

## **Correlation between Dogmatism, Psychological Needs and Emotional Divorce among Married Women**

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### **Abstract:**

**Background:** Emotional divorce is a result of physical, psychological, mental, and spiritual separation, which negatively affects the stability of marital life and the mental health of the family. **Aim of the study:** This study aimed to investigate the correlation between dogmatism, psychological needs, and emotional divorce among married women. **Research design:** A descriptive correlational study design was used in this study. **Setting:** The study was conducted at Benha General Medical Center (Family Health Center) in Benha City, Qalyubia governorate, Egypt. **Study subjects:** A purposive sample of 505 married women was included. **Tools of data collection:** Four tools were utilized: **Tool 1)** A structured Interview Questionnaire about knowledge regarding emotional divorce and attached to socio-demographic data of the studied women, **Tool 2)** Dogmatism Scale, **Tool 3)** Psychological Needs Scale and **Tool 4)** Emotional Divorce Scale (EDS). **Results:** Nearly two-thirds of the studied women had a high level of dogmatism, a low level of psychological needs satisfaction (high level of psychological needs), and a high level of emotional divorce. **Conclusion:** There was a highly statistically significant positive correlation between emotional divorce and dogmatism of the studied women and a highly statistically significant negative correlation between emotional divorce and psychological needs satisfaction of the studied women. **Recommendations:** Conducting counseling program based on cultural socio-demographic context of the studied women to improve their marital life and developing scientific family program to help spouses how to cope with life's challenges and stressors.

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**Keywords:** Dogmatism, Emotional divorce, Married Women, Psychological needs.

### **Introduction:**

Emotional divorce is known scientifically as emotional separation, emotional silence, and marital distress. All of these terms refer to a couple living together in a legal marriage contract and under the same roof, but they are separated from each other and each has their own world apart from the other. It also refers to a condition in which the couple's relationship looks to be a real marriage to everyone around them, but their actual marital connection has ended or expired in fact (Alkhaldeh & Alqatawneh, 2022). Similarly, emotional

divorce is defined as a state of separation between the couples and a lack of understanding in all matters of home, which develops over time into separation in everything and feelings of estrangement between them (Jarwan & Al-frehat, 2020).

Relatedly, emotional divorce cannot be considered a problem born of the moment, but caused by multiple and interrelated factors related to the couples themselves and their awareness of marriage and its responsibilities (Alkhaldeh & Alqatawneh, 2022). One of the causes of marital troubles that lead to emotional divorce is a lack of mutual

awareness of the other party's needs. The husband wants a woman who understands his emotions, meets desires and accepts him, whereas a wife desires someone who appreciates, understands, and respects her feelings, emotions, and privacy and satisfies wife's needs. In the absence of this mutual understanding of the spouse's feelings and needs, the gap between them will become wider, mutual conflict will get stronger, and arguments will become more intense (**Al-Shahrani & Hammad, 2023**).

Evidently, the most basic human need is survival, and the person attempts to meet seven psychological needs: the need for acceptance, the need for appreciation, the need for trust, the need for attention, the need for understanding, the need for love and the need for respect. These needs differ in their degree of intensity and strength from person to person, so the couple must determine which needs are more important and which are less important, and failure to satisfy these needs according to their importance leads to a feeling of stress, frustration and anxiety which pushes the owner to aggressive behavior towards himself and those around him, whether wife, husband or children, and this eventually leads to marital dispute (**Hamdan, 2020**).

Furthermore, the concept of dogmatism is crucial in the issue of interpersonal relationships because it refers to a type of closure and intellectual rigidity. It is defined as the refusal to accept the beliefs, ideas, and behaviors of others. Dogmatic individuals have many problems in understanding new ideas. They are unable to accept reasonable ideas in place of their incorrect ideas (**Paul et al., 2023**). The dogmatic mind is a closed mind on itself; it considers his ideas as fixed ideas that do not accept discussion, as it cannot live with the ideas of others. Consequently, it lead to lack of mutual understanding of the other party's feeling,

emotions and needs, resulting in an increase distance between couples and an arise in conflict between them that lead to emotional divorce (**Ataya, 2021**).

#### **Significance of the study:**

Emotional divorce is becoming more common and widespread as most researchers suggest that emotional divorce is twice as prevalent as formal divorce (**Al-Shahrani & Hammad, 2023**). According to a survey in the German magazine "Punt," data suggest that 9 out of 10 women suffer from marriage silence (**Ramdan, 2023**). According to a study by **Mustafa & Ashraf, (2019)**, emotional divorce has spread by 80% in Egyptian homes. Furthermore, there is no doubt that dogmatism affects marital communication. As a result, marital communication patterns contributed 79% to the occurrence of emotional separation (**Alkayed & ALshara, 2021**). Moreover, the satisfaction of psychological needs ensures the continued success of the marital relationship as a result of study done in Egypt; there are 45 thousand divorces out of every 75 thousand cases because one of the spouses doesn't meet the partner's needs (**Hamdan, 2020**).

Therefore, the researchers found that it was important to investigate the correlation between dogmatism, psychological needs and emotional divorce among married women.

#### **Aim of the study:**

This study aimed to investigate the correlation between dogmatism, psychological needs and emotional divorce among married women.

#### **Research questions:**

- What are the levels of dogmatism, psychological needs and emotional divorce among married women?
- What is the correlation between dogmatism, psychological needs and emotional divorce?

**Subjects and Method:**

**Research design:** A descriptive correlational study design was utilized to achieve the aim of the study.

**Study setting:**

The study was conducted at Benha General Medical Center (Family Health Center) in Benha City, Qalyubia governorate, Egypt.

**Study subjects:**

**Sample type:**

A Purposive sample of 505 married women was taken based in this study according to the following inclusion criteria.

**Inclusion criteria:**

1. Married women who lived with their husbands in the same place.
2. Marriage period at least 3 years.
3. Volunteering and consent to participate in the study.
4. No history of psychiatric disorder according to the respondent.

**Tools for data collection:**

**Tool (1): A structured Interview Questionnaire:**

It was developed by the researchers after reviewing the related literatures, designed on Arabic language. It consisted of three parts:

**Part one: Socio-demographic data of the married woman:** it included age, level of education, job, monthly income and area of residence.

**Part two: Marital history:** it included age at marriage, difference between spouses' age, duration of marriage, number of children, type of family and housing.

**Part three: Women's knowledge about emotional divorce:** it included 5 questions about definition of emotional divorce, manifestation of emotional divorce, causes and consequences of emotional divorce.

**Scoring system:**

Each question included multiple response. The responder took score (2) for

correct and complete answer, (1) for correct incomplete answer and (0) for incorrect or don't know, and the total woman's knowledge of emotional divorce was calculated.

**The results of scoring system were classified as following**

- Total score (0 – 5 marks) was considered unsatisfactory.
- Total score (6-10 marks) was considered satisfactory.

**Tool (2): Dogmatism Scale:**

This scale was adapted from **Al-Farsi et al. (2010)**. It included 38 items to assess level of dogmatism among married women.

**Scoring system:**

Each item was rated on a three-point Likert-type scale labeled from 3 to 1 for positive items as the following: Agree= 3, Neutral= 2, Disagree= 1. This scores reversed for negative items (25,26,27,28,29,30,31,32,36,37) as the following: Agree= 1, Neutral= 2, Disagree= 3.

**The results of scoring system were classified as following:**

- Total score (38 - 63 marks) was considered low level of dogmatism.
- Total score (64 - 89 marks) was considered average level of dogmatism.
- Total score (90 to 114 marks) was considered high level of dogmatism.

**Tool (3): Psychological Needs Scale:**

This scale was adapted from **Hamdan (2020)**, it included 45 items to assess satisfaction level of psychological needs among married women.

**Scoring system:**

Each item was rated on a three-point Likert-type scale labeled from 3 to 1 for positive item as the following: Applicable = 3, applicable to some extent=2, not applicable=1.

**The results of scoring system were classified as following:**

- Total score (45 - 75 marks) was considered low level of psychological needs satisfaction.
- Total score (75 - 105 marks) was considered moderate level of psychological needs satisfaction.
- Total score (106 - 135 marks) was considered high level of psychological needs satisfaction.

**Tool (4): Emotional Divorce Scale (EDS):**

This scale was developed by **Abdel-hamed (2018)** and adapted by the researchers. It included 58 items to assess level of emotional divorce among married women.

**Scoring system:**

Each item was rated on a three-point Likert-type scale labeled from 3 to 1 for positive item as the following: Applicable= 3, Applicable to some extent= 2, Not applicable= 1. This scores reversed for negative items (6,7,8,10,21,22,23,24,31, 34,39,40,54) as the following: Applicable= 1, Applicable to some extent= 2, Not applicable= 3. **The results of scoring system were classified as following:**

- Total score (from 58 to 96 marks) was considered low level of emotional divorce.
- Total score (from 97 to 135 marks) was considered moderate level of emotional divorce.
- Total score (from 136 to 174 marks) was considered high level of emotional divorce.

**Administrative design:**

An official letter was obtained from the Dean of the Faculty of Nursing, Benha University to get permission from the director of the health administration in Benha to conduct the research in the center and to obtain approval of the ethical committee. Another official letter was obtained from the director of the health administration in Benha and was given to the director of Benha

General Medical Center (Family Health Center). Full explanation about the aim of the study was explained to the director of Benha General Medical Center (Family Health Center) and head nurse of the center to obtain an official letter to gather data for the research..

**Validity and reliability of tools:**

The content validity of the tools were reviewed by a panel of three experts in Psychiatric and Mental Health Nursing specialty before using it to ensure that the items were consistently conveyed and carried the anticipated meaning that they were prepared for and modifications were made (i.e. simplifying the meaning of some items and rearranging the sequence of some items) and the final form was utilized for data collection.

The reliability of tools was tested by using Cronbach's alpha test in statistical package for social science (SPSS) version 20. The Cronbach's alpha value (internal validity) of dogmatism tool was 0.903 and psychological needs was 0.897 and emotional divorce was 0.901 which indicated high reliability.

**Ethical considerations:**

Ethical approval was obtained from the Scientific Research Ethics Committee, Faculty of Nursing, Benha University to conduct the study code (REC-PSYN-P57). Women were informed that participation in the study was voluntary. They also informed that each woman had the right to withdraw from the study at any time without any consequences. An informed oral consent for participation in the study was obtained from each woman after explaining the aim of the study. Women were assured about the confidentiality of the collected data and the result was used for research purposes only

**Pilot study:**

The pilot study was conducted prior to data collection on 10% of the total sample to



assess the simplicity, applicability, clarity, and applicability of these tools. Based on the results of the pilot study, the necessary adjustments as simplifying the meaning of some statements and integrating some questions were done. The pilot study was excluded from the study sample. This step had been completed throughout March 2024.

#### **Fieldwork:**

Once permissions were obtained, the researchers started the process of data collection in the beginning of April 2024 to the middle of December 2024. The researchers attended three days per week ( Sunday, Monday & Tuesday) from 9 A.M. to 1 P.M. in the previously mentioned setting to complete data collection using a the study tools. The researchers introduced herself to the married woman, explained the study's aim, ensure the married women met the study criteria and obtained oral consent from every married woman that was agreed to participate in the study after confirming data privacy, confidentiality and assured that obtained data used only for research purposes.

Using a study tools, the researchers interviewed each married woman individually for about 30 – 45 minutes. Sometimes the researchers had the opportunity to interview a group of 5-6 married women in the waiting areas of outpatient clinics. During the interview, the researchers read each item on the questionnaire to the married woman and explained its meaning before recording her response. An average of 5-6 women were interviewed per day. The researchers were present all-time for any clarification, collected the filled forms and checked for their completion.

#### **Statistical analysis:**

Data were fed to the computer and analyzed using IBM SPSS software package version 20.0. (Armonk, NY: IBM Corp) Qualitative data were described using number and percent. The **Kolmogorov-Smirnov** test

was used to verify the normality of distribution Quantitative data were described using range (minimum and maximum), mean, standard deviation and median . Significance of the obtained results was judged at the 5% level. **The used tests were: Chi-square test** (For categorical variables, to compare between different groups), **Fisher Exact test** (Correction for chi-square when more than 20% of the cells have expected count less than 5), **Spearman coefficient** (To correlate between two distributed abnormally quantitative variables) and **Regression** (To detect the most independent/ affecting factor for affecting emotional divorce scale).

#### **Results:**

**Table (1)** reveals that, mean age of the studied women was  $(34.1 \pm 8.5)$  years. As for level of education, more than half (53.7%) of them were secondary educated. Also, nearly two thirds (65.1%, 68.7% & 61.4% respectively) of them didn't work, didn't have enough income and lived in rural area.

**Table (2)** reveals that, the mean age of the studied women at marriage was  $(27.2 \pm 4.3)$  and the mean difference between spouses' age is  $(6.8 \pm 3.1)$ . As well as, mean duration of marriage was  $(6.4 \pm 2.7)$  and mean number of children was  $(3.6 \pm 1.3)$ . Furthermore, (64.4% & 70.3% respectively) of them were extended family and lived with family in the same house.

**Figure (1)** illustrates that, nearly two thirds (64.2%) of the studied women had high level of dogmatism and only 1.0% of them had moderate level of dogmatism, while more than one third percentage (34%) of them had low level of dogmatism.

**Figure (2)** illustrates that nearly two thirds (64.4%) of the studied women had low level of psychological needs satisfaction (high level of psychological needs), while the minority (15.8%) of them had high level of

psychological needs satisfaction (low level of psychological needs).

**Figure (3)** illustrates that nearly two thirds (63.2%) of the studied women had high level of emotional divorce in while more than one quarter (26.1%) of them had low level of emotional divorce.

**Table (3)** shows that, there is a highly significant statistically positive relation between emotional divorce and dogmatism.

**Table (4)** shows that, there is a highly significant statistically negative relation between emotional divorce and psychological needs satisfaction.

**Table (5)** shows that, there is a highly statistically significant negative relation

between dogmatism and psychological needs satisfaction.

**Table (3)** reveals that. there was highly statistically significant positive correlation between emotional divorce and dogmatism. Additionally, there was a highly statistically significant negative correlation between emotional divorce and psychological needs satisfaction. Furthermore, there was a highly statistically significant negative correlation between dogmatism and psychological needs satisfaction.

**Table 1: Distribution of the studied women according to Socio-demographic data (n = 505)**

Part one: Socio-demographic data	No.	%
<b>Age (Years)</b>		
20 < 25 year	130	25.7
25 < 35 years	76	15.0
35 < 45 years	266	52.7
45 years & more	33	6.5
<b>Mean ± SD.</b>		<b>34.10 ± 8.52</b>
<b>Educational level</b>		
Basic education	30	5.9
Secondary education	271	53.7
University education	204	40.4
<b>Job</b>		
Work	176	34.9
Not works	329	65.1
<b>Type of work</b>		
Work in Government sector	97	19.2
Work in Private sector	79	15.6
<b>Monthly income</b>		
Enough	108	21.4
Enough and save	50	9.9
Not enough	347	68.7
<b>Area of residence</b>		
Rural	310	61.4
Urban	195	38.6

Table (2): Distribution of the studied women according to Marital history (n = 505)

Marital history (n = 505)	No.	%
<b>Age at marriage (Years)</b>		
20 < 25	155	30.7
25 < 35	350	69.3
<b>Mean ± SD</b>	<b>27.23 ± 4.35</b>	
<b>Difference between spouses' age (Years)</b>		
3 < 5	205	40.6
5 < 10	119	23.6
10 & more	181	35.8
<b>Mean ± SD</b>	<b>6.80 ± 3.17</b>	
<b>Duration of marriage (Years)</b>		
3 to < 5	180	35.6
5 < 10 years	94	18.6
10 & more	231	45.7
<b>Mean ± SD</b>	<b>6.48 ± 2.75</b>	
<b>Number of children</b>		
1 - 3	180	35.6
3 & more	325	64.4
<b>Mean ± SD</b>	<b>3.65 ± 1.32</b>	
<b>Family type</b>		
Independent	180	35.6
Extended	325	64.4
<b>Housing</b>		
With family	355	70.3
Independent house	150	29.7

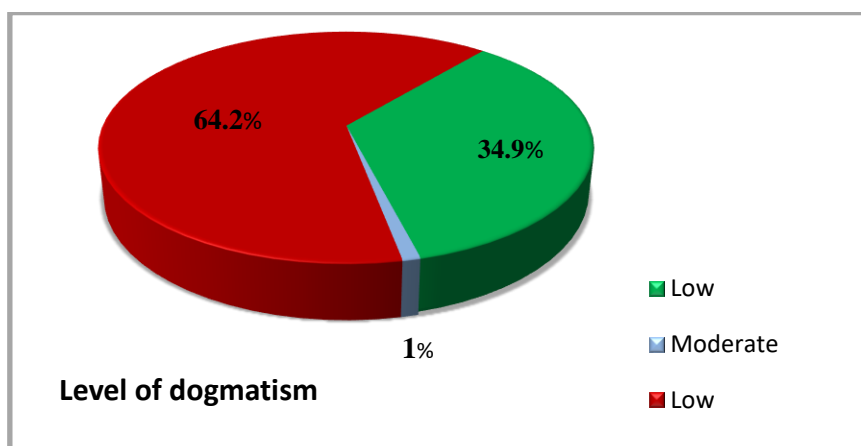


Figure (1): Total score of the studied women regarding level of dogmatism (n=505)

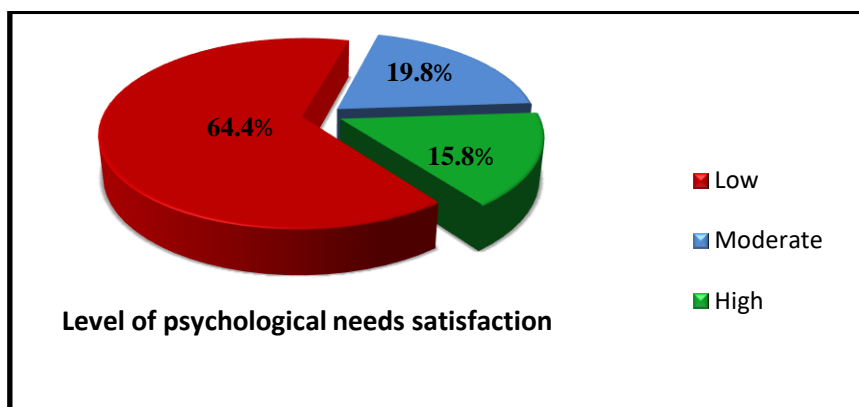


Figure (2): Total score regarding level of psychological needs satisfaction (n = 505)

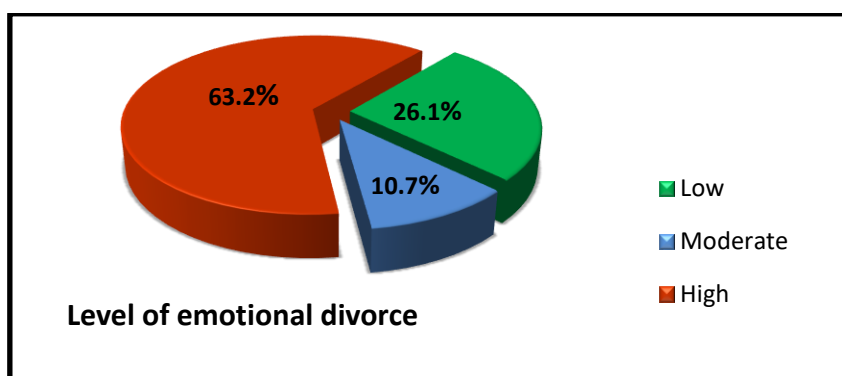


Figure (3): Total score regarding level of emotional divorce (n = 505)

Table (3): Relation between level of emotional divorce and dogmatism (n = 505)

Dogmatism	Emotional Divorce Scale (EDS)						FET	p
	Low (n = 132)		Moderate (n = 54)		High (n = 319)			
	No.	%	No.	%	No.	%		
Low	128	97.0	46	85.2	2	0.6	575.454*	<0.001*
Moderate	4	3.0	0	0.0	1	0.3		
High	0	0.0	8	14.8	316	99.1		

Table (4): Relation between level of emotional divorce and psychological needs (n = 505)

Psychological needs satisfaction	Emotional Divorce Scale (EDS)						$\chi^2$	p
	Low (n = 132)		Moderate (n = 54)		High (n = 319)			
	No.	%	No.	%	No.	%		
Low	0	0.0	8	14.8	317	99.4	593.780*	<0.001*
Moderate	52	39.4	46	85.2	2	0.6		
High	80	60.6	0	0.0	0	0.0		



Table (5): Relation between level of dogmatism and psychological needs (n = 505)

Psychological needs satisfaction	Dogmatism						FET	P
	Low (n = 176)		Moderate (n = 5)		High (n = 324)			
	No.	%	No.	%	No.	%		
Low	1	0.6	0	0.0	324	100.0	633.187*	<0.001*
Moderate	99	56.3	1	20.0	0	0.0		
High	76	43.2	4	80.0	0	0.0		

Table (6): Correlation between dogmatism, psychological needs and emotional divorce

Variables		Psychological Needs Satisfaction	Emotional Divorce
Dogmatism	r <sub>s</sub>	-0.752	0.669
	P	<0.001*	<0.001*
Psychological Needs Satisfaction	r <sub>s</sub>		-0.674
	P		<0.001*

**Discussion:**

Emotional divorce occurs when physical, psychological, mental, and spiritual separation occurs between spouses despite the fact that they live in the same house, which negatively affects the stability of marital life. It has a major effect on the mental health of the family, making it one of the biggest threats to the foundation of the family (Al-Shahrani & Hammad, 2023a). This phenomenon has become a noticeable reality for several reasons, with the most common ones being the couple’s rigidity of thinking, feelings, and emotions and inability to accept, understand, and satisfy psychological needs, which could result in the collapse of the family system and put the people involved at risk of mental health problems as evidenced by the higher incidence of depression, anxiety, and loneliness among such couples (Al-Shahrani & Hammad, 2023b).

The present study aimed to investigate the correlation between dogmatism, psychological needs and emotional divorce among married women. This aim was achieved through the present study findings which revealed that nearly two thirds of the studied women had high level of dogmatism, low level of psychological needs satisfaction (high level of psychological needs) and high level of emotional divorce. Also, the current study showed that there was a highly statistically significant positive correlation between emotional divorce and dogmatism. Additionally, there was a highly statistically significant negative correlation between emotional divorce and psychological needs satisfaction. Furthermore, there was a highly statistically significant negative correlation between dogmatism and psychological needs satisfaction.

The current study results found that mean age of the studied women was ( $34.1 \pm 8.5$ ), more than half of them were secondary educated. Also, nearly two thirds of them didn't work, didn't have enough income and lived in rural area. As well as, the mean age of the studied women at marriage was ( $27.2 \pm 4.3$ ) and the mean difference between spouses' age was ( $6.8 \pm 3.1$ ). Additionally, mean duration of marriage was ( $6.4 \pm 2.7$ ) and mean number of children was ( $3.6 \pm 1.3$ ). Furthermore, nearly to two thirds of them were extended family and lived with family in the same house.

The present study showed that nearly two thirds of the studied women had high level of dogmatism. From the researchers point of view this may be explained due to lack of awareness necessary to keep up with intellectual life, their inability to bear responsibility in expressing a free opinion, fear of dealing with everything new, intellectual behavior and blind imitation in a suspicious mood, which leads to the loss and distortion of facts, the inability to dialogue, and the lack of flexibility.

This results was consistent with **Abdul-Sada & Al-Shannan, (2018)** who studied the level of mental stagnation and found that most of the sample had high level of mental stagnation. While the present study findings were in contrasted with **Al-Zaidki & Muhammad, (2021)** who studied dogmatism and its relationship to psychological exhaustion among members of the Ministry of Health: Duhok Governorate as a model and found that health workers in general had a low level of dogmatism.

The present study showed that nearly two thirds of the studied women had low level of psychological needs satisfaction while the minority of them had high level of psychological needs satisfaction. This result was in the same line with **Al-Barqi, (2022)**

that showed an average level of psychological and social needs among studied sample, indicating that they need more satisfaction of psychological and social needs. Inversely, **Mokabla & Bani-Mustafa, (2017)** who identified the relationship between emotional separation and satisfaction of psychological needs among married teachers in Jerash Governorate and found that the level of psychological needs satisfaction was high.

This can be interpreted on the basis that the sensitivity of the topic and the reservation of the sample members of the previous study because some couples considered it as a personal topic that should not be disclosed to the society that cares more about appearances than about psychological comfort and facing reality.

The present study showed that nearly two thirds of the studied women had high level of emotional divorce. From the researchers point of view, the fear of social stigma and lack of support from families in the Arab culture were major obstacles for women who considered divorce. Women internalized the traditional saying that a difficult life with a husband is better than a peaceful life with their families, reflecting the cultural belief that women need a man to protect them from societal criticism. Additionally, couples accept emotional divorce because of the presence of children between them, taking into account the future of the children, and what their psychological and living situation will end up with.

These findings were supported by **Al-Shahrani & Hammad, (2023a)** who examined relationship between emotional divorce and alexithymia among married women in Saudi Arabia and revealed that more than three quarters of the married women experienced moderate to severe levels of emotional divorce. Conversely, the study disagreed with **Armia & Omer, (2023)** who

identified emotional divorce among married employees and **Sabban, (2020)** who identified the level of emotional divorce among a sample of married women in Jeddah were found that the level of emotional divorce was within the low level. This can be interpreted on the basis that women in these studies experienced significant suffering, but they felt unable to speak out due to societal pressures as this study was conducted in Jeddah and because of the legal rights of divorced women, Saudi women may be less likely to initiate formal divorce and remain in a dysfunctional marriage.

The current study found that there was a highly statistically significant relation between emotional divorce and dogmatism of the studied women. This can be explained from the researchers point of view that a person who is characterized by dogmatism does not have the ability to tolerate individuals who oppose or disagree with him, and these matters are not compatible with married life. This result was consistent with **Al-Hourani & Gharbawi, (2020)** who studied the emotional divorce between spouses from the perspective of the wife in the Emirati family and concluded that weak family communication, absence of positive interactions between the spouses, partner's insistence on his opinion, lack of participation of the other party and other dogmatic characteristics play a role in the coldness of the relationship between the spouses.

The current study found that there was a highly statistically significant relation between emotional divorce and psychological needs satisfaction of the studied women. This can be explained from the researchers point of view that each of the spouses has many needs according to the nature and gender of each person, and if each party does not understand the needs of the other party to satisfy them, then life will be dominated by dissatisfaction. Especially since every couple starts their

marital life with certain expectations of needs that they want to satisfy from their life partner, and when those expectations contradict reality, problems begin to appear and escalate until the couple reaches emotional divorce.

This result was consistent with **Dimock, (2013)** who studied unmet self, relation, and spiritual needs in distressed couple relationships and **Piramon & Siahpoush, (2014)** who studied pathological examination of the emotional divorce from the perspective of women and its effects on children. Where these studies found that marriage helps to satisfy psychological needs that are difficult to satisfy outside the scope of marriage which leads to a feeling of marital satisfaction and happiness, but if these needs are not adequately satisfied, this leads feeling of anxiety, tension and disturbance of balance, and this is a source of many marital disputes that lead to emotional divorce. In contrast with the current study, **Mokabla & Bani-Mustafa (2017)** who identified the relationship between emotional separation and satisfaction of psychological needs among married teachers in Jerash Governorate and found that there was a negative and weak relation between emotional divorce and psychological needs satisfaction needs among study sample.

The current study found that there was a highly statistically significant relation between dogmatism and psychological needs satisfaction of the studied women. This can be explained from the researchers point of view that a person who is characterized by dogmatism does not have ability to understand other partner feeling, emotions and needs, resulting in an unsatisfying these needs, an increase distance between couples and an arise in conflict between them

The current study found that there was a highly statistically significant positive correlation between emotional divorce and

dogmatism. While, there was a highly statistically significant negative correlation between emotional divorce and psychological needs satisfaction. Additionally, there was a highly statistically significant negative correlation between dogmatism and psychological needs satisfaction. These findings were supported by **Homayoon et al., (2022) & Zare & Etemadifard, (2020)** who found that when the individual refuse to discuss the ideas and opinions of the other party, it leads to weak communication between spouses and lack the skills necessary to understand the needs of the other party that lead to not satisfying their psychological needs, and thus led to incompatibility with their life partner. Furthermore, they do not have the ability to give and appreciate the partner's feelings and they misunderstand the nature of love, and such a relationship rarely succeeds because it lacks the necessary elements for the individual to feel pleasure, comfort and a sense of compatibility in marriage based on satisfying psychological needs.

Also, this result in the same line with the study **Arfa-Ee et al., (2015)** which identified the mediating role of burnout in the relationship between communication skills and emotional divorce among married employee and found that there was an inverse relationship between communication skills and emotional divorce, as the less communication skills between spouses, the higher rate of emotional divorce.

Finally, considerable attention has been given to emotional divorce because this phenomenon became very obvious. Reducing the prevalence of this phenomenon requires to know the reasons behind it, such as dogmatism and psychological needs dissatisfaction. Based on the results of the present study, this can be achieved through an evidence-based psychological intervention program for marriage preparation satisfaction.

### **Conclusion:**

Based on the present study findings, it was concluded that nearly two thirds of the studied women had high level of dogmatism, low level of psychological needs satisfaction (high level of psychological needs) and high level of emotional divorce. Also, the current study showed that there was a highly statistically significant positive correlation between emotional divorce and dogmatism. Additionally, there was a highly statistically significant negative correlation between emotional divorce and psychological needs satisfaction. Furthermore, there was a highly statistically significant negative correlation between dogmatism and psychological needs satisfaction.

### **Recommendations:**

- Conducting counseling program based on cultural socio-demographic context of the studied women to improve their marital life
- Developing scientific family program to help spouses how to cope with life's challenges and stressors.

### **Further studies:**

- Conducting more studies on emotional divorce and dogmatism.
- Emotional divorce between spouses and its relationship to depression and anxiety among childhood and adolescence.
- The impact of emotional divorce from the perspective of the children in the family.

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## العلاقة بين الدوجماتية والحاجات النفسية والطلاق العاطفي لدى النساء المتزوجات

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يعد الطلاق العاطفي هو نتيجة للانفصال الجسدي والنفسي والعقلي والروحي بين الزوجين، مما يؤثر سلبيًا على استقرار الحياة الزوجية والصحة النفسية للأسرة. الهدف من الدراسة: فحص العلاقة بين الدوجماتية والحاجات النفسية والطلاق العاطفي لدى النساء المتزوجات. **تصميم البحث:** تم استخدام تصميم الدراسة الارتباطية الوصفية لتحقيق الهدف. **مكان البحث:** قد أجريت هذه الدراسة في مركز بنها الطبي العام (مركز صحة الأسرة) في مدينة بنها بمحافظة القليوبية. **عينة الدراسة:** عينة قصدية من ٥٠٥ امرأة متزوجة. **أدوات جمع البيانات:** تم استخدام أربع أدوات لجمع البيانات: **الأداة الأولى:** استمارة استبيان منظم عن معلومات والخصائص الاجتماعية، **الأداة الثانية:** مقياس الدوجماتية، **الأداة الثالثة:** مقياس الحاجات النفسية و **الأداة الرابعة:** مقياس الطلاق العاطفي. **النتائج:** كشفت النتائج أن ما يقرب من ثلثي النساء قيد الدراسة لديهن مستوى عالٍ من الدوجماتية، و مستوى منخفض من إشباع الحاجات النفسية، و مستوى عالٍ من الطلاق العاطفي. **الاستنتاج:** وبناءً على نتائج الدراسة الحالية، استنتج أن كان هناك علاقة موجبة ذات دلالة إحصائية عالية بين الطلاق العاطفي والدوجماتية وعلاقة سلبية ذات دلالة إحصائية عالية بين الطلاق العاطفي وإشباع الحاجات النفسية. **التوصيات:** وأوصت الدراسة بأنه يجب إجراء برنامج إرشادي يعتمد على السياق الثقافي والاجتماعي والديموغرافي للنساء قيد الدراسة لتحسين حياتهن الزوجية، و تطوير برنامج علمي أسري لمساعدة الزوجين على كيفية التعامل مع تحديات الحياة وضغوطاتها.