

The Reduction Of Emotional Divorce Among Married University Students With The Use Of A Self-Talk Counseling Program

Muhammad Sabti Issa Al-Musawi¹, Mansour Sodani^{2*}, Abdulkazem Neissi³

Abstract

The current research aims to determine the effectiveness of the self-talk method in reducing emotional divorce among married university students. The recent study is a quasi-experimental design with an initial test, a post-test, and a follow-up test, with two groups (experimental and control), and the basic research sample consisted of (40) male and female students. According to the scores obtained from the emotional divorce scale, the scale was distributed to the students three times: the pre-test, the post-test, and the follow-up test (less than 60 days). The results of the study showed the effectiveness of the counseling method in reducing emotional divorce among married university students and the presence of statistically significant differences. Between the ranks of emotional divorce scores between the experimental and control groups for the posttest, and when comparisons were made, differences were found in favor of the experimental group. According to the current research results, the researcher reached several conclusions, recommendations, and proposals.

Keywords: emotional divorce, married university students.

Introduction

First: Problem Statement

The family system affects other social systems and is affected by them, meaning that if the family system is corrupt, its effects will be reflected in different situations and vice versa. In stable societies, we always find that family life is supported and solid; in unstable societies, we find that the family system is disintegrated (Al-Sayed, 1995). : 15.)

Therefore, we find that emotional divorce is a state of emotional separation between spouses that may be due to clear discrepancies in age, inclinations, or social and cultural level, which generates a state of disharmony and psychological, verbal, and physical violence and the spouses mutually destroy morale and symbolic values. For each other, without reaching an actual divorce, for reasons including fear for the children and the social appearance (Al-Wadghiri, 19:2020.)

In addition to that, emotional divorce occurs due to silence between the spouses as a result of each of them clinging to his opinion without listening to the other party, and there is no dialogue between them. The husband believes that his wife should not know about his circumstances, and if the husband complains about his problems, the wife begins to blame and blame without seeking to find out. Finding appropriate solutions. In this regard, "Four Chun" magazine published in 1951, "The

1. Ph.D Student in Counseling, Department of Counseling, Faculty of Educational Sciences and Psychology, Shahid Chamran University of Ahvaz, Ahvaz, Iran.

2. Professor, Department of Counseling, Faculty of Educational Sciences and Psychology, Shahid Chamran University of Ahvaz, Ahvaz, Iran. Corresponding Author

3. Professor, Department of Psychology, Faculty of Educational Sciences and Psychology, Shahid Chamran University of Ahvaz, Ahvaz, Iran.

The Greatest thing a wife can do for her husband is to encourage him to bring to her the troubles that he cannot alleviate in his work environment” (Khaled, 2013: 17.)

As for the marital relationship, it is considered a closed one that cannot be easily searched for due to the many problems that may lead to the end of the relationship. Therefore, psychologists have been interested in researching compatibility possibilities between spouses and shedding light on it (Elder, 2005:23.)

The relationship between spouses may lead to tension due to different viewpoints, such as raising children and adapting to modern reality by demanding the provision of luxuries that the husband does not consider to be the foundation of daily life. The fire of disagreement may rage between them, causing them to lose understanding and harmony, and the level of tension will rise, leading to various problems and poor health for both spouses (Deeba, 2017:3.)

In addition, economic factors for the spouses may play an important role in their lives and are considered among the basic factors that greatly influence marital compatibility. Among other reasons, the wife refuses to participate in the family’s needs, and sometimes, the conflict comes from the fact that some husbands do not respect financial ties. To the other party, which leads to a quarrel between them (Hanafi, 1980:45.)

We conclude from the above that life is threatened by family disintegration if emotional divorce and incompatibility between the spouses prevail, which leads to silence, the lack of dialogue and discussion between them, and the loss of the family bond, which is one of the components of a cohesive society. Therefore, the problem of the current research arises by answering the question. The following-:

Q/ How effectively is a self-talk counseling program reducing emotional divorce among married university students?

Second: significance of the study

Knowing the extent to which the effectiveness of a counseling program using the self-talk method helps in reducing emotional divorce among married university students. The importance of the study lies in the fact that it is one of the important studies that raise a topic because it addresses a family social research problem that concerns the individual and the family, and even the entire society, with the theoretical knowledge it provides that contributes to Reducing emotional divorce among university students, as it sheds light on the foundations of family stability and continuity and ways to reach their important needs, after the increasing cases of divorce in Iraqi society, the rising rates of family disintegration, and the high rates of domestic violence in contemporary society. Hence, the study is important in reducing emotional divorce. This helps achieve family stability; thus, the divorce rate decreases, and the self-talk method helps deal with marital life well.

Aim of the Study

Identify: (The effectiveness of a counseling program using self-talk in reducing emotional divorce among married university students.)

Third: - Research hypotheses

- Conducting a self-talk intervention to reduce emotional divorce among married university students:

This is done by verifying the following sub-hypotheses:

A - There is no statistically significant difference between the average scores of married university students on the emotional divorce scale in the pre-test, post-test, and deferred test at a significance level of (0.05.)

B - There is a statistically significant effectiveness between the average scores of married university students on the emotional divorce scale in the pre-test and the post-test (follow-up), equal to or greater than the “McGogian” effectiveness ratio of (0.60.)

Search limits: Search limits:

The current research is limited to married students of Al-Mustansiriya University in Baghdad for the academic year 2022-2023.

Fifth: Defining terminology:

¹Emotional Divorce-:

Divorce linguistically:

(Omar, 2008:)

He divorced, the woman from her husband; she was freed from the bond of marriage and came out of his protection. He divorced the woman revocably, meaning he divorced three times (Omar, 2008.)

The theoretical definition of the guidance program.

The researcher adopts the definition of Borders and Drury (BORDERS & DRYRA, 1992) because it is consistent with the current research objectives.

- Procedural definition of the extension program.

It is a group of interconnected sessions that are presented to a group of individuals of up to ten students in the form of group activities, discussions, and guidance during a period according to specific steps to help them develop moral elevation.

Style-:

Arafa both-:

A- The Oxford Dictionary (1984, Oxford) defined it as a typical technique for dealing with individuals (Hawkins, 1984:821.)

B- (Saleh, 2016:)

“It is the activities, practices, and behaviors that the guide performs within a guiding theoretical framework that is appropriate for individuals and groups in achieving goals for the benefit of the guides” (Saleh, 2016: 70.)

Operational definition of self-talk.

It is a set of activities and events that the researcher uses in the counseling program (presenting the topic, internal dialogue, discussion, imagination, relaxation, social reinforcement, self-instructions, formative evaluation, and home training) to reduce emotional divorce during 12 sessions according to the study plan and the duration of the sessions is 60—up to 90 minutes and based on Meckenbaum's theory.

The literature on emotional divorce and the theory that explained it.

-1 Literature on emotional divorce. The concept of emotional divorce:

Emotional divorce means a weakness in the network of social and human relationships between spouses, which leads to weak social communication between them. In this case, the family suffers from emotional drought among its members even though it appears stable. James defines it as a continuous conflict between spouses with the inability to exist. Factors that deepen the relationship between them are voluntary separation from the husband, wife, or both. As for the family counselor, Khalifa Al Mahrezi, he defines emotional divorce as “the cessation of the emotional relationship between the spouses, which leads to weak emotional communication, lack of language of feelings, and weakness in disclosing psychological needs and desires.” Moreover, emotional divorce between spouses, the American Psychological Association defines emotional divorce as the absence of normal life between spouses, and one partner lives a separate life from his other partner (Al-Hourani and Gharbawi, 2020: 463.)

Dr. Ghada Al-Khouli, consultant psychiatrist, defines emotional divorce as a state of semi-emotional isolation that the spouses live in, isolated from each other. Despite their presence under the same roof, each of them has his world, and the marriage bond between them remains represented by the legal contract that recognizes their actual marriage, Without considering the presence of children or ten years of marriage (Taha, 2018: 422.)

Accordingly, we find that emotional divorce is a state of emotional separation between spouses that may be due to clear discrepancies in age, inclinations, character, or social and cultural level, which creates a state of disharmony, psychological, verbal, and sometimes physical violence, and the spouses mutually destroy morale. The symbolic values for each other, without reaching the actual divorce, for several reasons, including fear for the children, social form, or lack of willingness to bear the consequences of emotional divorce, and therefore, marital life continues in formal terms only. Still, it is surrounded by emotional estrangement, and their mutual situation worsens (Al-Wadghiri, 19:2020.)

Emotional divorce is defined as the abandonment of the wife by the husband, abandonment through the dynamic relationship or abandonment through speech, and the loss of love, intimacy, and psychological peace between the spouses, despite the husband's commitment to other marital rights such as alimony and the needs of the home, as it appears that the marriage relationship is straight, but

It is in The truth is otherwise, and as noted, it is a secret and unannounced divorce in which the marital relationship continues in an apparent manner only in front of society. In reality, the lines of communication are almost completely cut off about the private married life between the spouses, and a state of silence prevails, and there is a lack of actual communication between them. It is limited to performing routine daily tasks such as eating, sleeping, and caring for children (Dhannoun, 2016: 64.)

Types of emotional divorce

The first type Comes from the awareness and will of the spouses and their full knowledge of the two kinds of marital relationship between them, meaning that they are experiencing a state of deterioration in their emotional environment and a psychological divorce.

As for the second type, emotional divorce stems from one party, often the wife, and it occurs without the other party's knowledge or awareness. He is dissatisfied with his emotional situation with his partner due to his encounter with several contradictions, lack of harmony with him, and loss of trust between them. However, he prefers to conceal and repress the disturbed and unbalanced feelings he experiences for fear of falling into the clutches of actual divorce (Mahrous, 31:2022.)

Concepts related to the subject of the study

-1 Marriage:

Marriage is defined linguistically as a union, but technically, it is a contract that allows the spouses to enjoy each other legitimately and gives each of their rights and duties towards the other and the formation of a good family and a healthy society (Kahhala, 18, 1988.)

Marriage does not occur naturally and automatically, nor is it the product of hereditary behavioral patterns, that is, instincts. Rather, it is a social system, and sexual instincts are only one of the fundamental factors on which marriage is based. People marry for many reasons, including the exchange of love, the search for economic security, and an independent home. Having children, achieving emotional security, responding to parents' desires, and escaping psychological loneliness (Abu Asaad, 18, 2015.)

-2 Family:

The family remains the ideal model for primary groups in which the child interacts with its members face to face and unites with its members, and their behavior is considered exemplary. Family relationships have the greatest impact on social upbringing, whether the relationship between parents and each other, the relationship between parents and children, or the relationship between brothers. Marital happiness leads to family cohesion, which creates an atmosphere that helps the child grow and form an integrated and balanced personality, and healthy relations between the parents guide to satisfying the child's need for psychological security and social harmony (Al-Azab, 2015:19.)

-3 Children

Children of different ages, during childhood, youth, and young adulthood (adolescence) until the age of ten years, or often 18 years, sometimes called adulthood, tend toward chaos and irregularity.

In their behavior, property, and bedrooms, or neglect and vandalism in their use or the use of property and things. The family and brothers, on other occasions, try to guide the children in all possible normal verbal ways, are patient with them, and give room for thinking and reviewing themselves. Still, in some situations, it seems to be in vain, as the children may persist in their behavior and neglect and in not listening to this. Spouses must be more careful in dealing with each other so that this will be reflected in the children (Hamdan, 2015: 8.)

-4 Emotion

Emotion is important in human life. This was confirmed by McDougal, who said, "The development of emotions is of great importance to the morals of individuals and societies and their behavior. It is an organization of emotional life and dispositions. With the absence of emotions, our emotional life becomes a kind of chaos, lacking order, continuity, and cohesion." (Al-TaHER, 2018:19.)

-5 Love and attention

As long as love, in its essence, means caring for the other and understanding him, then one of us's complaints about the other party that he does not understand him is, in reality, equivalent to his complaint that the other party does not love him, whether he realizes it or not, since affectation and exaggeration in showing love is, in fact, the matter. It is more evidence of the maturity of emotion than its sincerity (and many human experiences have proven that those who resort to infusing their emotions with exciting and enthusiastic punches are the furthest people away from true, sincere emotion. Emotion gives its owner beauty, satisfaction, and inner happiness, creating respect in him. For this emotion, he cannot scatter it with trivial occasions but rather always waits for real opportunities to express his emotion in sincere simplicity (Al-Salahi, 2018: 86-67.)

.2Theories that explain emotional divorce.

-Rogers' theory of the self:

Rogers believes that psychological compatibility is available when the individual is in harmony with his self-concept. Therefore, a positive self-concept expresses psychological compatibility and psychological health, and self-acceptance and understanding are considered major aspects of personal compatibility and experiences consistent and congruent with the self-concept and with... Social standards lead to comfort, freedom from stress, and psychological harmony. As for experiences that do not agree with the self and self-concept that conflict with social norms, the individual perceives them as a threat and attaches a negative value to them. When the experience is perceived this way, it creates danger and frustration. Increased tension, anxiety, poor psychological adjustment, and activation of psychological defense methods that distort perceptions and inaccurate perceptions of reality (Zahran, 1982: 85.)

Social Exchange Theory:

The theory of social exchange is sometimes called the theory of gain and loss in social psychology to explain how social interaction in small groups develops to the positive, where cooperation and cohesion appear, to the negative, where conflicts and disintegration occur. They agreed with teaching scientists that rewarding behavior supports and strengthens it, and not rewarding it weakens it.

It. He extinguishes it, but he stipulates that the reward is of psychological value to the person being rewarded so that he feels the psychological gain and does not feel the psychological loss that he experiences when he is punished or obtains a simple reward from interacting with others (Hadi, 2012: 49.)

When the spouses do not accept the psychological loss, their interaction together turns into conflict due to their conflicting interests and conflicting motives. Each of them seeks to destroy the other and take revenge on him. The conflict between them continues until one triumph over the other or separates from the other. Still, when neither of the spouses can resolve the conflict in his favor, he is forced to appease the other spouse and cooperate with him to gain personal interests from his interaction with him or to save him from material or psychological losses that he may have suffered. Thus, we may find a couple who cooperate and are unhappy with their married life for the sake of their children, or trade between them, or interests. Other material or social matters are achieved for either of them only through interaction. In this case, the interaction is governed by the principle of (zero-sum matches), in which the conflict does not usually end with a victor and a loser, and the wrestlers (individuals, groups, or countries) are forced to stop the conflict. Alternatively, they are accepting cooperation to stop the conflict's losses and achieve common interests from cooperation (Morsi, 1995: 100).

Social exchange theory is one of the world's well-known social theories. Its most prominent theorists are George Homans and Peter Blau, who were interested in studying small groups. Then, the theory developed in the 1970s through many works that benefited from the hypotheses of both of them, and they agreed that any interaction is a narrow interaction. Between individuals or broadly between institutions, it is based on the principle of exchanging something else (Al-Janabi, 1982:35.)

Homans emphasized the principle of distributive justice, as the costs of social justice must equal the profits of the relationship for both sides. Suppose the balance of fees and expenses is imbalanced. In that case, this will lead, in his opinion, to social injustice being inflicted on a certain aspect of the relationship, and thus, that side will strain its relationship with... The other side also applies to disputes, tendencies, violence, and force between individuals. Distributive justice stipulates the use of force and threats by the other side, and if the threatened side does not use the method of violence and threats by the other side, this will lead to the loss of its rights. This is inconsistent with the principle of distributive justice and human and community dignity (Al-Pasha, 1982:41.)

Therefore, the researcher adopted the social exchange theory because of its comprehensiveness in explaining the concept of emotional divorce and benefiting from it in formulating a measure of emotional divorce.

The first axis: Guidance methods

Due to the diversity of psychological counseling theories and methods, and despite their abundance, there is no agreed-upon method or method for achieving the general counseling goals in their absolute form, as most of the methods are subject to study and experimental research. Therefore, the researcher made attempts to study the impact of counseling methods. In modifying, reducing, or developing human behavior, the researcher will address the two guiding methods (self-talk - dialogue) in her current research to address emotional divorce and development.

Marital compatibility. The first method is derived from cognitive behavioral theory (Meckenbaum) after presenting the basic assumptions of this theory. With what follows

Objectives of cognitive behavioral therapy theory:

Meckenbaum's theory of cognitive behavioral therapy generally aims to: 1 . Adopting cognitive factors within behavioral counseling methods.

.2 Train the individual on self-talk and raise his awareness.

.3 Rebuilding the cognitive structures of individuals through the relationship between thinking and behavior.

.4 Training the individual how to notice the automatic thoughts that he identifies himself (Abdullah, 2012 p. 119)

Self-talk style.

It is one of the methods for modifying the behavior that needs to be changed, which aims to teach the individual to talk positively with himself to change negative behaviors. The method is based on the fact that actions come directly after self-talk. Therefore, the process focuses on changing what individuals say to themselves, whether internally (without a voice) or audibly (Martin,2006:6.)

Seligman described self-talk as positive talk that the individual provides himself with daily. When using self-talk, the individual must repeat phrases that help him confront certain issues, and the individual's talk depends on himself and his beliefs about himself (Bradley et al., 2012, p. 257). Meckenbaum says that in the pre-treatment period, the individual has a negative internal dialogue with himself, and even the imagination and actions are negative. During the counseling process, and through learning about the thoughts and feelings of the counsees, good cognitive structures are formed in the counselor, and the new self-talk affects the structures. Mental awareness among those guided by organizing their experiences around the new concept makes it more adaptable (Saleh, 2016: 78-88.)

Second: Previous studies

This section contains a summary of earlier research on the subject that the investigator was able to locate and talk about. These include: -

The research of emotional divorce in the context of demographic variables, Jeddah, by Al-Sabban et al. (2020). 250 married students, both male and female, 623 married students, both male and female Characteristic For two samples, the arithmetic mean and standard deviation, the weighted mean and percentage weight, and Wilcoxon, Mann, and Whitney, Spearman-Brown tests were performed using the statistical program (SPSS). According to the study's findings, the emotional divorce level was... There are disparities between emotional divorce and educational and economic levels within the low level.

The study of Abdel Latif (2021) The emotional divorce of marriages and its social consequences A field investigation from the wives' perspective 240 spouses An analysis that is descriptive The researcher's help in translating the questionnaire data and statistically processing it using the SPSS computer program and a variety of statistical techniques, including the chi-square test, Pearson's law, the percentage law, the arithmetic mean, and Standard deviation. The majority of the wives in our study, it was discovered, had no emotional connection to their husbands and believed that their quiet at home was a sign of an emotional divorce.

The most important reason for the husband's silence is his excessive preoccupation with modern technology such as mobile phones, and more than half of the sample feels that their relationship is incompatible with their husbands. One of the reasons for the emotional divorce between them and their husbands was represented by the lack of compatibility at the social level between the spouses. At the same time, most of the female respondents confirmed the absence of renewal in marital life, which was the reason for the emotional divorce between the spouses, represented by the lack of expression with words of love, care, and concern from Before the husband, one of the social problems of emotional divorce between spouses is their suffering from the problem of the husband's cruelty to them, which affected their psychological state and left health effects on them. Some of them resort to crying or going on a hunger strike, and some of them attempt suicide, as the results show that the female respondents suffer from the problem of marital infidelity (the husband's betrayal of the wife) and that most of the female respondents reject actual divorce and accept emotional divorce. They also emphasized that their children suffer from the emotional divorce between them and their husbands, as their behavior has become aggressive, and their image of marriage is distorted, in addition to the decline in their academic level. They also exaggerate their submission to others.

Research methodology and procedures: Research methodology and procedures: Research methodology and procedures: Research methodology and procedures:
First: Research Methodology:

The researcher relied on the experimental method because it is one of the best and most important scientific research methods for humans and is consistent with the study's goal.

Second: Experimental Design:

Design means that it is the structure of the research or the research plan and its structure through which answers to the research questions can be reached, and the variables can be controlled 2 (Abbas et al., 2014: p. 185). It is a planned program for how to implement the experiment, as the experiment is an intended change that the researcher deliberately brings about in the circumstances of the phenomenon that It is intended to be researched, so the researcher introduces specific influences to find out the responses that meet them, and the variables must be easy to change and appropriate to what the research requires to help in verifying the validity of its hypotheses, 3 (Al-Zwaini and Al- Moussawi, 2018: p. 67)

Figure (1) Experimental research design

Experimental group	T1	X1	T2	T3
--------------------	----	----	----	----

Control group	T1	-----	T2	T3
---------------	----	-------	----	----

Since the researcher adopted the design of the two experimental groups and the control group, this design requires the following steps:

- 1 . Identifying (60) male and female students who obtained grades higher than the hypothesized mean of (78) grades when applying the pre-test on the (emotional divorce) scale. Distributing the program application sample, in a simple random way, into three groups (the first experimental group) (The second experimental group) and the control group equally, with (20) male and female students for each group.
- 2 -.Conducting a pre-test for the three groups to measure (emotional divorce) among students at Al-Mustansiriya University / College of Education.
- 3 . Conducting equivalence for the three groups in the variables (pre-test scores) on the (emotional divorce) scale in (educational department, educational stage, chronological age, birth order, residential property, and income level.)
- 4 . Using the guidance method (self-talk) with members of the first and second experimental groups, the control group was not exposed to any guidance method.
- 5 . Conducting a post-test after completing the counseling program and a deferred (follow-up) test one month after the end of the counseling program on the two scales (emotional divorce) for the three groups to know the differences, their significance, and the effectiveness of the two counseling methods in reducing emotional divorce.

Third: Sample

The research community consists of married university students from all departments of the College of Education affiliated with Al-Mustansiriya University for evening study / for the academic year (2022-2023.)

Fourth: Research samples: Research samples are:

Choosing a research sample is one of the necessary steps and stages of research. The researcher alone cannot study any phenomenon or problem in that society. Rather, he chooses a study sample that faithfully represents it from that society (Melhem, 2009, p. 148). The sample is all individuals. They are the ones who carry data on the phenomenon that falls within the scope of the study, and they are also the sum of the research units from which data are intended to be obtained (Al-Naimi, 2014). Choosing the research sample is one of the most important steps, and it must be done by scientific rules and methods, far from uncontrolled randomness; it must represent the population correctly; the size of the sample and the reason for choosing it must be determined in a way that has scientific justification, and selecting the sample is not an easy matter, as many important things depend on it, such as the method, measurement, results, and tools, and its Selection depends on many factors, including the size of the population, the nature of The study method, and the use of a sample, which make it easy to reach results quickly (Al-Jabri, 2011),

A Sample statistical analysis

Sample capacity and size are the preferred framework in the statistical analysis process, meaning that the larger the sample size, the less likely there is a standard error. Ebell (1972), and the sample size for statistical analysis of the items is appropriate if it is (400) individuals

from the research community. (1971) HerrySoon, and to conduct statistical analysis of the scales (emotional divorce) and (marital compatibility), the researcher selected a sample consisting of (400)

) A male and female married student from the (third) and (fourth) academic stages at the College of Education for evening study / Al-Mustansiriya University. This was done through a (stratified random sample with a proportional distribution), whereby (the size of the selected sample was multiplied by the size of the class/ The total number of married students). The purpose of this sample was to extract statistical indicators as well as the validity and reliability of the two scales, and Table (1) shows this:

Table (1) The sample for statistical analysis is distributed according to scientific and humanities departments and gender

T	Section	Sex		Sample volume
		Male	Female	
1	Quran Sciences	9	18	27
2	psychological guidance	14	22	36
3	the date	20	29	49
4	Educational sciences	6	10	16
5	Geography	16	31	47
6	Calculators	8	18	26
7	mathematics	17	37	54
8	Arabi	31	59	90
9	Physics	19	36	55
	Total	140	260	400

B Sample application of the guidance program:

The (Emotional Divorce) scale was applied to a sample of (100) male and female students for the scale, as they were selected randomly according to the academic department. After application and correction of the questionnaires, they were arranged in descending order, and the questionnaires that were higher than the hypothetical mean of the Emotional Divorce Scale (78) scores were selected and withdrawn. (60) questionnaires were randomly distributed as two experimental groups and a control group, with (20) male and female students for each group.

C Sample experiment:

After applying the (emotional divorce) scale, which was adopted by the researcher on married students in the College of Education for evening study / Al-Mustansiriya University, the researcher relied on the hypothetical mean of emotional divorce (78) degrees, as it became clear that married students who had a weakness in the (divorce) variable. The number of students in the (Arabic et al.) departments was (60) students. The researcher divided them into three groups in a random manner. The first experimental group had (20) male and female students, the second group was the control group, and the number of its members was (20) male and female.

Fifth: Equality of the three groups:

The following is an explanation of the statistical equivalence procedures between the experimental group and the control group as follows:

1 . The scores of the counseling program sample on the emotional divorce scale in the pre-test:

To ensure the equality of the three groups in the emotional divorce variable, the researcher used the Kruskal-Wallis test. The calculated value reached (0.021), and the tabulated value (5.99) is at a significance level of (0.05) and a degree of freedom (2), which is not significant, which indicates equality—the three groups had their emotional divorce scores in the pre-test.

2 . Academic department:

To ensure the equality of the three groups, the study section variable was calculated for the members of those groups, as the researcher used the Chi-square test (K2). The computed value reached (0.209) and the tabulated value (9.49) at a significance level of (0.05) and a degree of freedom (4), which is not statistically significant, which indicates the equality of the three groups in this variable.

1 -Academic stage:

To ensure the equality of the three groups in the academic stage variable, it was calculated for the members of those groups, as the researcher used the Chi-square test (K2). The estimated value was (0.950), and the tabulated value was (5.99) at a significance level of (0.05) and a degree of freedom

(2.) It is not statistically significant, which indicates the equality of the three groups in this variable. 2 -Chronological age in years:

Ages were rewarded, using Ka squared to determine the significance of the difference between the three groups in the age variable calculated in years. It was found that the computed value of Ka squared equals (0.541) and the tabulated value equals (9.49) at a significance level of (0.05) and with a degree of freedom (4), which indicates that The difference is not statistically significant between groups.

Birth order 3

To ensure the equality of the three groups in the birth order variable, it was calculated for the members of those groups, then the researcher used the Chi-square test (K2), where the computed value reached (0.917) and the tabulated value (9.49) at a significance level (0.05) and a degree of

Freedom (4), which is not statistically significant, indicates the equality of the three groups in this variable to three, which suggests the equality of the three groups in the age variable.

4 . Residence ownership:

To ensure the equality of the three groups in the housing return variable, it was calculated for the members of those groups. The researcher used the Chi-square test (K^2), as the computed value reached (1.076) and the tabulated value (5.99) at a significance level of (0.05) and a degree of freedom (2), which is not statistically significant, which indicates the equality of the three groups in this variable.

Income level . 5 :

To verify the equality of the three groups in the income level variable, the researcher used the square test (K_a^2), where the calculated test value was (1.402), which is smaller than the tabulated value of (9.49) at a significance level of (0.05) and with a bayonet score of (4), which is not significant. Statistically, this indicates the equality of female students in the experimental group and the control group in the income level variable.

Sixth: Research Tools: Research Instruments:

Using the following tools to measure the required variable and achieve the current research objectives, the researcher adopted the scale (Hadi, 2012) for emotional divorce and built the counseling program.

a. Emotional Divorce Scale:

The researcher adopted the emotional divorce scale according to (Hadi, 2012), and the adoption of the scale by the researcher is due to the following reasons- :

The researcher found that the Majeed scale is the most appropriate scale for the objectives of his current research, and it is the most recent, as it was built in 2010.

- The scale has psychometric properties (validity and stability) and can measure the studied phenomenon.
- Comprehensive scale positions for the areas of emotional divorce.
- Adapting the scale positions to the current research sample.
 - Approaching the adopted research sample, which is high school students (males - females), with the studied research sample, which is university students (males - females.)

The scale (Hadi, 2012) consists of (39) positions, and the answers to the positions fall into (3) alternatives: (the strongest position) is given (3) marks, the (middle) position is given (2) marks, and the (weakest) position is given (1)

Building the extension program

In constructing the guidance program, the researcher followed the following steps: Reviewing previous extension programs and previous studies as a study (Nouri, 2015)

Moreover, a study (Majeed, 2018) will benefit from it. The researcher adopted the self-talk method to develop the possible self and relied on the cognitive behavioral theory of (Meckenbaum.)

-Presenting the counseling program to a group of specialists and experts in the field of psychological counseling and educational guidance to determine the suitability of the program sessions for investigation.

.Objectives of the current study

The steps of the Borders & Drury model are based on:

.The needs of the counselors were identified and estimated (Sultan, 2018). This was achieved by applying the emotional divorce scale to a sample of (100) university students. The weighted mean and seminal weight of the items on the scale were calculated and arranged in descending order.

..The goal of the program and the goals of the sessions: The general goal of the counseling program is to identify the effectiveness of a counseling program using the self-talk method in reducing emotional divorce among married university students. To achieve the general goal of the program, it is necessary to define a special goal for each counseling session that is consistent with the topic of the session and conforms to the theory of (Meckenbaum) (Self-talk method) and the special goals were transformed into behavioral goals according to the student's needs. Each session has special goals and behavioral goals.

: Implementing the guidance program

(20)male and female students were intentionally selected who obtained the lowest scores on the emotional divorce scale. They were then selected from the Mathematics Department (the first experimental group) and the control group from the Physics Department (20 male and female students for each group). 2- The scores obtained by members of the experimental and control groups on the emotional divorce scale before implementing the counseling program represent the pre-test and the equivalence scores of the two groups. 3- Determine the number of counseling program sessions for the experimental group (12) sessions, two sessions per week.

Statistical Means The researcher used appropriate statistical methods in the current research using the statistical program (SPSS.)

Results:-

This chapter will include the discussions and conclusions reached by the researcher on the theoretical framework and previous studies by the current research's aim and hypotheses. It consists of a set of recommendations and proposals as follows :

-

The first objective: Learn about: (The effectiveness of a counseling program using the method of self-talk in reducing emotional divorce among married university students:)

First: Interpretation of results

After the researcher reviewed his findings, it became clear that the counseling method (self-talk) was effective in reducing emotional divorce among university students. The scores of the counseling groups in the emotional divorce posttest decreased on the emotional divorce scale compared to the control group, whose scores remained low in the posttest. The results reached by the research are as follows:

Through the following hypothesis:

-1The first hypothesis: Conducting self-talk causes a reduction in emotional divorce.

A - There is no statistically significant difference between the average scores of married university students in the emotional divorce test pre-, post-, and deferred (follow-up) for the first experimental group at a significance level (0.05.)

To test this hypothesis, the researcher used a one-way analysis of variance for repeated measurements. The calculated F-value was (94.389), and when compared to the tabular

value (3.15) at a significance level of (0.05), it turned out to be statistically significant, and Table (1) shows this.

Table (1) One-way analysis of variance for pre-, post-, and delayed (follow-up) repeated measures for married university students using self-talk.

must away indication	F value		Mean squares	Degree of freedom	Sum of squares	standar d deviation	SMA	the test	Inde pe dent variable (sour ce of varia nce)
	Tabul at ion	Calculated							
Functi on	3,15	94.389	9554.866	2	19109.733	4.674	43.500	Tribal	Self-talk
			101.2280	57	5770.000	11.755	88.500	after me	
				59	24879.733	11.985	88.800	Postp one d	

Since the F-value is statistically significant, there are differences between the tests, and through comparisons between means, pairwise comparisons, the comparison value between the mean of the first test (pre) and the mean of the second test (post) reached (45) statistically significant at the significance level (0.05). Likewise, the mean of the pre-test and the mean of the (deferred) test was (45.3) statistically significant at a significance level of (0.05), and the mean of the post-test and the follow-up test (deferred) was (0.30), not statistically significant.

This result was consistent during the sessions of the counseling program using self-talk among married university students.

As for comparing the results of the current research with some previous studies that the researcher relied on

To calculate the effectiveness rate of the counseling program using self-talk to reduce emotional divorce for married university students, the researcher tests the null hypothesis.

B - There is no statistically significant effectiveness between the average scores of married university students on the emotional divorce scale in the pre-test and follow-up (deferred) equal to or greater than the “McGogian” effectiveness ratio of (0.60.)

The researcher calculated the effectiveness rate of “McGogian” in measuring emotional divorce among married university students for the pre-and post-tests (follow-up), and Table (2) shows this.

Table (2)

The effectiveness rate of “McGogian” in measuring emotional divorce among married university students between the pre-test and the postponed test (follow-up)

Significance level	The effectiveness rate of "McGogian"	The final grade	The arithmetic mean in the deferred test (follow-up)	The arithmetic mean in the pre-test	Self-talk
acceptable (effective) ≥ 0.60	0.62	117	88.800	43.500	Emotional divorce

It is clear from the table above that the effectiveness rate of “McGogian” in reducing emotional divorce among married university students using self-talk reached (0.62), which is higher than the effectiveness rate determined by (Goughian), which is (0.60), which indicates its effectiveness among married university students. The effect of the counseling sessions is effective for them; that is, the null hypothesis is rejected because there is effectiveness in using self-talk in causing a reduction in emotional divorce.

First: Interpretation of results

After the researcher reviewed his findings, it became clear that the counseling method (self-talk) was effective in reducing emotional divorce among university students. The scores of the counseling groups in emotional divorce decreased in the post-test and the deferred test on the emotional divorce scale compared to the control group, whose scores remained low. The results reached by the research are as follows:

1 . Reduced emotional divorce was observed in the first experimental group, in which the self-talk method was used, and in the second experimental group, in which the dialogue method was used. Both methods were effective in reducing emotional divorce when conducting the post- and deferred test on the emotional divorce scale and when comparing the results of the post- and delayed tests with the results of the pre-test. It was found that there were statistically significant differences between the two tests, in favor of the posttest and the postponed test. This means that the counseling program was effective in reducing emotional divorce among university students, and this is consistent with the theoretical framework and the two methods, as well as with the variable of emotional divorce. The emotional divorce of an individual is represented by the extent of his awareness’s ability to grow. Moreover, he has confidence in his abilities, including his ability to criticize and evaluate himself and work to reconstruct and organize ideas. The individual will work to stimulate his self-awareness by putting experiences and skills at his service, and the growth in self-awareness can be attributed to reality. This aligned with the study of Al-Sabban, 2020 and Abdel-Latif, 2022, which used various methods to reduce emotional divorce. All of these studies showed the development of marital compatibility among the study samples.

2 -The results showed that self-talk effectively reduces emotional divorce among the study sample. This result is evident from the differences in the results of the pre-, post-, and deferred tests for the first experimental group. The researcher attributes this result to the student’s understanding of the techniques of the counseling method in addition to their knowledge of the counseling sessions and dealing with The researcher took instructions seriously and integrated what they learned through the counseling program into their daily lives. This was in line with self-talk, which confirmed its effectiveness in influencing the students. So, the ability to realize oneself in learning is one of the most important factors in reducing emotional divorce among students, and this result is consistent with the study of Al-Sabban 2020 and the study of Abdul Latif 2022. These studies showed the impact and

effectiveness of the method in modifying the various variables that these studies addressed.

The results showed that the self-talk counseling method that was used with the experimental group was the same-3 effective as the results showed that there were no statistically significant differences between the post-test and the (deferred) follow-up test, which means that the counseling program continued to be modified and changed in reducing emotional divorce. The researcher attributed this result and effectiveness to the fact that the counseling method is effective and has a major role in lowering emotional divorce.

References

- Saleh, Abdul Karim Mahmoud (2016): Planning the Guidance Program, 1st edition, Dar Al-Masdar for Printing Preparation, Baghdad - Iraq.
- El-Sayed, Ali El-Din, 1995, Family and Childhood in the Social Service Environment, 13th edition, Cairo.
- Mubarak, Sayed (2000): Marital cohabitation and the rights of spouses, Dar Al-Bayan Printing, Al-Azhar.
- Nouria Lahlou Al-Wadghiri, Emotional Divorce: Risks and Warnings, at the electronic link, www.anabaa.org, accessed on 12/17/2020.
- Diba, Fatna (2017) Mutual perceptions between spouses regarding the dimensions of family life and their relationship
- By marital compatibility, Journal of Educational Science Studies, Jordan,
 - Al-Hanafi, Abdel Moneim - (1987), Encyclopedia of Psychology and Psychoanalysis, Madbouly Library, Cairo.
 - Zahran, Hamed Abdel Salam (1997): Mental health and psychotherapy. 3rd edition, Cairo, World of Books
 - Muhammad Abdel Karim Al-Hourani, Fatima Gharbawi, emotional divorce between spouses from the wife's perspective in the Emirati family, research published in the Journal of Arts, No. 133, University of Sharjah, 2020.
 - Taha, Abdul Rahman (2013): Dialogue According to Thought, 1st edition, Arab Network for Research and Publishing, Beirut.
 - Najla Hamid Thanoun, The Qur'an's interpretation of emotional divorce (disobedience) and its role in developing a culture of dealing with marital problems, a study published in Al-Mustansiriya Journal of Arts, Issue 76, Department of Sociology, University of Mosul, 2016.
- Mahrous, Muhammad Ibrahim (2022): Al-Hasid, Dar Dawyan, 1st edition.
 - Abdullah, Muhammad Qasim (2012): Theories of Counseling and Psychotherapy, 1st edition, Dar Al-Fikr Publishers and Distributors, Amman - Jordan.
 - Bradley et al., Erfoud, Susan, H., Ives, Amlie, M., and Brent, Catherine, A. (2012): 35 Methods Every Guide Should Know, translated by Hala Fariq, Al-Musaad, 1st edition, Dar Al-Raya for Publishing and Distribution, Amman – Jordan
 - Wasila Asim Al-Basha, Divorce: Its Causes and Social Effects, unpublished master's thesis, University of Baghdad, 1982.
 - Al-Sabban, A. Muhammad (2016). (Emotional divorce in light of some demographic variables among married women in Jeddah, Saudi Arabia.
 - Al-Naimi, Muhannad Abdel-Sattar (2014): Psychological measurement in education and psychology, Central Press, Diyala University - Iraq.
- Muhammad Khaled, The Art of Marital Dialogues, Al-Hurriya Publishing, Cairo, 2013.
 - Al-Janabi, Ahmed Nassif (1982): Poetic Images, CD Lewis, Gulf Printing and Publishing Corporation, Kuwait.
 - Al-Defafi, Kazem Ali Hadi (2012): Psychological Counseling, Misr Mortada Foundation for Iraqi Books, Baghdad, Iraq.
 - Ahmed Mukhtar Omar, Dictionary of the Contemporary Arabic Language, first volume, 1st edition, Alam al-Kutub, Cairo, 20
 - Al-Jabri, Kazem Karim Reda (2011): Research Methods in Education and Psychology, first edition, Al-Naimi Printing and Reproduction Office, Baghdad - Iraq.08.
 - Anwar Majeed Hadi, emotional divorce and its relationship to self-efficacy in families, a field study in Baghdad, published master's thesis, Al-Mustansiriya University, College of Education, Baghdad, 2010.
 - Nouri, Khansa Khalaf (2015): The effect of two counseling methods (reality therapy) and (self-talk) in developing emotional feelings, doctoral thesis, University of Diyala, College of Basic Education.
 - Sultan, Rose Radi (2018): The possible self and its relationship to cognitive distortion among the distinguished
 - In Distinguished Secondary Schools, Master's Thesis (unpublished), College of Education

for Girls, Baghdad University

- Ebel, R.L. (1972). Essentials of Educational Measurement. New Jersey, Englewood cliffs prentice-all.
- Hawkins, Joyce (1984): The Oxford Dictionary, Clarendon-
Press, Oxford
- Martin, Paula A. F (2006): Cognitive-behavioral therapy Gale Encyclopedia of Medicine, <http://www.healthatos.com>.
- Elder, B. (2005). A study of the impact of computer-assisted self-regulated learning techniques on science teaching for nursing students. Unpublished doctoral Dissertation, The University of Nebraska.