Comparison of hardiness among divorcing and non-divorcing couples

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Abstract

Introduction: The purpose of this study was to compare the hardiness of divorcing and non-divorcing couples.

Method: The subjects consisted of 90 couples (30 couples for each group) who were selected using a hand-sorting selection. All couples answered the Kobass Personal Views Survey and the Marital Adjustment Test. Data were analyzed by two-way of analysis of variance (ANOVA) and a repeated major scale.

Results: The results revealed that the divorcing couples reported significantly higher levels of hardiness, as well as higher levels of its two subscales of commitment and control, than the counseling couples.

Conclusion: Family arguments are one of the main causes of stress for family members. Hardiness is one of the important and leading factors in coping with stress. Divorcing couples decide to divorce after a long time of tolerating stress and are relieved of the tensions that were caused by thinking about their decision. In contrast, the consulting couples are trying to find a solution to free them from their unsatisfactory situation. It can be said that such an unclear situation results in less hardiness.

Keywords: Hardiness, Marital Adjustment, Divorce, Couples