Original Research

Investigating the Effectiveness of Self-Efficacy with Psychological Well-Being and Feelings of Loneliness among Divorced Women in Isfahan City

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Abstract:

Background: The main goal of this research was to investigate the effectiveness of self-efficacy with psychological well-being and loneliness of divorced women in Isfahan city.

Method: The current research project is an applied research in the field of education and training, considering the nature of the subject and examining the role of self-efficacy variables in psychological well-being and its effect on the feeling of loneliness in divorced women of Isfahan city. The research is descriptive and correlational. The statistical population consists of all the divorced women of Isfahan city in 2022. With the cooperation, 120 divorced women were selected as a sample by random sampling method. Data were collected using a demographic questionnaire prepared by the researcher to collect individual information, as well as a psychological well-being, general self-efficacy and felling lonely questionnaires. The data finally were analyzed with SPSS software.

Results: According to the results obtained from statistical calculations, it was determined that psychological well-being has a significant positive relationship with self-efficacy.

Conclusion: This means that with high self-esteem among divorced women, their psychological well-being will also be high, and with low self-esteem, their psychological well-being will be low. The ability to predict the components of psychological well-being according to the variable of loneliness among divorced women in Isfahan city was confirmed only for the components of tolerance of distress and mastery of the environment.

Keywords: Self-Efficacy, Psychological Well-Being, Loneliness, Divorced Women

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Introduction

The institution of the family is considered as the most fundamental and the most important social institution. Divorce and separation is a crisis that causes this center to break apart (1). Divorce is a process that begins with the emotional crisis of both couples and ends by trying to resolve marital conflicts through separation and entering a new situation with different roles and lifestyle. The stress and crisis factors that couples experience during and after divorce create a cycle of issues and problems for them, which unintentionally require countless changes and developments and adapt to them. The consequences of these changes overshadow all aspects of life, from daily affairs to economic, social, psychological, identity and even the goals of men and women (2). One of the issues that are affected after divorce is psychological well-being. Psychological well-being is a multi-component concept that includes self-acceptance, positive relationships with others, autonomy, mastery of the environment, purposeful living, and personal growth. Psychological or hedonistic well-being refers to activities that fascinate us and allow us to develop our inner capacities and complete our self-actualization. In fact, psychological well-being includes positive thoughts and feelings that people evaluate their lives favorably. In the last two decades, the importance of women's health has increased, and no field of women's health has paid more attention to this issue than mental health (3). Paying attention to the concept of health and well-being starts from the fact that mental well-being means something beyond the absence of illness and mental problems. The concept of well-being includes a general positive feeling about facing life and the development of individual talents. Well-being is based on an ideal life and means the flourishing of human capabilities, which includes similar criteria and complements positive psychological health. In many studies, the relationship between divorce and educational issues, personality imbalance, psychosis, depression, addiction, crime and delinquency, antisocial behavior and suicide have been shown. Most studies show that the negative consequences and bad effects of divorce are more for women than for men (4). And women are more vulnerable to physical and mental illnesses caused by divorce due to their special social and personality characteristics. This is despite the fact that, on the one hand, women are half of the human resources of societies, and it is very important to pay attention to their mental health (5). Having the spirit of hope, vitality and freshness of women can have a significant effect on their functioning and activities and in turn, provide happiness for their children and the next generation. And it increases the many damages caused by divorce in them. Therefore, it seems necessary to pay attention to the harmful effects that divorce has on the mental health of this group of society.

One of the most important feelings that women experience after divorce is the feeling of loneliness (6). The feeling of loneliness can be seen as a noticeable weakness and inadequacy in interpersonal relationships, which leads to the experience of dissatisfaction with social relationships (7). In another definition, loneliness is an unpleasant personal experience such as thinking about being different from others, which is associated with observable behavioral problems such as sadness, depression and anger (8). Behaviors such as avoiding contact with others can be mentioned as obvious signs of loneliness. In a research, it was found that the feeling of loneliness is more in divorced women than in married women (9). The situation of a woman after divorce leads to a process of various deprivations such as disruption of social relations during cohabitation, reduction of social influence, loss of social support and social exclusion. Divorce, which is considered a failure in life, reduces people's self-efficacy. In other words, self-efficacy is the level of confidence that each person expresses in his ability to perform a set of tasks or perform a specific task (10).

Asadpour and Hosseini (2018) (11) stated in their research that normal women and men

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have higher self-efficacy compared to divorced ones. Ebrahim Far et al. (2019) (12) stated in their research that people who have a high level of self-efficacy look at life with an empowering attitude that allows them to solve problems instead of avoiding threats. challenge Also, they set challenging goals for themselves and have a lot of commitment to these goals. Increasing self-efficacy helps them to cope with these problems and be able to solve them. Wykes & et.al. (2021) (13) in their research stated that mental health is a title and a label that includes different views and issues such as the absence of debilitating symptoms, the integrity of psychological function, effective behavior in personal and social life, feelings related to moral well-being and spiritual. Mental health means harmony between values, interests and attitudes in the field of action of people, as a result of realistic planning for life and purposeful realization of life concepts. Haerazi & Irawan (2020) (10) stated that self-efficacy is a psychological tendency that a person believes that he/she is able to perform and complete an activity. Nikogoftar and angani (2020) (14), in their research, defined the feeling of loneliness as the lack of harmony between the level of social contact that a person wants and the level of social contact that has established in reality. They have stated that the feeling of loneliness is a person's mental perception of the lack or absence of satisfying social relationships and is the result of being deprived of the basic human need for intimacy, an unpleasant experience that appears in response to quantitative or qualitative inadequacies in social relationships. Balsamo (2015) (15) stated in his research that when extreme psychological focus on an event is repeated for long periods, the flow of thought follows the pattern of rumination, these negative thoughts will have many effects on humans, the most obvious It can cause social loneliness, one of the problems that people face after separation is the feeling of loneliness. Therefore, it seems that if the divorced women of Isfahan show persistence in facing the problems that arise after divorce and fight against the hardships of divorce, or if they believe in their abilities to continue living successfully, health, they will have a better mental and psychological well-being. By conducting research on the topic, it is possible to understand the state of psychological well-being, loneliness and self-efficacy of divorced women in Isfahan city. With the definitions of these three categories, the question raised in this research is whether self-efficacy can predict psychological well-being and feelings of loneliness among divorced women in Isfahan?

The main hypothesis:

1) Self-efficacy is a predictor of psychological well-being and loneliness in divorced women of Isfahan city.

Sub-hypotheses:

1) Self-efficacy is a predictor of psychological well-being components in divorced women of Isfahan city.

2) There is a significant relationship between psychological well-being and self-efficacy among divorced women in Isfahan city.

3) There is a significant relationship between psychological well-being and loneliness among divorced women in Isfahan city.

4) There is a significant relationship between self-efficacy and loneliness among divorced women in Isfahan city.

Methods

The present research is an applied research in the field of education, considering the nature of the subject and examining the role of self-efficacy variables in psychological well-being and its relationship with the feeling of loneliness in divorced women of Isfahan city, and in terms of the method of collecting data and information required for the research plan is descriptive and correlational. The statistical population of this research includes all divorced women of Isfahan city in 2021-2022. In order to obtain groups of

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subjects that would enable proper statistical analysis, the Isfahan city welfare department and also the courts of Isfahan city were referred to, and with the cooperation of welfare and justice experts, the number of divorced women was determined to be 5,599 divorced women that have been officially divorced, from among these, 15 people were selected for each variable and sub-scale using the opinion of experts, and a total of 120 divorced women were selected for the study sample. The sampling method was the available sampling method. To collect data, a demographic questionnaire was prepared by the researcher to collect individual information. The psychological well-being questionnaire, which belongs to Zanjani Tabarsi, has 77 questions (items), which was prepared based on psychometric methods and principles. The compiled scale of psychological well-being is a scale of five options, each option representing the subject's opinion about himself/hereself. High scores in this scale indicate high psychological well-being and low scores indicate low psychological well-being. The reliability of the compiled scale of psychological well-being has been measured through two methods of internal consistency and retesting. In order to estimate the internal homogeneity of the scale, Cronbach's alpha method was used, the reliability coefficient of the whole scale is 0.94. This coefficient was obtained between 0.90 and 0.62 in the sub-tests.

The compiled scale of psychological well-being has been implemented on a single group of subjects on two occasions with an interval of two weeks. Connor and Davidson's resilience questionnaire (2003) was also used, and it has 25 items.

The compiled scale of psychological well-being is a scale of five options, each option representing the subject's opinion about himself/herself. For scoring, each option is given a value from 1 to 5. There are 22 negative questions in the psychological well-being scale. High scores in this scale indicate high psychological well-being and low scores indicate low psychological well-being. The reliability of the compiled scale of psychological well-being has been measured through two methods of periodical similarity and retesting. Cronbach's alpha method was used to estimate the longitudinal similarity of the scale; the reliability coefficient of the whole scale is 0.94. This coefficient was obtained between 0.90 and 0.62 in the sub-tests. The compiled scale of psychological well-being has been implemented on a single group of subjects on two occasions with an interval of two weeks. The correlation coefficient obtained for the whole scale is 0.76, for sub-tests between 0.67 and 73%, all of which are significant at the level ($P<0.01$). The variables of self-efficacy and feeling of loneliness were measured for both groups in a specific time interval under the same location conditions.

Considering the objectives of the research and the proposed hypotheses, and that the researcher intends to investigate the psychological well-being and feeling of loneliness of divorced women, therefore, in this research, the technique of descriptive statistics such as the calculation of the central and dispersion indices and the drawing of the relevant graphs and the direction, the prediction of the research variables was done using the inferential statistics method of Pearson correlation coefficient significance test and multivariate regression, and in order to test the mediating role of self-efficacy in the relationship between self-efficacy and psychological well-being, the path analysis method was used with the help of SPSS 22 and AMOS software.

Results

Multiple regression has been used to examine the prediction of psychological well-being from the self-efficacy approach in divorced women of Isfahan city. To perform this analysis, the normality of the data distribution was checked using the Smirnov Kolmogorov test, and the results of the Smirnov Kolmogorov test are given in Table 1.

Considering the non-significance of the significance levels of the Kolmogorov Smirnov test of all the studied scales, it can be said that all

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the data distributions of the studied scales had a normal distribution and the use of parametric tests for analysis is unimpeded.

Main hypothesis: self-efficacy predicts psychological well-being in divorced women in Isfahan city.

Hierarchical regression was used to predict psychological well-being using automaticity. Before that, the Pearson correlation coefficients of psychological well-being scales with self-efficacy and resilience are given in Table 2.

According to Table 2, self-efficacy has a significant positive relationship with psychological well-being at the P<0.01 level and a significant positive relationship with self-efficacy at the P<0.05 level. This means that with high self-efficacy among women, the level of psychological well-being will also be high, and with low self-efficacy, the level of psychological well-being will be low. Psychological well-being has not shown a significant relationship with self-efficacy (P<0.05). Hierarchical regression was used to check the prediction of psychological well-being using autocorrelation. The regression model for predicting psychological well-being based on predictor variables is given in Table 3.

According to Table 3, the regression model for predicting the psychological criterion variable using automatic predictor variables is significant with F=3.23 at the P<0.05 level. According to the coefficient of determination, only 6% of psychological well-being scores can be explained by automaticity. Unstandardized beta and standard beta coefficients, t value and significance level of the coefficients are given in Table 4.

The first sub-hypothesis: self-efficacy is a predictor of psychological well-being components in divorced women of Isfahan city.

Multivariate regression was used to check the prediction of psychological well-being components using self-efficacy. Table 4 shows the regression statistics of the prediction models of the criterion variables by the predictor variable of self-efficacy. According to Table 4, none of the regression models for predicting the well-being components using the self-efficacy criterion variable is significant at the P<0.05 level. According to the table above, self-efficacy has the highest explanatory power for personal growth with 3% variance explanation, and the lowest variance explanation is for the environmental mastery component. The standard beta coefficients, t value and significance level of the self-efficacy variable for predicting the variables of distress tolerance, positive relationships with others, autonomy, mastery of the environment, purposeful life and personal growth are given in Table 5.

According to Table 5, none of the standard beta coefficients of self-efficacy is significant for predicting distress tolerance, positive relationships with others, autonomy, mastery of the environment, purposeful life and personal growth at the P<0.05 level. This means that the self-efficacy scale is not able to predict any of the sub-components of psychological well-being. According to the obtained results, the first sub-hypothesis regarding the ability to predict psychological well-being components using self-efficacy among divorced women in Isfahan city was not confirmed.

The second sub-hypothesis: Loneliness is a predictor of psychological well-being components in divorced women of Isfahan city.

Multivariate regression was used to check the prediction of psychological well-being components by the feeling of loneliness variable. In Table 6, the regression statistics of the prediction models of the criterion variables by the predictor variable of loneliness are given.

According to Table 6, the regression models for predicting distress tolerance and mastering the environment by the criterion variable of loneliness are significant at the level of P<0.05. Regression models for predicting positive relationships with others, autonomy, purposeful life and personal growth, the variable of feeling lonely is not significant at the level of P<0.05. According to the table above, the greatest explanatory power of the variable feeling lonely for self-acceptance and

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mastering the environment is equal to 4% and 3% of variance explanation, and the lowest amount of variance explanation with 1% explanation is for the components of positive relationships with others, autonomy, purposeful life and personal growth. The standard beta coefficients, t value and significance level of loneliness variable for predicting the variables of distress tolerance, positive relationships with others, autonomy, mastery of the environment, purposeful life and personal growth are given in Table 7.

According to Table 7, the standard beta coefficients of feeling lonely for predicting distress tolerance and mastering the environment are significant with the coefficients of 0.18 and 0.17, respectively, at the P<0.05 level, and the standard beta coefficients of feeling lonely for predicting the components of Positive relationships with others, autonomy, purposeful life and personal growth are not significant at the P<0.05 level. This means that the feeling of loneliness can explain the components of distress tolerance and control over the environment, and the variable predicting the feeling of loneliness is not able to predict the components of positive relationships with others, autonomy, purposeful life and personal growth. According to the obtained results, the second sub-hypothesis of the research about the ability to predict psychological well-being components by resilience among divorced women in Isfahan city was confirmed only for the components of tolerance of distress and mastery of the environment.

The third sub-hypothesis: There is a significant relationship between psychological well-being and self-efficacy among divorced women in Isfahan city.

Pearson correlation was used to investigate the relationship between psychological well-being and self-efficacy among divorced women in Isfahan city. Pearson correlation coefficients of psychological well-being and self-efficacy are shown in Table 8. only with the dimension of personal growth at the level of P<0.05. This means that with high self-efficacy among divorced women, their personal growth will also be high, and with low self-efficacy, personal growth will also be low. Psychological well-being and dimensions of distress tolerance, positive relationships with others, autonomy, control over the environment and purposeful life have no significant relationship with self-efficacy (P<0.05). Mastery of the environment has a significant negative relationship with positive relationships with others. Purposeful life also has a significant positive relationship with personal growth. According to the obtained results, the third sub-hypothesis that there is a significant relationship between psychological well-being and self-efficacy among divorced women in Isfahan city was not confirmed.

Discussion

The purpose of the present study was to investigate the effectiveness of self-efficacy with psychological well-being and loneliness among divorced women in Isfahan city. According to the statistical analysis done in this research, the following results were obtained.

In examining the main hypothesis of the research entitled "Self-efficacy as a predictor of psychological well-being in divorced women of Isfahan" it was found that psychological well-being has a significant positive relationship with self-efficacy. This means that with high self-esteem among divorced women, their psychological well-being will also be high, and with low self-esteem, their psychological well-being will be low. Psychological well-being has not shown a significant relationship with self-efficacy. This research is based on the results of Vita et al. (2021)[13], Amani et al (2022)[18] is the same.

Since the number of divorces is increasing, divorced women face more changes and challenges compared to men, on the other hand, divorced women face many problems in the field of health (increasing negative thoughts) and it is necessary to reduce Appropriate interventions should be used for their problems. Based on the reviews of intervention methods in improving

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health-related characteristics, we can refer to the treatment methods of acceptance and commitment and self-efficacy.

In the examination of the sub-hypotheses, it was determined that according to the beta coefficients of the standard self-efficacy for predicting distress tolerance, positive relationships with others, autonomy, mastery of the environment, purposeful life and personal growth is not significant. This means that the self-efficacy scale is not able to predict any of the sub-components of psychological well-being. According to the obtained results, the first sub-hypothesis about the ability to predict the components of psychological well-being using self-efficacy among divorced women in Isfahan city was not confirmed, and also the feeling of loneliness can explain the components of distress tolerance and mastering the environment. And the predictor variable of loneliness is not able to predict the components of positive relationships with others, autonomy, purposeful life and personal growth. According to the obtained results, the second sub-hypothesis of the research about the ability to predict the components of psychological well-being according to the variable of feelings of loneliness among divorced women in Isfahan city was confirmed only for the components of tolerance of distress and mastery of the environment, and further stated It was found that mastering the environment has a significant negative relationship with positive relationships with others. Purposeful life also has a significant positive relationship with personal growth.

According to the obtained results, the third sub-hypothesis that there is a significant relationship between psychological well-being and self-efficacy among divorced women in Isfahan city was not confirmed. These results are in line with the research of Bagheri et al (2019) (1).

The feeling of loneliness is defined as the lack of harmony between the level of social contact that the individual wants and the level of social contact that has been established in reality (16). Loneliness is a person's mental perception of the lack of satisfactory social relationships and is the result of being deprived of the basic human need for intimacy, an unpleasant experience that appears in response to quantitative or qualitative inadequacies in social relationships (17). All our perceptions and lived experiences are based on patterns which are the inner states of a person, feelings and emotions that form mental states. The mental and emotional states of people play a mediating role in the relationship between psychological well-being and self-efficacy. Optimistic people will probably experience higher well-being. Positive emotional states cause mental health and improve the mental and even physical condition of people. In general, psychological well-being is affected by personality factors, including optimism, and optimism may improve well-being by increasing positive emotional states and decreasing negative emotions. It is also possible that people who show a lot of perseverance in the face of negative events have recognized their abilities, which leads to higher optimism and will lead to greater psychological well-being (18 , 19).

Conclusion

These findings mean that psychological well-being is not the only factor that maintains people's optimal performance level, but self-efficacy, optimism and psychological well-being lead to more and more effective participation in the process of facing difficult life situations and thus provide more protective factors. bring It is suggested that divorce women and their families should be taught how to increase these factors, and government institutions and organizations should consider the necessary support for them. Also, other factors such as behavioral problems and the socio-economic status of the family should be investigated along with psychological well-being. It is suggested that the long-term effects of these variables on the feeling of loneliness should be taken into account in future researches for a more detailed investigation of how self-efficacy and psychological well-being are affected.

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Conflict of interest

The authors declare that they have no conflict of interest.

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Table/ Figure

Table 1: Smirnov Kolmogorov test of normality of the distribution of the studied scales

Scale	Z Kolmogorov Smirnov	Significance level
Feeling lonely	29.122	0.06
Efficacy	1.12	0.11
Psychological well-being	0.97	0.29
Tolerate distress	1.14	0.17
Positive relationships with others	0.96	0.33
autonomy	0.91	0.38
Mastery of the environment	103	0.24
objective life	107	0.21
Personal growth	98	0.27

Table 2. Pearson correlation coefficients of psychological well-being scales with self-efficacy of divorced women

Scale	Psychological well-being	Efficacy
Psychological well-being	1.00	
Efficacy	0.03	1.00

P. 0.05* P. 0.01**

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Table 3. Regression model for predicting psychological well-being based on predictor variables

Source	Sum of squares	Degrees of freedom	Mean square	F	Significance level	R	R2
Regression	13.978	2	06.489	23.3	04.0	23.0	06.0
Remaining	79.17696	117	25.151				
Total	92.18674	119					

Table 4. Regression models for predicting psychological components by self-efficacy

Criterion variable	Source	Sum of squares	Degree of freedom	Mean Square	F	Significance Level	R	R2
Tolerate distress	Regression	67.55	1	67.55	17.2	0.14	0.13	0.02
	Remaining	64.3025	118	64.25				
	Total	32.3081	119					
Positive relationships with others	Regression	74.6	1	74.6	0.26	0.61	0.04	0.01
	Remaining	25.3064	118	96.25				
	Total	99.3070	119					
autonomy	Regression	15.38	1	15.38	58.1	0.21	0.11	0.02
	Remaining	31.2839	118	06.24				
	Total	46.2877	119					
Mastery of the environment	Regression	0.73	1	0.73	0.03	0.86	0.01	0.00
	Remaining	73.2902	118	59.24				
	Total	46.2903	119					
objective life	Regression	04.6	1	04.6	0.19	0.65	0.04	0.01
	Remaining	31.3612	118	61.30				
	Total	36.3618	119					
Personal growth	Regression	91.73	1	91.73	20.3	0.07	0.16	0.03
	Remaining	67.2718	118	04.23				
	Total	59.2792	119					

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Table 5. Regression coefficients of self-efficacy to predict criterion variables

Scale	Self-acceptance				Positive relationships with others				Autonomy		
	beta	t	S/ level		beta	t	S/ level		beta	T	Significance level
Fixed	--	27.11	0.01		--	12.20	0.01		--	01.11	0.01
Efficacy	0.13	47.1	0.14		0.04 -	-0.50	0.61		0.11	25.1	0.21
Scale	Mastery of the environment				objective life				Personal growth		
	beta	t	S/level		beta	t	Significance level		beta	t	Significance level
Fixed	--	37.12	0.01		--	49.10	0.01		--	19.14	0.01
Efficacy	02.0-	0.17-	0.86		0.04	0.44	0.65		0.16-	1.79	0.07

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Table 6. Regression models to predict the psychological components of loneliness

Criterion variable	Source	Sum of squares	Degrees of freedom	Mean square	F	S/ level	R	R2
Tolerate distress	regression left over Total	96.105 35.2975 32.3081	1 118 119	96.105 21.25	20.4	0.04	0.19	0.04
Positive relationships with others	regression left over Total	21.11 77.3059 99.3070	1 118 119	21.11 93.25	0.43	0.51	0.06	0.01
autonomy	regression left over Total	76.12 70.2864 46.2877	1 118 119	76.12 27.24	0.52	0.47	0.06	0.01
Mastery of the environment	regression left over Total	84.83 62.2819 46.2903	1 118 119	84.83 89.23	50.3	0.05	0.17	0.03
objective life	regression left over Total	13.56 23.3562 36.3618	1 118 119	13.56 18.30	85.1	0.17	0.12	0.02
Personal growth	regression left over Total	76.6 82.2785 59.2792	1 118 119	76.6 60.23	0.28	0.59	0.05	0.01

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Table 7. Regression coefficients of resilience to predict criterion variables

Scale	Self-acceptance				Positive relationships with others				Autonomy		
	beta	t	S/ level		beta	t	S/ level		beta	t	S/ level
Fixed	--	55.13	0.01		--	25.11	0.01		--	71.11	0.01
Feeling lonely	0.18	2.05-	0.04		06.0-	-0.65	0.51		06.0-	-0.72	0.47

Scale	Mastery of the environment				Objective life				Personal growth		
	beta	t	S/ level		beta	t	S/ level		beta	t	S/ level
Fixed	--	02.13	0.01		--	27.11	0.01		--	64.10	0.01
Feeling lonely	0.17-	1.87	0.05		0.12-	1.36	0.17		0.05	0.53	0.59

Table 8. Pearson correlation coefficients of psychological well-being and self-efficacy

	Scale	1	2	3	4	5	6	7	8
1	**Efficacy**	1.00							
2	**Psychological well-being**	0.03	1.00						
3	**Tolerate distress**	0.14	**0.37	1.00					
4	**Positive relationships with others**	0.05-	**0.32	0.14	1.00				
5	**autonomy**	0.11	**0.41	0.02	08.0-	1.00			
6	**Mastery of the environment**	02.0-	**0.35	03.0-	**0.27-	0.12	1.00		
7	**objective life**	0.04	**0.47	0.11-	03.0-	01.0-	0.01	1.00	
8	**Personal growth**	*0.16	**0.52	06.0-	0.03	0.01	0.10	**0.24	1.00

P. 0.05 * P. 0.01**

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