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## Emotional stages of divorce initiator

1 Consultant Family Doctor, Ministry of Health, Kingdom of Bahrain 2 Assistant Professor, Persian Gulf University, Kingdom of Bahrain \*Corresponding Author: Basem Abbas Al Ubaidi, Assistant Professor, Arabian Gulf University (AGU), Kingdom of Bahrain, Email: bahmed1@health.gov.bh Received: 03 April 2017 | Accepted: August 04, 2017 | Published: 07 August 2017 Quote: Al Ubaidi BA (2017) The psychological and emotional phases of divorce. J Fam Med Dis Prev 3:060. doi.org/10.23937/2469-5793/1510060: © 2017 Al Ubaidi BA. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which allows unlimited use, distribution, and reproduction in any medium, provided that the original author and source are credited. Divorce can have a substantial effect on the life of every individual in the family; has a huge impact on the socio-financial status of families. Islamic clerics consider the importance of marriage stability, but accept divorce as the ultimate solution for an irreparable or unsustainable couple relationship[1]. It is most prevalent in lower socioeconomic statue families in Arab states of the Gulf Countries Collaboration (GCC), in families with high psychological distress and family dysfunction[2]. Divorce, common in Western countries, is also almost half of the marriage ending in divorce. The divorce is usually preceded by an emotional or psychological separation and then, ends with legal divorce, but most of the couple's relationship begins and persists in an emotional divorce[4]. Divorce is never a prepared procedure, it is a consequence of both partners suffering from five imminent and painful phases of emotional transitions with an average duration of three years to reach legal divorce. In each divorce, there is an initiator, in which the spouse wants a divorce, while the non-initiator spouse does not want a divorce[4]. Marital problems are related to misperceptions and irrational beliefs of a partner of the couple. It is very important to bear in mind that the breakdown of marriage is not the fault of a party and needs a long-term couple relationship [5]. The characteristics of healthy couples adapt to many challenges, such as adaptation to the capacity for transformation, fidelity to family bonding, expression of high appreciation, high social connection, as well as clear roles and boundaries between couples, and cooperation rather than competitive relationship [6,7]. Educate family doctors about the first changes in the psychological and emotional phases in marital divorce for prevention and early management. The psychological and emotional divorce phases are classified into five transition zones as: [4,8] The couple to blame each other for past, present and even future problems in their lives. The initiator developed a negative image of himself, vague feelings of stored anger, greater distance, lack of mutuality, anxiety, depressed mood, feeling of pain, feeling guilty and experiencing a low level of energy. He also masked feelings of guilt, fear, anger, depression, stubborn behavior As the receiver developed feelings of disbelief, denial, opposite divorce impotence, lack of control, fear of the unknown, and shock feelings. There are many roles of consultant or mediator; the consultant should promote the sense of couple control over their life, neutralize their fear from the process of physical and emotional separation, In addition, it should support the short-term decision-making process regarding physical separation. The consultant should maintain information gathering facilities to improve parenting skills and have a good support system for rollercoaster couple feelings. It is the stage of a deep painful feeling of pain, of life of hopeless torture, meaningless, exoneratingly sensitive to any comment, intense concern, difficulty in focusing on homework and loss of parental role. The roles of consultant or mediator are; continuing to give the couple short-term tasks, allows the couple to go through the grieving process, redirect the couple from the poor me attitude, accept the pain process, and let the couple realize the divorce process, giving a structured collection of information. The counsellor tries to find a common or constructive basis channelled for the couple to work towards a fair deal to their advantage. It's a phase of anger, feeling betrayed and anger from all women or all men. Anger convinces the initiator that the other partner, a couple who is hurt and deserves to suffer. Behind the anger, there are many fears and uncertainties about the future, finance and the search for other sympathetic couples. One or both partners express dissatisfaction or uncertainty about the relationship, tension and emotional feelings about the rollercoaster. The roles of consultant or mediator are; neutralize the couple's anger rather than set fuel on fire, direct the energy of anger towards constructive tasks, improve the couple's decision-making skills, provide the pair with short- and long-term problem-solving skills, and try to put the pair into reality testing. It's a phase of taking freedom away from couple bonds, creating more emotional distance and trying new business, proving a new experience of independence, trying new activities, making their own decisions, increasing trust in the partner and self-confidence, improving self-image and returning some of the parenting and work roles. There are many roles of adviser or mediator; Improve direct communication skills of couples, increase co-parenting cooperation skills, recover relational interaction and help the couple in long-term planning. The consultant should choose the right time for efficient and less painful mediation to ensure that the couple in a relatively good emotional phase. It is. separation of physical and emotional raids, self-orientation and self-settlement, having control, making long-term plans and commitments, accepting the end of marriage and creating a fair agreement (Figure 1). Figure 1: Emotional and psychological phases of couple divorce. View Figure 1 The roles of the FAMILY DOCTOR are; focusing on the future of the family rather than the past, is a smooth transition period, encourages the couple for a new life and to agree to end the marriage and start a bright new life. In general, the GP should understand the divorce process and accept a different couple reaction, and the counsellor should help provide common ground for constructive discussion and a better environment for gathering information to be assessed for a fair deal. The divorce rate is quiet in the GCC, which considered very serious problematic effects on many families causing pain and destroying a beautiful relationship. It could radically change the whole of family life[9]. Divorce prevalence in 2009 reached 20% in the Kingdom of Saudi Arabia (KSA), 24% in Bahrain, 25.62% in the United Arab Emirates, 34.76% in Qatar and 37.13% in Kuwait (Figure 2) [9]. Figure 2: Prevalence of divorce rates in GCC countries. Shows Figure 2 The divorce rate is expressed as a percentage rate, the numerator is the number of marriages each year, while the dominator is the number of divorces for that year [9]. The extramarital affair is the main divorce case in the GCC. Infidel relationships are most common in males (19%) compared to women (6%) [4,8,9] Poor social communication skills especially in different sociocultural contexts that lead to discussions and difficult to resolve by resolving conflicts, and accumulated emotional suffering. It is common in GCC countries to have marriages between couples of also different and different religions/cultures that encourage a greater breakdown of marriage. Each couple needs a support system from family and friends, while foreigners are vulnerable couples who undergo the transfer or experience disappointment loneliness, heartbreak and depressed mood. False, high and unrealistic expectations from partner life or roles are also reasons for failed marriages between GCC couples. Recent studies have shown that the couple's addiction to the social network (Facebook and Twitter) was an important reason to destroy their relationships. More than 80% of the population is registered with social networks, and more couples are blaming network addiction. Long trips to work, work stress, sedentary lifestyle, can affect sexual desire and erectile dysfunction that cause stress in relationships. In the GCC, for it has placed all family financial responsibilities on men, rather than women, who have the opportunity to support their husband financially or not. Couples cannot accept sharing responsibility for cooperation couples can have a partner is more than others, but the partner rejects responsibility-sharing roles. In the absence of a family support structure, many new work partners are confused to share their children's responsibilities, an effort that often causes them into marriage, resulting in separation. While other studies have shown that the causes of divorce were linked to many factors, such as disapation, addiction, psychological conflicts and unemployment [10,11]. While, the psychological effect of divorce on couples and families is different, such as: [8,12-14]. The initiator will experience fear, distance, impatience, resentment, doubt and guilt, will create distance, blame and search for defects. The receiver will experience shock, disloyalty, loss of control, mistreatment, decreased self-esteem, insecurity, anger, desire to retaliate and wish to settle down. Do women take divorce decision more seriously? Usually in 90% of cases, custody of the children will end up with the mother. Both the mother and the children above all need financial and family support to raise their children by a single parent. In 75% of cases, the mother receives a child support order. Let's hope women have a better self-adaptation system than men. That is the reason for this; the female sensor is high for marital disharmony, feels relief after divorce, depends on social support systems, experiences high self-esteem for her new role but divorced women feel social stigma more than male. Men will have a better replacement system: men will marry again more quickly if they have enough time, more respect for the new couple relationship to save the new marriage. The psychological impact on children depends on three factors: the quality of the family relationship, the intensity and duration of family conflicts and the coverage of children's needs after divorce. Children who succeed after divorce, have strong personalities with sufficient experience of wisdom. Children will have greater social and academic adaptation; the boys are more acting their anger externally and finally more frustration and hurting themselves. Kids easily have problems at school, they fight peers and parents. While, girls tend to internalize their discomfort, but develop more depression, headache or stomach ache and have changes in their patterns of eating and sleeping. A reduction in financial income leads to a reduction in proper nutrition, a decline in having designer clothes and stylish shoes, and increased time for supervised childcare. The important factor is the quality and quantity of a father's involvement in the life of a child that depends on the mother's attitude and role of the father of acceptance. Justice and Islamic affairs in Bahrain announced a temporary one-third drop in divorce rates from 15% in 2008 to 5% in 2012, but there is a significant increase in divorce rates in consecutive years to reach 23-24% in 2013-2014, despite the increase in on the negative impact of divorce on the family and also on the good effort of family guidance offices and places of worship. The women of Bahrain feel safer, more independent, more empowered and supported and reject the suffering of marital disharmony [15:16]. The Kingdom of Bahrain needs premarital/marital counselling preparation by social workers to resolve conflicts, improve their communication and with the exception of couple differences. Greater separation and divorce could be avoided if we have family counselors or family therapists. The main cause of separation in Bahrain is bad communication and mismanagement of conflicts, emotional/physical abuse, unresolved hidden agenda, different in couple mentality. Other causes are drug/alcohol abuse or having an emotional disorder, lack of financial support and infidelity, while the main common reasons for CCG divorces are couples from different backgrounds, families make many couples who have arranged marriage and early marriage for the young age group, the modernization of society in the CCG. The age range of divorce for couples is higher in the younger age group (20-30 years); more likely to separate during the first years of marriage[6]. The number of men and women under the age of 18 who have married in the past five years ranged from 6% to 7%. Nowadays women know their right and are not accepted as victims of bad marriage. 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