

# **Comparison of emotional regulation, life satisfaction and social anxiety among divorced and undivorced women in Somesara city**

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Considering the growth of the phenomenon of divorce in recent years and the problems that affect families, it is important to examine the issues of the community. The purpose of this study was to investigate and compare the cognitive management of excitement, life satisfaction and social anxiety among the divorced and undivorced women in the city of Somesara. The present research was based on the purpose of the applied type and its causal-comparative method. The statistical population of this research is women in the city of Sumsazareh. 140 people (70 divorced and 70 undivorced) were ed as the statistical sample and non-random sampling was used to participate in the study. After ing these people according to entry criteria for each group, Garnowski et al. (2001), Social Anxiety (2000), and the Satisfaction with the Life Questionnaire of Diner et al. (1985) were used to study the variables. Data were analyzed using SPSS software and MANOVA. The results of the study indicated that the F statistic related to the variables of social anxiety (9.612) and life satisfaction (14.39) were significant at 0.01 level. Therefore, there was a significant difference between the two groups of divorced and undivorced women in these two variables. Also, the results of the research on cognitive emotion management showed that respondents did not show significant differences in this variable. Of course, there was a difference in the cognitive-emotional adjustment variable on some scales, such as self-reprobatation, rumination and catastrophes between the two groups.

**Keywords :** Emotional cognitive regulation, life satisfaction, social anxiety, divorced and undivorced women

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