

Research Article

THE RELATIONSHIP BETWEEN DIVORCE AND INCIDENCE OF DEPRESSION AND SADISM

***Omid Sadeghi¹, Kamyar Alipour², Kamran Zarga², Azad Nobakht Bookani¹ and Loghman Bashiri Aghdam¹**

¹Young Researchers and Elite Club, Mahabad Branch, Islamic Azad University, Mahabad, Iran

²Department of Nursing, Mahabad Branch, Islamic Azad University, Mahabad, Iran

*Author for Correspondence

ABSTRACT

Family plays the role of the first society for each person, so everyone gets their first impressions from the family. Family as a start point is very important and it has a vital role in shaping of the thoughts of a person. If a family is healthy and successful, then the children would be successful. On the contrary, if a family is unsuccessful, then the children would likely be unsuccessful. Unsuccessful families are divorce Families which have more social, cultural, economical, psychological, and physical problems. Here we try to discuss the problems of family members caused by divorce as a social pathology. However these problems could consist of varying diseases both mentally and physically, we tried to use accurate figures so that we can find and determine the relationship between divorce and these diseases. This information was gathered from authentic scientific journals, books, and websites, and it was tried to use the comments of experts.

Keywords: Family, Divorce, Depression, Sadism

INTRODUCTION

Family as the first center for a person has a considerable importance. The first environmental influences are from family environment; even impressionability of other environments can be originated from the family environment. Family is the founder of an important part of human destiny and it plays a vital role in future life, morals, health, and performance of the person in future. There are factors like parents personality, their physical and mental health, applied educational practices in the family, parents educational level and carrier, economical and cultural status of the family, family habitant, family size and population, social relations of the family and a lot of other variables that influence children's personality, their physical and mental health, their career, educational, and economical future, social and cultural adjustment, their family and so on.

The baby is born and the starts the first interactions with the environment in the family. The first interactions begin in this primary center and the child starts the process of social development. Psychologists believe that the first childhood years have a significant role in personality development and future of the child. Most of child's self, other and environmental *schemas and* recognitions are formed in this period. The level of children's physical and mental health depends on their families' relationship with them and the families' effort to meet their needs.

Children in the families where their emotional and security needs are not provided, would have different problems. These problems often start with simple mischief, lying, and wanton, and due to the dysfunctional family situation lead to delinquency and Crime in adulthood. High rigidity or inattention of parents, or spoiling the child and complying all of their rational and irrational needs, would not raise a healthy personality. Parents personality balance and their acquaintance with principals that can make the family environment healthier has fundamental importance.

Family deviations, Lack of mental health, economical, and social problems in the family would influence the society through influencing family members. People are the link between family and society. People raised by the families would enter the society and bring with them healthy or unhealthy characteristics which they have obtained from their families. From this point of view, community health depends on the family health. Family as the smallest social entity is the most vulnerable group to social disorders as most problems and damages first appear in families and then in case of failure in prevention and mistreatment,

Research Article

they penetrate to the society and in these difficult situations it is not easy to control problems and disorders.

Nowadays varying kinds of domestic violence, addiction, divorce, emotional separation and others are among the disorders that endanger families' health.

Research Methodology

This article was descriptive and research methodology was library based and was the review of previous literature and it was tried to review and study related scientific articles and books.

RESULTS AND DISCUSSION

Results

Disruption or abandonment of family can be defined as breakdown of family unit or disorganization of social constructions due to the malpractice or incapacity of one or a few family members in their roles. Divorce is a kind of abandonment of family which has been growing statistically since the past few years in Iran, and naturally has been followed by some social disorders. The role of family as the smallest social unit with varying functions can be very important and effective from both positive and negative aspects, i.e. creating a peaceful center or a social disorder. Among negative aspects emerged from this social entity is the outbreak of a disorder called divorce which has a lot of destructive effects on social dimension and causes a lot of social anomalies. In recent decades, psychologists by studying behavioral disorders and social deviations concluded that a lot harms and disorders resulted from the inability of people in analyzing personal issues, lack of control and adequacy to face difficult situations, and lack of readiness to solve life problems in convenient way.

Although marriage as a precondition for the formation of family provided the grounds for linking successive generations and caused consolidation and transmission of culture from one generation to another, yet families are not always able to lead social interactions of their members toward a specific goal and maintain family group cohesion.

In such circumstances, family disputes can break the marriage bond and cause divorce and provide the grounds for generation gap.

Divorce literally means separation of woman from man, liberation from the shackles of marriage (Farhang-e Amid), some people say it is the liberation from the shackles of marriage (منتخب اللغات). a different meaning comes to mind in general. Some use divorce with the meaning of aversion. In this context, Dehkhoda called bill of divorce "bill of aversion (Saro, 376,p1,2). The current situation of divorce in Iran shows increasing rate of divorce over recent years; according to statistics published by relevant agencies (Statistical Center of Iran), in Iran 38,814 persons get divorced in 1996 (1.5 per thousand people), whereas 60,556 persons get divorced in 2001 (2.3 per thousand people), this figure in 2006 increased to 98,756 persons (3.1 per thousand people). Tehran, Kermanshah, and Qom province had the highest rate of divorce, and Yazd and Sistan and Baluchestan province had the lowest rate of divorce, respectively.

Divorce could happen for varying reasons which due to social, economical, and cultural conditions are different in each society.

The factors leading to divorce consist of: 1.socio-cultural factors (difference of educational levels of couples, difference of Intellectual level and knowledge of couples, marriage motivation, and type of mate selection); 2.Economical factors (bad economy, class differences, and low household income); 3.Moral factors (Immorality or woman or man, moral disagreement, leaving the family and abandonment of family life, and addiction); 4.Psychological factors (unstable mood, unbearable psychological and neurological characteristics, chronic anxiety and Extreme pessimism of spouse, Disgust and loss of love and passion toward each other); 5.Sexual factors (bad sexual habits, sexual deviations of man, unwilling woman, difference of sexual orientation, poor sexual performance, infertility of man or woman, and infidelity of one of the spouses).

Research Article

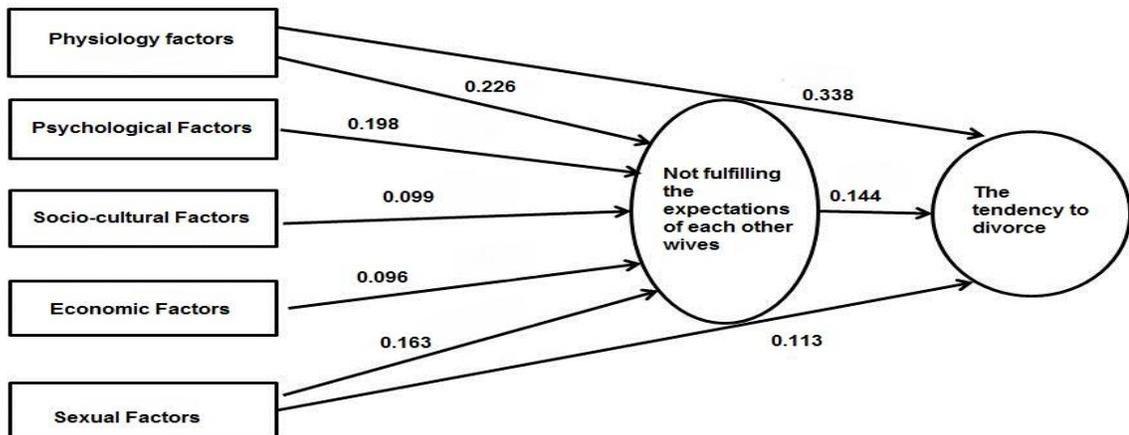


Figure title missing

Undoubtedly, the scope of disunity of family and divorce can lead to spread of social pathologies. Divorce means the disunity of the most important entity of socialization in human society. When it becomes a social pathology, the first and most fundamental impact is on family which provides the setting for incidence of many social pathologies in individual and social levels including addiction, suicide and mental illnesses.

Discussion

As mentioned, divorce can have many adverse effects and consequences on society and especially on every family member including woman, man, and children. These effects include economic problems of living, decline in life satisfaction, behavioral disorders, jealousy, anxiety, aggression, diffidence, addiction, alcohol and drug abuse, isolation and avoidance of social interactions, depression, and domestic violence.

Hence, in this article we discuss two common and important abovementioned problems which include depression and sadism. First we need the definition and some information about them to be able to continue the discussion.

Depression: Depression is a mental illness which causes persistent feelings of sadness and disappointment and lack of interest. For a person with depression, it is difficult to enjoy the life; this person suffers from insomnia or oversleeping, this person lacks mobility, energy and effort; this person feels worthlessness; it is possible that this person thinks about death or suicide, even commit suicide. Most people sometimes feel discomfort, depression and sadness; these feelings are normal body reactions to life difficulties and loss of loved people or things. But once this sadness and grief, despair, helplessness, and worthlessness lasts more than a few days or a few weeks, you're suffering from depression. It mostly includes feeling sad, bored, and helpless.

In the United States of America about 14.8 million adults suffer from major depression. Suicide rates in depression are more than other mental illnesses. Unfortunately, most of the people who are suffering from depression, do not seek treatment. Without identification and treatment, depression can become more severe and more difficult. Common symptoms of this disease in children and adolescence might be different from adults, these symptoms in children and adolescence might be:

Discomfort, restlessness, anxiety and despair in children might be depression symptoms.

Depression symptoms in adolescents include anxiety, anger, avoidance of community.

Changes in thinking and in sleep pattern are common symptoms in both children and adolescents.

In children and adolescents, depression occurs with other diseases like anxiety, attention deficit disorder, and hyperactivity. Children suffering from this disease might have some problems in doing school homework.

Sadism: it is a type of mental illness in which the person is interested in physically, psychologically, or sexually hurting others, so that this hurting cause enjoyment and comfort for the pesky person. In

Research Article

everyday social relations, especially in the offices, parties, and even scientific societies, we confront people who enjoy humiliation, ridicule, and squib to others, e.g. a husband who taunt and humiliate his wife in front of others, or a father who censures his son in public, or an employer who enjoys emotional abuse of his subordinate employees, or a teacher who is accustomed to underrating and severe humiliation of students.

Here this question arises that is humiliation *alone* sufficient for sadism?? To answer this question it should be stated that: no, it is not. As it was stated in definition of sadism, this behavior (physically, psychologically, or sexually hurting others) should lead to emotional satisfaction, enjoyment and comfort of this individual.

Factors causing the incidence of sadistic tendencies are:

1. Jealousy
2. Need to belittle others
3. Distrust and dissatisfaction with life
4. Feelings of despair and helplessness
5. Also, if this person could not directly be aggressive toward others, this person would try to harm others use false advice, sympathy, compassion and desire to help.

Types of Sadism: sadism is a widespread phenomenon that appears in different forms:

1. Intellectual sadism: in this type, the person instead of direct persecution of others, imagines scenes of sadistic acts in the mind and enjoys them.
2. Symbolic sadism: in this case, the person obtains consent by imposing destructive mental states like humiliation, insult, and *trample over others*.
3. Physical sadism: these people enjoy physical abuse and causing physical suffering in others.

The Consequences of Sadism

1. Gradually cause decreased job performance and social functioning.
 2. Relatives and colleagues avoid them.
 3. In severe sexual or physical abuse, legal issues might arise.
 4. Since these people tolerate environmental stress, they might become anxious or depressed.
- These people enjoy humiliation, ridicule, physical or emotional or sexual abuse of others especially in the presence of others, and they show aggressive or criminal behavior.

Conclusion

As it was mentioned, depression and sadism are both mental problems, and a contributing factor to them is psychological pressures and tensions, here we discussed divorce as a stressor. If we can reduce divorce rate with some strategies and tactics, then we could reduce the incidence of these diseases at least with this stressor, and also briefly explain some ways to prevent and treat the above mentioned mental diseases.

Guide lines to prevent divorce

a) Individual approach:

1. Sameness: one of the most important terms for marriage is the sameness. A couple with similar appearance and conscience can live together. The Holy Quran says: “**وَالطَّيِّبَاتُ لِلطَّيِّبِينَ وَالطَّيِّبُونَ لِلطَّيِّبَاتِ**” that means vicious women are for vicious men, and vicious men for vicious women.
2. Prevent early marriage
3. Appropriate methods for mutual understanding: when two people are supposed to live together, they should have shared vision, appropriate taste, thinking close together, and be morally, and spiritually close.
4. Avoid unethical and immoral association

b) Family approach:

1. Resolve disputes by getting help from elder family members
2. Not having misplaced expectations of those around

c) Social approach:

1. Appropriate training courses before marriage
2. Education of couples on their rights
3. Free consultation

Research Article

4. Avoidance of families from imprudent and perfunctory marriage

d) Cultural approach:

1. Teaching behavioral practices through training courses before marriage under the titles of life Skills, Strategies to improve family functioning, and etc.
2. Promote a culture of visiting family counseling centers in the event of disputes
3. Promote a culture of matched selection
4. Avoidance of families from interference without the knowledge and insight in the lives of their children
5. Avoidance of families from arranged marriages for their children

Many mental illnesses might have hereditary and genetic origins, but Outside of the genetic and hereditary issues, you should avoid stresses and stressful environment and issues as much as possible to prevent mental illnesses, and when faced with stress and mental tension, you should control yourself as much as possible and prevent the overcoming of stress and tension.

Depression Treatment:

Depression can be treated by using medication, or counseling or both. Effects of antidepressants are different on each individual. So even if a drug does not work on you, another antidepressant might work. You might feel better one week after drug consumption. But you probably won't see the effect of the drugs up to 8-12 weeks after you start treatment.

In psychotherapy, you might talk to a family physician, a psychiatrist, or a psychotherapist about your living conditions. The topic could be your ideas, or your family relationships. Or you might focus on your behaviors, how they influence your life, and how you can change them. Psychotherapy is usually done in 8-20 sessions for a certain period.

Sadism Treatment:

1. Analytical Psychotherapy, as well as cognitive -behavioral therapy is effective to treat this disorder. Personality criteria, beliefs and behavioral characteristics which have been stabilized in prolonged time periods should be changed, but they change slowly. You can use these services by visiting psychiatric clinics.
2. Behaviors such as inattention, isolation, and low self-esteem in these people can be changed and treated by several months of treatment.
3. Participation in self-help groups which are formed for this purpose can be helpful.
4. Reduction of environmental stress can also reduce anxiety or depression caused by this disorder.
5. Medications have limited effect, and yet they can be abused or used in suicide attempt. They can treat anxiety and depression.

ACKNOWLEDGMENT

Here I'd like to appreciate the nursery department of Islamic Azad University of Mahabad, specially my dear professor Dr. Hossein Esmaili.

REFERENCES

- Akhavan Tafti M (1382).** The consequences of divorce on the transition of the " Women's Studies, 1(3) S125-152.
- Amato PR and Cheadle JE (2008).** Parental divorce, marital conflict and children's behavior problems. *Journal Social Forces* 86 1139 –1161.
- Axinn WG and Thornton A (1992).** The relationship between cohabitation and divorce: selectivity or causal influence?, *Demography* 29 357-374.
- Behjati F (1382).** Musician factors, cultural and family-effective, low divorce in Yazd province. MS Thesis, Psychology and Educational Sciences, Isfahan University.
- Blosfeld B and Hom E (2000).** Causes and Consequences of Divorce: An Introduction to This Special Issue. *Journal of Divorce & Remarriage* 4 98-120.
- Conger and Elder (1900).** Linking Economic hardship to material quality in stability. *Journal of Marriage and the Family* 646

Research Article

Douglas W Allen (2002). No-fault Divorce in Canada: Its Cause and Effect. *Journal of Marriage and the Family* **24** 90-130.

Edward JN and Fuller SS (1992). Female Employment and Marital Instability: Evidence from Thailand. *Journal of Marriage and the Family* **54**(1) 59-68.

Farrell Michael P (2006). Sibling Effects on Divorce. *Research in Multi-Level Issues* **5** 239-242.

Khosroshahi Z and Ajami Muhammad Ali et al., (1382). Study of sexual behavior and its association with sexual satisfaction for both men and women, married couples between the individual medical school. *Family, and Sexual Problems Conference Tehran*.

Pour Rafi F (1378). *Anomie or Social Unrest* (Soroush Press) 18.

Riahi Mohammed Ismail et al., (1386). Sociological analysis of trends in divorce. *Journal of Women* **5**(3) S109-140.

Sarookhani Baqr (1376). Divorce- Research in reality and N. antsharat of Tehran University, p. 7.

Tabatabai JSF et al., (1383). Factors affecting the divorce. First Congress of Pathology in the family, martyr Beheshti University, Research Institute of the Family.

Taybr Edward (1384). *Children of Divorce*, Fourth edition, translated by Civilization T (Owhadi publications) Tehran.

Udry R (1971). *Social Control of Marriage*. New York 456.