contains statements on different aspects of life with which a person may agree or disagree. There are 24 questions on this scale, and the answers are yes or no. A yes answer receives one point, whereas a no response receives zero. When the results are added up, if the percentage of yes answers is 8 or above, it indicates that the person's marriage is in

jeopardy and that he is showing indicators of an emotional divorce (Gottman et al. 1995). Aspects of emotional divorce are (questions 1-6) separation and distance from each other; (questions 7–12) loneliness and isolation; (questions 13–18) yearning for friendship and companionship; and (questions 19–24) boredom and restlessness. All questions have factor loads that are within the acceptable range of .49 to .80. Experts have also validated its face validity (Mousavi & Rezazadeh, 2014). By using Cronbach's alpha approach, a reliability score of .91 for this questionnaire in the current study was obtained.

The Dyadic Almost Perfect Scale (DAPS) is a tool developed by Shea & Slaney (2006) that consists of 26 questions and is utilized to assess perfectionism within a couple's relationship. The instrument above comprises three distinct sub-scales, namely Discrepancy (ranging from 1 to 16), High Standards (ranging from 17 to 22), and Order (ranging from 23 to 26). An individual's high score in the High Standards subscale and Order subscale is indicative of normal couple perfectionism, whereas a high score in the Discrepancy and High Standards subscale is suggestive of abnormal couple perfectionism. The current investigation centered on abnormal perfectionism, and as such, two subscales comprising a total of 22 items out of 26 test items, namely Discrepancy and High Standards, were employed. The order subscale was excluded from the study due to its low psychometric properties (Bogi et al., 2016) and its emphasis on normal perfectionism.

The scale is based on the Revised Scale of Perfectionism (APS-R) (Salney et al. 2001). The study conducted by Shi et al. (2006) revealed that the Discrepancy and High Standards subscales exhibited a correlation of .21, while the Discrepancy and Order subscales showed a correlation of .19. Additionally, the High Standards and Order subscales demonstrated a correlation of .43. Abazari (2015) reported Cronbach's alpha coefficients of .86, .84, and .90 for the High Standards, Discrepancy, and Order subscales, respectively. The current investigation yielded a Cronbach's alpha coefficient of .84 for the total questionnaire, while the subscales of Discrepancy and High Standards demonstrated coefficients of .77 and .80, respectively.

Connor-Davidson Resilience Scale. This questionnaire was created by Connor & Davidson (2003) through a comprehensive review of research

literature spanning from 1979 to 1991 in the area of resilience. The scale's psychometric properties above have been examined in six distinct cohorts, including the general population, primary care patients, psychiatric outpatients, individuals diagnosed with generalized anxiety disorder, and two groups of patients suffering from post-traumatic stress. According to Mohammadi et al. (2006), the developers of this scale assert that it possesses the capability to differentiate individuals with resilience from those without resilience in both clinical and non-clinical populations and can be employed in clinical and research settings. The resilience questionnaire developed by Conner & Davidson (2003) comprises 25 items that are scored using a Likert scale ranging from 0 (indicating complete falsity) to 5 (indicating constant truth), resulting in a total score range of 25-125.

The resilience questionnaire comprises five dimensions, namely 1) Personal Competence (25-24-23-17-16-12-11-10); 2) Trust in One's Instincts and Tolerance of Negative Affect (7-14-15-15-19-18-20); 3) Positive Acceptance of Change and Secure Relationships (1-2-4-5-8); 4) Control (13-21-22) and 5) Spiritual Influences (3-9). The Cronbach's alpha coefficient of the resilience scale was reported as .89 by Connor and Davidson. The reliability coefficient obtained through the retest approach over four weeks was .87. The standardization of this scale in Iran was conducted by Mohammadi et al. (2006). The reliability of Connor and Davidson's resilience scale was assessed using Cronbach's alpha method, yielding a reliability coefficient of .89. Even though this particular scale assesses various facets of resilience, it does possess a total score. Samani, et al., (2007) have established the validity of the test through the factor analysis method, as well as convergent and divergent validity. Additionally, these authors have verified the reliability of the test through the retest method and Cronbach's alpha in various groups, including those considered normal and those at risk. In a study conducted by Jokar (2007) on 577 high school students, Cronbach's alpha coefficient was utilized to determine the internal consistency of this scale, resulting in a reported value of .93. Additionally, the principal components factor analysis method was employed, confirming the existence of one factor in this scale. The present study's questionnaire reliability was determined using Cronbach's alpha, yielding a value of .94.

Ethical considerations

The ethical considerations pertaining to the current study are outlined as follows: All participants were informed about the study and provided their voluntary consent to participate. The participants were provided with the assurance that all data collected would remain confidential and solely utilized for research objectives. To ensure privacy protection, the participants' full names were not documented. Individuals who expressed a desire to obtain their answer sheet scores were provided with a PDF document containing their results and any pertinent explanations.

Results

The study involved a sample size of 360 individuals obtained from District 13 of 22 districts in Tehran. All the participants possessed a minimum of a bachelor's degree and were in a state of married life. The demographic characteristics of the sample group were analyzed, revealing that 144 individuals were aged between 20 and 30 years, 158 individuals were between 30 and 40 years, and 58 individuals were between 40 and 50 years. In terms of the number of children, 120 individuals had one child, 176 individuals had two children, and 64 individuals had three children. With respect to the length of the marriage, a total of 136 individuals were married for a period of less than 10 years, while 224 individuals were married for a period exceeding 10 years. Prior to conducting data analysis, the normality of the data distribution was assessed through the utilization of the "skewness index for symmetry or asymmetry of data". Skewness and kurtosis are statistical measures that can be utilized to assess the normality of variable distribution, as presented in Table 1.

Given that the values of the variables under investigation fall within the range of -3 to +3, it can be inferred that the distribution of scores pertaining to these variables conforms to a normal distribution. Consequently, it is recommended that multivariate regression be employed. This study investigated the assumptions of multivariate regression analysis, including the interval scale of variables, linearity of relationships, normality of data distribution and error scores, and independence of predictor variables. The findings indicated favorable results. Hence, the prerequisites for employing

regression analysis have been satisfied. The present study employs Pearson's correlation coefficient and multivariate regression as the statistical methods for analyzing research data. The research hypothesis is tested by reporting the correlation coefficients, followed by the sources of change in the dependent variable, and finally, the regression coefficients.

The present study hypothesizes that the emotional divorce of women can be predicted by their levels of marital perfectionism and resilience.

Multivariable regression was employed to examine the hypothesis, utilizing marital perfectionism and resilience as predictor variables and emotional divorce as the criterion variable. Table 1 presents the statistical measures for the variables under study, including the mean, standard deviation, skewness, and Pearson correlation coefficient.

The descriptive statistics and correlation coefficients between the research variables have been presented in Table 1. As shown in the table above, all binary correlations between marital perfectionism, resilience, and emotional divorce variables are significant. Skewness is an index used to evaluate the distribution of data. Given that the value of this index in the variables under study falls between -3 and +3, the distribution of these variables is normal. The correlations marked with (*) and (**) in Table 1 are statistically significant at the .05 and .01 levels, respectively

Table 1. Mean, standard deviation, skewness, and correlation matrix between marital perfectionism, resilience, and emotional divorce components.

		Emotional Divorce					Dyadic perfectionism			Resilience					
		Separation	loneliness	friendship	boredom	Total	Discrepancy	Discrepancy	Total	Personal Competence	Trust In One's Instincts	Positive Acceptance	Control	Spiritual Influences	Total
Emotional Divorce	separation and distance from each other	1													
	loneliness and isolation	.868**	1												
	yearning for friendship and companionship	.846**	.860**	1											
	boredom and restlessness	.790**	.813**	.879**	1										
	Total	.930**	.940**	.928**	.955**	1									
Dyadic perfectionism	Discrepancy	.549**	.585**	.520**	.551**	.590**	1								
	High Standards	.329**	.366**	.315**	.338**	.361**	.712**	1							
	Total	.519*	.557**	.492**	.560**	.560**	.978**	.842**	1						
Resilience	Personal Competence	-.28**	-.240**	-.242**	-.248**	-.263**	-.071	.015	-.050	1					
	Trust in One's Instincts and Tolerance of Negative Affect	-.19**	-.147**	-.17**	-.16**	-.175**	.001	.036	.011	.726**	1				
	Positive Acceptance of Change and Secure Relationships	-.3*	-.27**	-.31**	-.29**	-.31**	-.077	-.015	-.064	.698**	.711**	1			
	Control	-.39**	-.376**	-.395**	-.385**	-.406**	-.165**	-.05	-.14**	.749**	.62**	.65**	1		
	Spiritual Influences	-.17**	-.139*	-.30**	-.133*	-.155**	-.03	.087	.003	.38**	.327**	.42**	.34**	1	
	Total	-.32**	-.28**	-.14**	-.29*	-.314**	-.078	.01	-.057	.92**	.867**	.88**	.82**	.515**	1
Statistics	Mean	1.98	2.11	1.93	1.96	2.00	3.87	4.51	4.05	3.52	3.28	3.45	3.44	3.89	3.47
	Standard deviation	.75	.81	.86	.82	.77	.96	.99	.91	.85	.81	.76	.93	1.06	.72
	Standard error	.04	.04	.05	.04	.04	.05	.05	.05	.04	.04	.04	.05	.06	.04
	Skewness	.659	.348	.637	.66	.529	.18	-.517	-.032	-.365	-.09	-.442	-.405	-1.027	.000

Linear regression results

Table 2. A summary of the linear regression outcomes for predicting the criterion variable of emotional divorce using marital perfectionism and resilience as predictors.

Criterion variable	Sources of change	Sum of squares	Degrees of freedom	Mean square	F test	The significance level	The coefficient of determination	Durbin-Watson
	Regression	83.39	2	41.69				
Total	Residual	128.76	356	.36	115.2	.001	.393	1.835
	Total	212.14	358					

Based on the findings presented in Table 2, it can be inferred that the null hypothesis is rejected as the calculated F value (115.2) exceeds the critical F value at a significance level of *p-value* <.01, with 2 and 356 degrees of freedom. Based on the rejection of the null hypothesis, it can be inferred that both marital perfectionism and resilience are predictors for the criterion variable, namely emotional divorce. The R-squared value in the given equation is .393, indicating that the collective predictor variables have successfully accounted for and predicted 39.3% of the variations in the dependent variable. Table 3 presents the standardized and non-standardized regression coefficients for the predictor variables.

Table 3. Standardized and non-standardized regression coefficients and t-statistics and collinearity of predictor variables.

Variables		Non-standardized coefficients		Standardized coefficients	T	Significance level
Criterion	predictor variables	B	Error	Beta		
Total score	constant value	1.20	.22		5.51	.001
Emotional divorce	total score of dyadic perfectionism	.46	.03	.54	13.14	.001
	total score of resilience	-.30	.04	-.28	-6.86	.001

In the third column of Table 3, the regression coefficients (Beta) of predictor variables are displayed. Concerning these coefficients, it can be explained that a change in a standard score (z) in the predictor variable will

result in a change in the beta value (Beta) in the standard score of the criterion variable. For instance, an increase of one standard score (z=1) in the predictive variable of marital perfectionism will increase the beta value (Beta=.54) in the standard z score of the emotional divorce criterion variable in the sample.

Table 3 displays the statistical significance of the predictor variables' effect on the criterion variable, as determined by the t-test. Based on the findings presented in the table, it can be observed that the computed t-values for the predictor variables of dyadic perfectionism and resilience exceed the critical t-value (at a significance level of .05). As a result, the null hypothesis is rejected, and it can be inferred with 95% confidence that the variables above effectively predict emotional divorce within the studied sample. The regression equation incorporates marital perfectionism and resilience to estimate the i-th subject's score in the emotional divorce criterion variable. The extractive model of this analysis is as follows:

$$\acute{y} = a + b_j(x_i) + e_{ij}$$

Discussion and Conclusion

The objective of the current investigation was to predict the emotional divorce of women through the utilization of dyadic perfectionism and resilience as predictors. The findings derived from the analysis of the data indicate a significant positive correlation between emotional divorce and dyadic perfectionism. The present finding is consistent with the findings reported by Ahmadlou & Zeinali (2016) and Zamani et al. (2013). The researchers introduced negative perfectionism as a social factor contributing to emotional divorce among couples in their study. Prior research has indicated that perfectionism can have negative effects on romantic partnerships (Sheri et al., 2014; Arcuri 2013). Given that dyadic perfectionism is a construct closely aligned with perfectionism, it may be associated with emotional divorce. According to Bastani et al.'s (2013) study, a potential approach to addressing emotional divorce and its associated outcomes involves diminishing the perfectionistic standards that couples hold for one another. This study is consistent with the results of Amato's (2010) study, which identified an increase in irrational and unrealistic perfectionist

expectations as one contributing factor to heightened divorce rates and emotional detachment among couples.

Consistent with these findings, Fons-Scheyd's (2007) study demonstrated that couples exhibiting higher levels of dyadic perfectionism tend to disengage from their partners rather than seek a resolution when faced with disagreements. The research findings indicate that individuals who scored high on the discrepancy scale exhibited lower levels of commitment, satisfaction, and respect toward their life partner and the relationship. Based on the results of this study, it appears that couples exhibiting high levels of negative dyadic perfectionism tend to employ emotion-oriented and withdrawal/avoidance strategies when faced with marital conflicts rather than problem-oriented approaches. This ultimately results in long-term separation and emotional detachment between partners. Moreover, in explaining the findings, it can be suggested that individuals who exhibit perfectionistic tendencies are susceptible to various psychological conditions, including but not limited to obsession, depression, anxiety, stress, and a sense of failure, due to their distinctive behavioral and cognitive attributes. Consequently, it adversely impacts their emotional communication and interaction with their partners, ultimately leading to marital dissolution and emotional detachment.

The findings suggest a statistically significant inverse correlation between emotional divorce and resilience. The present study's findings are consistent with those of Eskanderpour (2015) and Afrasiabi & Jafarzadeh (2015), who investigated the correlation between personal characteristics and emotional divorce. Their research concluded that self-confidence and self-esteem, self-efficacy, anger management, and problem-solving skills are among the most significant personality traits contributing to couples' relationships' longevity. The findings of these studies are consistent with those of Samani et al. (2016), whose research demonstrated that resilience is positively associated with life satisfaction through the mitigation of emotional difficulties or the enhancement of mental well-being.

According to the study's findings, resilience is a positive and desirable trait that can be enhanced through various techniques, such as improving existing supportive factors or developing new supportive ones. In this way, resilience indirectly affected the level of marital satisfaction of couples and, as a result,

their emotional divorce. Due to their capacity to handle events logically, calmly, and attentively while focusing on their abilities and rights, resilient people can react maturely and sensibly in stressful circumstances and refrain from emotional withdrawal from their life partner. Resilient people, particularly those who are married, behave rationally, take action to uphold their marriage as crucial and work to eliminate emotional estrangement. In actuality, boosting resilience lessens susceptibility to separation and emotional detachment.

Undoubtedly, understanding and knowledge in assisting individuals in family issues, specifically emotional divorce, marital perfectionism, and resilience, can significantly benefit women. Given their crucial role in the family unit and child-rearing, such knowledge can enhance their satisfaction with diverse facets of married life and promote healthy and consistent performance. The research indicates that family counselors and couple therapists have the potential to mitigate emotional divorce among women by enhancing their resilience and transforming their negative perfectionism into realistic and logical standards. The present study focuses on the female population residing in the 13th district of Tehran. Consequently, it is recommended that further investigations be carried out on women in different geographical areas and that alternative assessment methods, such as interviews, be employed to enhance the accuracy and credibility of the outcomes and conclusions.

On the other hand, due to the COVID-19 pandemic, administering the questionnaires in a physical setting and engaging with the participants directly was unfeasible. Consequently, the questionnaires were formulated online and shared via social media platforms through an online hyperlink. Using various electronic communication channels such as Instagram, Telegram, WhatsApp, and email for distributing the questionnaires to the participants may have potentially resulted in adverse impacts on the accuracy and precision of their responses. Hence, to enhance the reliability and consistency of the outcomes derived from the utilization of research instruments, it is recommended to undertake an investigation concerning the subject matter of the present study and to administer the research instruments in person to ensure precise and valid responses of the participants to the questionnaire items.

Ethical Considerations

All subjects participated in the study by filling out a consent form, and the researchers assured them that their identity was kept confidential.

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Authors' contribution: In conducting this research, the first author was responsible for data collection and writing the article; The second author supervised the study and reviewed the paper. The third author was responsible for the statistical analysis.

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