

# **The Role of Early Maladaptation Schemas, Optimism and Pessimism in Predicting Women's Adjustment with Emotional Divorce**

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**Abstract** This research is done to find about the role of maladaptive schemas, optimism and pessimism in prediction of adjustment in women with emotional divorce. This research is a kind of correlational research. The statistical population for the present study is all the women who were referred to psychological clinics the dissent solving council of Rasht in 1394. The population were 420 that turned to 200 by using Korji Morgan table and Gottman emotional divorce inquiry (2008), Young schema inquiry -short form (2001), Shiro and Karo optimism-pessimism inquiry (1985) and Spanier adjustment inquiry were done by them. The outcomes were analyzed by Spearman correlation test and logistic regression using SPSS 18 software. Spearman correlation analysis revealed that there is a meaningful negative relation between maladaptive schemas factor and its sub-scales, with pessimism except the subscales of impaired limits and entitlement/ grandiosity. There is a negative meaningful relation between maladaptive factors and marital adjustment. There is not any meaningful relation between self-sacrifice and adjustment. There is a meaningful positive relation between marital satisfaction and adjustment with pessimism. Outcomes of logistic regression revealed that the factors of mistrust, social isolation, incompetence, vulnerability, self-sacrifice, impaired limits and entitlement can predict adjustment in a negative meaningful way, while the factors of emotional deprivation, abandonment, failure, dependent, enmeshment, subjugation, emotional inhibition, self-control and optimism cannot predict adjustment. According to the research findings, it should be mentioned that being optimistic and its currency among couples is one of the greatest factors that can reduce marital conflicts among women and has impact on maladaptive schemas management and reduce the amount of divorce.

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**Keywords : basic maladaptive schemas, pessimism and optimism, women with emotional divorce.**

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