

## INFORMATION TO USERS

This reproduction was made from a copy of a document sent to us for microfilming. While the most advanced technology has been used to photograph and reproduce this document, the quality of the reproduction is heavily dependent upon the quality of the material submitted.

The following explanation of techniques is provided to help clarify markings or notations which may appear on this reproduction.

1. The sign or "target" for pages apparently lacking from the document photographed is "Missing Page(s)". If it was possible to obtain the missing page(s) or section, they are spliced into the film along with adjacent pages. This may have necessitated cutting through an image and duplicating adjacent pages to assure complete continuity.
2. When an image on the film is obliterated with a round black mark, it is an indication of either blurred copy because of movement during exposure, duplicate copy, or copyrighted materials that should not have been filmed. For blurred pages, a good image of the page can be found in the adjacent frame. If copyrighted materials were deleted, a target note will appear listing the pages in the adjacent frame.
3. When a map, drawing or chart, etc., is part of the material being photographed, a definite method of "sectioning" the material has been followed. It is customary to begin filming at the upper left hand corner of a large sheet and to continue from left to right in equal sections with small overlaps. If necessary, sectioning is continued again—beginning below the first row and continuing on until complete.
4. For illustrations that cannot be satisfactorily reproduced by xerographic means, photographic prints can be purchased at additional cost and inserted into your xerographic copy. These prints are available upon request from the Dissertations Customer Services Department.
5. Some pages in any document may have indistinct print. In all cases the best available copy has been filmed.

**University  
Microfilms  
International**

300 N. Zeeb Road  
Ann Arbor, MI 48106



8524076

**Lindsay, Gary Roger**

THE ADJUSTMENT AND CONCERNS OF WOMEN TO MARITAL  
SEPARATION: THE EFFECTS OF TIME LAPSE AND THE PRESENCE OR  
ABSENCE OF DEPENDENT CHILDREN

*The University of Oklahoma*

PH.D.

1985

University  
Microfilms  
International 300 N. Zeeb Road, Ann Arbor, MI 48106



THE UNIVERSITY OF OKLAHOMA  
GRADUATE COLLEGE

THE ADJUSTMENT AND CONCERNS OF WOMEN TO MARITAL SEPARATION:  
THE EFFECTS OF TIME LAPSE AND THE  
PRESENCE OR ABSENCE OF DEPENDENT CHILDREN

A DISSERTATION  
SUBMITTED TO THE GRADUATE FACULTY  
in partial fulfillment of the requirements for the  
degree of  
DOCTOR OF PHILOSOPHY

By  
GARY ROGER LINDSAY  
Norman, Oklahoma  
1985

THE ADJUSTMENT AND CONCERNS OF WOMEN TO MARITAL SEPARATION:  
THE EFFECTS OF TIME LAPSE AND THE  
PRESENCE OR ABSENCE OF DEPENDENT CHILDREN

APPROVED BY

Abraham Sclern

Frank R. Bradley

R. E. Ragland

Joseph L. Rogers III

Hal Wanta

DISSERTATION COMMITTEE

## ACKNOWLEDGEMENTS

I would like to express my most sincere appreciation to Dr. Avi Scherman, whose guidance, encouragement and patience have been most helpful throughout this project, as well as my graduate program. I would also like to express my deep appreciation to Dr. Robert Ragland, not only for his suggestions on this project but also his willingness to be there and share his clinical knowledge with me during my graduate studies. To Dr. Stewart Beasley who has given his time and moral support through the years in addition to serving on my committee, I express my sincere gratitude. I also wish to thank Dr. Joseph Rodgers III for the support and technical expertise he provided in the statistical analysis of this project. Additionally, I would like to thank Dr. Richard Wantz for serving on my committee and for the support he has shown over the years. I am also very grateful for Dr. William Graves' assistance in the computer analysis of the data.

I would like my fellow classmates to know that their support, caring, and encouragement through the last four years has been deeply cherished. To the staff of the Counseling Center who have offered their generous support, friendship, and the time to complete this project during my internship, I am deeply indebted.

My greatest appreciation and deepest love is reserved for my family. To my wife, Sue, who has been beside me to offer her encouragement and support over the past 15 years in both good times and bad. To the light of my life, Aaron, Amanda and Derrick who have endured their student-father through the

last few years and have given back more than they can ever know. Finally to my mother, Shirley Lindsay, who has struggled on her own in order to help me reach my goals and realize my potential.



## TABLE OF CONTENTS

	Page
LIST OF TABLES . . . . .	vi
ABSTRACT . . . . .	1
INTRODUCTION . . . . .	3
METHOD . . . . .	10
RESULTS . . . . .	13
DISCUSSION . . . . .	15
REFERENCES . . . . .	22
APPENDIX A. PROSPECTUS . . . . .	29
APPENDIX B. CONSENT FORM . . . . .	57
APPENDIX C. FISHER DIVORCE ADJUSTMENT SCALE . . . . .	59
APPENDIX D. CHECKLIST OF PROBLEMS AND CONCERNS . . . . .	69
APPENDIX E. PROTOCOL FOR GROUP PRESENTATIONS . . . . .	73
APPENDIX F. REQUEST FOR RESEARCH RESULTS . . . . .	75

## LIST OF TABLES

	Page
TABLE 1. MEANS, F-VALUES AND PROBABILITIES FOR THE PRESENCE OR ABSENCE OF CHILDREN AND TIME SINCE DIVORCE RELATED TO DEPENDENT VARIABLES . . . . .	25
TABLE 2. MEANS AND INDIVIDUAL COMPARISONS OF PRESENCE OR ABSENCE OF CHILDREN AND TIME SINCE DIVORCE RELATED TO DEPENDENT VARIABLES . . . . .	26
TABLE 3. F-VALUES, PROBABILITIES AND COMPARISON OF MEANS FOR DEPENDENT VARIABLES CONSIDERING TIME SINCE DIVORCE IN WOMEN WITH CHILDREN . . . . .	27
TABLE 4. F-VALUES, PROBABILITIES AND COMPARISON OF MEANS FOR DEPENDENT VARIABLES CONSIDERING TIME SINCE DIVORCE IN WOMEN WITHOUT CHILDREN . . . . .	28

## ABSTRACT

This study examined the types of problems and adjustments over time that women encounter following divorce, considering the presence or absence of children (PAC). Sixty, first time separated or divorced women were administered the Fisher Divorce Adjustment Scale (FDAS) and the Checklist of Problems and Concerns (CPC). The women were classified into groups characterized by those with custody of dependent children and those who had no children. Furthermore, three separate Time Since Divorce (TSD) categories were used to define those women separated: D-1) 0-12 mths., D-2) 18-30 mths., and D-3) 36-48 mths. Their results on the FDAS subscales: Feelings of self-worth (FSW), Emotional disentanglement (ED), Feelings of anger (ANG), Symptoms of grief (SOG), Rebuilding social trust (RST) and the CPC subscales: Interpersonal relationships (IR), Loneliness (LO), and Financial concerns (FC) were then analyzed in a 2 X 3 MANOVA. The analysis revealed a significant multivariate effect for the TSD factor on the variables of ED, ANG, SOG, and RST. No effect for the PAC factor or the interaction between TSD X PAC was noted in the analysis. Ryan's method of individual comparisons revealed that the D-1 group, compared to groups D-2 and D-3, experienced significantly more difficulty with ED, SOG and RST. On the variable ANG the D-1 group was significantly different from only the D-3 group. In separate MANOVA's performed on the group of women with children and the group without children

some interesting findings regarding their adjustment and concerns were revealed and are discussed in the study.

THE ADJUSTMENT AND CONCERNS OF WOMEN TO MARITAL SEPARATION:  
THE EFFECTS OF TIME LAPSE AND THE  
PRESENCE OR ABSENCE OF DEPENDENT CHILDREN

As the divorce statistics now point out, divorce has become a social phenomenon that has a major influence on the adjustment and well-being of millions of individuals. According to the U.S. Census Bureau (1983), in 1982 there were 114 divorced individuals for every 1,000 married persons living with their spouses, a number more than twice the ratio (47 per 1,000) of that in 1970. Of those divorced during that twelve year period the ratio for men rose from 35:1,000 to 92:1,000 while the ratio for women increased from 60:1,000 in 1970 to 137:1,000 in 1982. Between 1970 and 1982 the households headed by divorced women jumped from 22.2% to 37% while the number of children that were affected during that time span increased 122.3%. These children typically live with their mother, who becomes the custodial parent in 9 out of 10 cases. Mental health professionals have been concerned by these increasing numbers, as well as the ways in which various factors affect the divorced individual. Before the 1970's, research in this area had been limited. Within the past decade, however, empirical research in the area of divorce has helped to clarify our perspective of the experiences that one encounters following the dissolution of a marriage.

Though Waller's (1930), The Old Love and the New, marked the beginnings of major research dealing with adjustment issues following divorce, it was not

until the work of Goode (1949, 1956) that empirical research in the area of divorce adjustment was undertaken. His classic study of 425 women with children was the first in-depth research using a large, representative sample. His reports of the experiences that these women encountered following divorce served as a springboard for other researchers interested in the adjustment process (Burgess, Locke, & Thomes, 1963; Davis, 1957; Lasch, 1966).

While many have tried to describe the process one goes through following divorce (Bohannon, 1970; Froiland & Hozmen, 1977; Kessler, 1975; Weiss, 1976; Wiseman, 1975) there currently exists no unified theoretical explanation. As Salts (1979) points out, the articles published during the early 1970's explaining the divorce adjustment process appear to fit within a developmental framework. The models themselves contain elements of crisis theory and grief theory which are quite often intertwined. She suggests that a unified theoretical approach is needed in order to guide research through the many variables that affect the adjustment of those confronted with divorce. Ultimately, once the factors that contribute to positive adjustment are identified, effective counseling methods can be implemented. While no integrating theory of divorce adjustment has been proposed, research continues to proceed in an attempt to uncover these influencing variables.

Variables such as, age and length of marriage prior to divorce, seem to be important factors in one's adjustment. This appears to be one area about which there is a general consensus among researchers. Women who are older and have been married longer consistently have been found to have the most difficult time with post-divorce adjustment (Berman & Turk, 1981; Blair, 1970; Chiriboga, Roberts, & Stein, 1978; Hetherington, Cox, & Cox, 1977). Nelson (1981) suggests that these older women probably have a more entrenched life style and therefore

find more difficulty in establishing new personal identities and patterns of social relationships compared to the younger women.

The divorcee's attachment-disentanglement from the former spouse appears to be another factor which plays a role in the adjustment process. First noted by Goode (1956), and later examined by other researchers, the attachment-disentanglement issue has been found to play a mixed role in the process. Weiss (1977) suggests that continued feelings of attachment with the ex-spouse are universal after separation and he hypothesizes that continued emotional entanglement is a major factor in one's emotional adjustment following divorce. Using a multivariate approach, Berman and Turk (1981) found that former spouse contacts did indeed have a significant bearing on the current mood disturbance of the divorcee as characterized by depressive feelings.

Nelson (1981) found that women who were somewhat positive about their ex-husbands fared better in emotional adjustment to divorce compared to those who were very positive or very negative. In analyzing several variables, he found that the current relationship with the ex-husband was the best predictor of all measures of emotional and social maladjustment. Additionally, the less support and more conflict these women experienced with their ex-spouse the poorer the divorce adjustment, even one to two years following the separation. His findings are consistent with others (Hetherington, et al., 1977; Pett, 1982; Spanier & Casto, 1979) in suggesting the importance of the post-divorce relationship and its impact on divorce adjustment.

Those women who divorce and gain custody of children following divorce seem most likely to prolong relations with their former husbands as opposed to those who have no children. Since children usually continue to interact with their father, these women must carry on a dialogue with their ex-spouse in order

to work out visitation, financial support, and other activities. Cline and Westman (1971) have identified five sources of post-divorce turbulence that maintain the stressful interactions between divorced parents:

1. Hostile interaction over parenting roles.
2. Perpetuation by children of interactions between parents.
3. Alliances between parent and child against ex-spouse.
4. Continued interaction through the extended family.
5. Hostile conflict not involving children.

While the presence of children following a divorce is obviously a crucial factor, the number of studies considering this variable have been extremely limited. Heritage (1974) found that "better adjusted" women (as measured by the Q-sort of Personal Concepts) with dependent children were more emotionally stable, conscientious, controlled, and less tense or apprehensive compared to the "poorer adjusted" women with children. Furthermore, she discovered that the presence of children removed the venturesomeness and happy-go-lucky traits associated with the overall personality pattern of the "better adjusted" individual. The absence of children also produced a somewhat different personality pattern characterized by less suspiciousness, tender-mindedness, and less intelligence, in the "better adjusted" women when compared to the total group.

Meyers (1976) attempted to look more thoroughly at the effect of children and the adjustment process following divorce. Interviewing 60 women who had been separated approximately two months, she looked at the adjustment of: 1) women in the Pre-childbearing Stage with no children, 2) Early Childrearing Stage--young women with dependent children, 3) Later Childrearing Stage--older women with dependent children, and 4) Post-childrearing Stage--older women



with no dependent children. She found that the stage of family life was not a significant contributor to the stress these women encountered or their adjustment to the stress. In examining the effects of the women's age and presence or absence of children separately, however, she did discover significant results. Older women tended to have poorer adjustment to the divorce than the younger women, which is supported by previously cited research (Berman & Turk, 1981; Blair, 1970; Chiriboga, et al., 1978; Goode, 1956; Hetherington, et al., 1977). She also found that women with children had significantly greater stress, exclusively in the areas of economic and legal problems, compared to women with no dependent children. Differences in overall problems encountered by each group, however, were not statistically significant.

Saul and Scherman (1984) studied groups of men, women with children, and women without children who had remained single or remarried and found that the only groups with self-actualizing scores were those with no children present. On measures of divorce adjustment, however, the groups were not significantly different. The results of these studies have therefore left the issue of children's presence on the divorcee in need of clarification.

Another factor which may affect divorce adjustment is the amount of time since separation. While there has been limited empirical research, Goode first studied this factor in 1956. He noted that time since separation had a marked effect on the divorcee's well being. He found that the most critical time periods are at separation and immediately after. In addition, the attitudes and involvements with the former spouse changes over time. Initially, women are more involved emotionally, either positively or negatively, with their ex-husband and this decreases over time. Despite these early findings empirical research on the time factor remained sparse in the ensuing 28 years.

Recently, research has incorporated the use of time lapse or time span designs to study more specifically the effects of this factor. Spivey and Scherman (1980) used a time span design with measurements of stress and the degree of maladjustment, to test the effect of time following divorce. They used a control group of married women compared to a group of recently married women (0-6 mths.), women divorced (0-6 mths.), 1 to 1½ yrs., 3½ to 4½ yrs., and 6½ yrs. or more. Findings revealed that the newly married and newly divorced women experienced significantly more stress compared to the other groups. Additionally, they found that the most consistent indicators of maladjustment (Number of MMPI scales > T = 70) occurred in the group divorced 1 to 1½ years and depression appeared significantly higher in this group. Groups divorced 3½ to 4½ years and 6½ years or more, were not significantly different from the control group of married women. The researchers concluded that the divorce process is marked by a stressful period of six months following the separation. Indications of maladjustment, however, do not appear until six months to a year later. Finally, by 3½ years after filing for divorce the stress and maladjustment subsides to a point where the divorcee does not differ significantly from the continuously married women.

Kolevzon and Gottlieb's (1983) research also supports the importance of the time factor in the adjustment process. Sampling 343 members of Parents Without Partners, they found time since divorce to play a significant role on measures of depression, hostility, and ability to form intimate contacts. Their findings suggest the levels of depression and hostility that female subjects experience significantly decline over time, however, for women who do not retain custody of their children, the levels do not decrease. They also found the

ability to form intimate relations significantly decreased over time for women who retained custody.

Other studies, however, have seemed to cloud the importance of time since divorce and its role in the adjustment process. Saul and Scherman (1984) found no significant differences between women divorced 6 to 18 months and those divorced 19 to 36 months. Albrecht (1980) found when subjects were asked to rate the most difficult period in the divorce, no significant differences existed: "... those whose divorces had occurred during the past year tended to define it pretty much as did those whose divorces had occurred years earlier" (p. 62).

While many of the factors affecting the divorce adjustment process have been examined, only a few have been clearly shown to have a direct effect on divorce adjustment. For example, the length of marriage and age of the divorcing individual has consistently been shown to affect how one reacts to the separation. Yet other variables such as time since separation, the presence of children, and the continued attachment to the ex-spouse, which also seem to play major roles in the adjustment process, have not been clearly defined, thus leaving many questions unanswered. How are social relationships different for women with children? Is the attachment-disentanglement issue really a problem for women when children are not present? After a period of time passes, can the divorced women expect things to get easier? Which things will get easier? These are questions to which counselors and mental health professionals need to know answers in order to better meet the needs of this population.

The purpose of this study, therefore, was to look at the effect that the passage of time and the presence or absence of children has on the adjustment process of divorced women. Of particular interest was the specificity of the problem areas for women with and without children and how those problems are

affected by the passage of time. Also of concern were issues in the adjustment process such as self-worth, disentanglement from ex-husband, and social involvement and how they are affected for each group over time.

## METHOD

### Subjects

Subjects were recruited for this study by contacting various singles groups, church groups, community agencies, and from friends of those subjects who volunteered. The Standard Metropolitan Statistical Area covered was the Oklahoma City area. The subjects were 60 women who were married for at least two years before the time of the separation. It was their first separation or divorce. Weiss (1975) suggests that after two years of marriage the effects of divorce will be very similar to those individuals who have been married for an extended period of time. Ages of the subjects ranged from 25 to 45 years. This controlled for factors that might have biased results using older or younger individuals who experience a unique set of adjustment problems.

The subjects were equally divided, according to the presence or absence of children (PAC). Those subjects with children present (CP) had primary custody of at least one dependent child under the age of 18. The other group of women with children absent (CA) had no dependent children. In addition, the subjects were classified into one of the three time since divorce (TSD) groups, according to the time of final separation: D-1) 0-12 months, D-2) 18-30 months, D-3) 36-48 months.

To minimize confounding factors in adjustment and problems encountered, subjects were selected who were currently living by themselves or with their children. Subjects residing with parents or who had opposite sex roommates

were not used in this study. Additionally, no subjects had received any intensive psychotherapy (12 or more sessions) following the separation.

### Instruments

Two standardized instruments were used in this study: the Fisher Divorce Adjustment Scale (FDAS) to measure divorce adjustment in five separate areas and the Checklist of Problems and Concerns (CPC) to assess the nature of problems encountered during the divorce process.

The Fisher Divorce Adjustment Scale consists of 100 short statements that are answered on a 5 point scale from 1 = almost always to 5 = almost never. The FDAS is composed of five subtests:

- 1) Feelings of Self-worth (FSW) (coefficient alpha = .94)
- 2) Disentanglement from Relationship (ED) (coefficient alpha = .95)
- 3) Feelings of Anger (ANG) (coefficient alpha = .91)
- 4) Symptoms of Grief (SOG) (coefficient alpha = .95)
- 5) Rebuilding Social Trust (RST) (coefficient alpha = .87)

The five scales can be added together to yield a total score of Divorce Adjustment (coefficient alpha = .98). The higher scores indicate positive adjustment. The Kuder-Richardson internal reliability is .92 (Fisher, 1976).

The Checklist of Problems and Concerns was developed by Berman and Turk (1981) as an instrument to define the nature and types of problems that divorcing individuals encounter. Subjects rate each item on a 4 point scale according to the degree to which they perceive the item to have been a problem or worry within the past month. Factor analysis on the CPC yielded six orthogonal factors which account for 79.5% of the variance in the scale. These

factors identify several areas of emotional, social, and environmental difficulties. The six factors and eigenvalues for each are as follows:

FACTORS	EIGENVALUES	% of Var.
Former spouse contacts	5.88	29.3
Parent-Child interaction	2.80	13.9
Interpersonal relations	2.39	11.9
Loneliness	1.95	9.7
Practical problems	1.68	8.4
Financial concerns	1.27	6.3

The internal consistency was found to be generally high for the six factors. Coefficient alpha ranged from .66 to .84 (Berman and Turk, 1981). Several scales in the CPC contained items which exclusively pertained to women with children. Because of this, results could only be used from the following scales: interpersonal relations (IR), loneliness (LO), and financial concerns (FC).

### Procedure

Leaders of various divorce support groups were contacted and given an explanation concerning the focus of the study. Permission was then requested to attend the next group meeting. At the meeting, members were given an explanation of the study (Appendix E) and were solicited for their cooperation. Those who chose to participate in the study were given an informed consent document (Appendix B), the Fisher Divorce Adjustment Scale with answer sheet (Appendix C), a Checklist of Problems and Concerns (Appendix D) and a Request for Research Results form (Appendix F). Subjects were instructed that they need not include their name and address on the FDAS but rather to initial it and

fill out the request form if they wanted their score profiles. Where time permitted, subjects filled out the questionnaires during the group; if not, they were given stamped self-addressed envelopes. Those group members who knew friends who would be interested in the study were given extra packets of materials.

When an envelope was received, the questionnaires were scored, profiled, and mailed back to the subject along with an explanation of their results. If they requested additional information the telephone number of the researcher was also given. Demographic information was checked to ensure each subject met the control requirements. Of the 82 questionnaires returned, 22 were found to not meet the requirements. The data were filed into one of the six categories according to time since divorce (TSD) and presence or absence of children (PAC).

## RESULTS

The data were analyzed using a 2 X 3 multivariate analysis of variance, Ryan's method of multiple range comparisons, and a stepwise regression analysis. Overall MANOVA results indicated a significant multivariate effect for the time since divorce (TSD) factor.

---

Insert Table 1 about here

---

Significant differences between the groups were noted on measures of emotional disentanglement, anger at former spouse, symptoms of grief and rebuilding social trust. The main effect for the presence or absence of children (PAC) factor was found not to be significant for any of the dependent measures. Furthermore, no interaction effect between PAC X TSD was found in the analysis.

Following the MANOVA individual comparisons were made using Ryan's multiple range test.

---

Insert Table 2 about here

---

In comparing the three TSD groups disregarding the PAC factor, significant differences were found between the groups on several of the dependent measures. Compared to the D-2 and D-3 groups, the D-1 group experienced significantly more difficulty with emotional disentanglement, symptoms of grief and rebuilding social trust. On the measure of anger towards ex-spouse, the D-1 group was significantly different from only the D-3 group. When comparing the group where children were present (CP) to the group where children were absent (CA), disregarding the TSD factor, no significant difference was noted.

In order to further define the differences between the PAC and TSD factors a one-way MANOVA was performed separately on the CP group to determine if there were significant differences among these women in the time since their separation. Results are presented in Table 3.

---

Insert Table 3 about here

---

Significant differences were noted on measures of feelings of self-worth, emotional disentanglement, symptoms of grief, and rebuilding social trust. Ryan's method of individual comparisons revealed significant differences between groups D-1 and D-3 on measures of emotional disentanglement, feelings of self-worth, and symptoms of grief. This effect demonstrated that the D-1 group had the most difficult time with these feelings compared to only the D-3



group. Rebuilding social trust was significant for the D-1 group compared to both the D-2 and D-3 groups.

Another one-way MANOVA was performed on the CA group to further define the TSD effect on the dependent measures. Results are displayed in Table 4.

---

Insert Table 4 about here

---

The D-1 group for women without children had more difficulty with symptoms of grief, and greater financial concerns compared to the D-3 group. The D-2 group had difficulty with anger at ex-spouse, and financial concerns compared to the D-3 group.

A stepwise regression analysis for the FDAS Total score was performed in order to determine which demographic variables were the best predictors of overall divorce adjustment. The analysis yielded two variables which were significant: the number of months separated ( $p < .05$ ) and the level of education ( $p < .01$ ). No other variables met the .05 significance level for entry into the model.

## DISCUSSION

The study was designed to answer several questions regarding the adjustments and problems that women encounter following divorce considering the passage of time and presence of children. It appears that the presence or absence of children is not a significant factor but that the amount of time elapsed following separation significantly affects a number of issues that women

must cope with. The study supports the general contention that women recently separated experience the greatest difficulty.

During the first year following divorce women struggle with emotionally separating from their ex-spouse and dealing with the anger and grief over the loss of the relationship. These women also seem to withdraw their feelings of social intimacy, choosing to not become involved in other close relationships. Women separated 1½ to 4 years, however, have worked through most of these problems and the adjustment is no longer characterized by the grief or emotional entanglement with their former husbands. Also by this time, they are beginning to become more socially intimate with others. The women separated 1½ to 2½ years still retain some of the anger towards the ex-spouse which they initially started with and in this regard are not different compared to the women in the first year.

The factors which may account for these findings have been noted in previous divorce research (Goode, 1956; Kolvezon & Gottlieb, 1983; Saul & Scherman, 1980; Weiss, 1976; Wiseman, 1975). Initially, women remain emotionally entangled with their former spouse in what may be described as a love-hate relationship. No matter how bad the relationship might have been prior to the separation it afforded some security and emotional closeness with another. Once the relationship ends, the grief and anger of this loss is most acutely felt during the first year. Yet the anger that had built up over the years is not so quickly dissipated and remains for almost three years following the separation. During that first year, while the emotions are still raw, there is a need to protect oneself and therefore intimacy with others is a frightening experience. The women respond by withdrawing and thereby protect themselves from any further emotional pain.

It also seems important to note that the study found no significant difference in women during that first year and those women separated longer periods of time in areas of loneliness, interpersonal relations, financial concerns, and perhaps most importantly, feelings of self-worth. Several factors may account for these non-significant differences. The finding that the interpersonal relationship factor on the CPC was not a significant problem, while the rebuilding social trust subscale on the FDAS was, can be explained in an item content analysis. The CPC asks questions dealing with problems in social situations and interpersonal relations such as getting involved in social situations and dating new people. The FDAS, on the other hand, asks questions dealing strictly with interpersonal relationships such as, fear of becoming sexually involved with another person. This helps to make the distinction that while in the first year of separation, social relationships do not present a problem; however, close intimate relations for these women are something for which they are not yet ready. The willingness for social relationships is also seen in the non-significance of the loneliness factor on the CPC. Since these women are open to social relationships the feeling of loneliness is decreased.

The fact that financial concerns were not a problem in the initial analysis for any of the women is perhaps the most interesting finding in that it is contrary to much of the divorce research (Albrecht, 1980; Berman & Turk, 1981; Brandwein, Brown, & Fox, 1976). It might be that since the majority of the subjects came from divorce support groups they were not a true representative sample of all socioeconomic classes. Another explanation might be the groups as a whole collect alimony or child support payments so that the financial burden for them is minimized. If this is the case, again, it might be a biased group given

Everly's (1977) finding that only 46% of those women awarded support payment collect on a regular basis.

It is also important to note in the initial analysis that while the women during that first year experienced the most problems, their feelings of self-worth were not significantly lower than the other groups. Yet, Table 2 points out that the mean score for the first year group was lower compared to the other two groups. It might be that self-worth does drop initially after the separation but not significantly low enough to distinguish this group from those divorced for longer periods of time.

In analyzing the data of the CP and CA groups separately we find some highly interesting and enlightening findings. The divorce process is clarified for these two groups and their problems are brought more into focus. Those women with dependent children in their custody seem to experience a unique set of problems immediately following the separation. During the first year feelings of self-worth, emotional disentanglement and feelings of grief are significantly more problematic than for those women separated 1½ to 2½ years. During the 1½ to 2½ year time period, women seem to feel much better about themselves and their situation. Women in the third year, however, are not significantly different from those in the first year on measures of self-worth, emotional disentanglement and grief factors. It appears that the women with children remain significantly more entangled, have less self-esteem and grieve the loss of their marriage during that first year. These feelings then dissipate for a time but by the third year they begin to reappear. The factor of rebuilding social trust is significantly low only for women during the first year; after that they seem ready to establish close intimate relationships.

The reasons for the low feelings of self-worth, symptoms of grief, and emotional disentanglement are not clear at this time. It might be that these women encounter the feelings as a reaction to the loss of the spouse or perhaps the loss of the relationship. After the first year, because they are so involved with a dependent child(ren), these feelings are pushed aside and all effort is put into making the new family work. In the third year the new family is on its feet and the woman has remained single. She continues to have some contact with her ex-spouse because of the children and the feelings of low self-worth, emotional entanglement and grief begin to re-emerge perhaps in part due to this contact.

Interestingly, women without children also seem to have a unique set of problems with which they must deal following separation. Women in the first year struggle with feelings of grief, difficulty with interpersonal relationships and financial concerns. It is possible that these women do not have to remain entangled and angry with their ex-spouse because there are no children. There is no need to maintain contact with him and therefore these feelings do not arise. Yet the grief over the loss still remains and because there is no child support the financial concerns increase. With limited financial resources the opportunity for social contact, measured by the CPC interpersonal relationships scale, becomes limited.

The women in the CA group were also found to have good feelings about themselves and their intimate relationships with others. In the 1½ to 2½ years that follow the separation, however, the women are feeling significantly more angry toward their ex-spouse and are still struggling with financial concerns. The reason for the anger might be a direct result of the financial difficulty they are encountering. Another explanation could be that the anger doesn't impact

them until they have worked through the grief over the loss. In either case the anger and financial problems are no longer major concerns by the third year.

Even though the time since divorce is a significant factor for all women in their overall adjustment, it appears that their level of education also plays a major role in the process. In considering several demographic variables in the total adjustment scores such as: how long they were in the relationship, who initiated the divorce, if their parents were divorced, etc. the only significant predictor variables found are the number of months separated ( $p < .05$ ) and level of education ( $p < .01$ ). It appears therefore, that not only women separated longer make better adjustments to divorce but also, those with the higher levels of education. The significance of the education level can best be understood by the increased financial support and mobility it offers these women. Rather than being tied down to non-skilled, low paying jobs, women with higher levels of education can secure positions that provide higher salaries, more esteem and greater flexibility, all of which could help improve their adjustment to the divorce.

In summary, the findings of this study demonstrate that in the first year following divorce women do indeed experience the greatest difficulty in terms of adjustment and problems they encounter. At 1½ years following the separation a majority of the women are beginning to resolve the problems they experience that first year. On the average, by the third year they are well on their way to adjusting and coping with the problems of divorce.

Mental health professionals need to be aware of the adjustments and problems these women are struggling with at different stages during this process. They also need to know that the types of problems women encounter are very different depending on whether or not there are children present. They need to

recognize that the level of education also significantly affects the experience these women face. Without such knowledge the counseling process is doomed to provide services which are not necessary or worse yet, to not provide services when they are desperately needed.

Future research should continue to provide information to the professionals working in this field. Studies such as this with a time span design need to be broadened in their scope to include both men and women. In addition, it would be important to use subjects from all socioeconomic classes who are not part of a divorce support group. It is highly likely that individuals who are not part of a support group present a different set of problems than those found in this study. It is also likely that they possess different personality constructs compared to those who attend groups. With this kind of random sampling, results can be generalized to even larger populations. Another factor which needs further research and with which this study did not deal is the differences in minority groups and their adjustment to divorce. Research in this area is extremely sparse. Without continued study in these areas the mental health professionals will continue to make the same mistakes.

## References

- Albrecht, S.L. (1980). Reactions and adjustments to divorce: Differences in the experiences of males and females. Family Relations, 29, 59-68.
- Berman, W.H., & Turk, D.C. (1981). Adaptation to divorce: Problems and coping strategies. Journal of Marriage and the Family, 38, 179-189.
- Blair, M. (1970). Divorcee's adjustment and attitudinal changes about life. Dissertation Abstracts International, 30, 5541-5542.
- Bohannon, P. (1970). Divorce and after. Garden City, NY: Doubleday Co.
- Branwein, R.A., Brown, C.A., & Fox, E.M. (1974). Women and children last: The social situation of divorced mothers and their families. Journal of Marriage and the Family, 36, 489-514.
- Burgess, E.W., Locke, H.J., & Thomes, M.M. (1963). The family. New York: American Book Co.
- Chiriboga, D.A., Roberts, J., & Stein, J. (1978). Psychological well-being during marital separation. Journal of Divorce, 2(1), 21-36.
- Cline, D.W., & Westman, J.C. (1971). The impact of divorce on the family. Child Psychiatry and Human Development, 2, 78-83.
- Davis, K. (1957). Divorce and its effects. In M. Fishbein and R.J. Reeves-Kennedy (Eds.) Modern marriage and family living (pp. 110-113). New York: Oxford University Press.
- Everly, K. (1977). New directions in divorce research. Journal of Clinical Child Psychology, 32, 7-10.
- Fisher, B.F. (1976). Identifying and meeting needs of formerly married people through a divorce adjustment seminar (Doctoral dissertation, University of Northern Colorado). Dissertation Abstracts International, 37, 7036 A.



- Froiland, D.J., & Hozman, T.L. (1977). Counseling for constructive divorce. Personnel and Guidance Journal, 55, 525-529.
- Goode, W.J. (1949). Problems in post-divorce adjustment. American Sociological Review, 14, 394-401.
- Goode, W.J. (1956). After divorce. New York: Free Press.
- Heritage, J., & Daniels, J. (1974). Postdivorce adjustment. Journal of Family Counseling, 2(2), 44-49.
- Hetherington, E.M., Cox, M., & Cox, R. (1977). The aftermath of divorce. In J.H. Stevens, Jr., & M. Matthews (Eds.), Mother-child, father-child relations (pp. 73-94). Washington, DC: National Association for the Education of Young Children.
- Kessler, S. (1978). Building skills in divorce adjustment groups. Journal of Divorce, 2(2), 209-216.
- Kolevzon, M.S., & Gottlieb, S.J. (1983). The impact of divorce: A multivariate study. Journal of Divorce, 7(2), 89-98.
- Lasch, C. (1966). Divorce and the family in America. Atlantic Monthly, 218, 57-61.
- Meyers, J.C. (1976). The adjustment of women to marital separation: The effects of sex-role identification and stage of family life, as determined by age and presence or absence of dependent children (Doctoral dissertation, University of Colorado). Dissertation Abstracts International, 38, 2516 B.
- Nelson, G. (1981). Moderators of women's and children's adjustment following parental divorce. Journal of Divorce, 4(3), 71-83.
- Pett, M.G. (1982). Predictors of satisfactory social adjustment of divorced single parents. Journal of Divorce, 5(3), 1-17.

- Salts, C.J. (1979). Divorce process: Integration of theory. Journal of Divorce, 2(3), 233-240.
- Saul, S.C., & Scherman, A. (1984). Divorce, grief, and personal adjustment in divorced persons who remarry or remain single. Journal of Divorce, 7(3), 75-85.
- Spanier, G.B., & Casto, R.F. (1979). Adjustment to separation and divorce: An analysis of 50 case studies. Journal of Divorce, 2(3), 241-253.
- Spivey, P.B., & Scherman, A. (1980). The effects of time lapse on personality characteristics and stress on divorced women. Journal of Divorce, 4(1), 49-59.
- U.S. Bureau of the Census. (1983). Marital status and living arrangements: March 1982 (Series P-20, No. 381). Washington, DC: U.S. Government Printing Office.
- Waller, W. (1930). The old love and the new: Divorce and readjustment. New York: Liveright.
- Weiss, R. (1975). Marital separation. New York: Basic Books.
- Weiss, R. (1976). The emotional impact of marital separation. Journal of Social Issues, 32, 135-145.
- Wiseman, R.S. (1975). Crisis theory and the process of divorce. Social Casework, 56, 205-212.

Table 1

Dependent Measures	Presence or Absence of Children (PAC)		Time Since Divorce (TSD)		TSD X PAC	
	F-Value	PR > F	F-Value	PR > F	F-Value	PR > F
<u>Fisher Divorce Adjustment Scale</u>						
Feeling of Self-worth	.31	.582	2.36	.104	1.47	.239
Emotional Disentanglement	.04	.834	4.78*	.012	1.03	.365
Anger at Ex-spouse	.47	.497	3.44*	.039	2.13	.129
Symptoms of Grief	.44	.510	7.13**	.002	.59	.559
Rebuilding Social Trust	2.27	.138	5.02**	.010	.48	.619
<u>Checklist of Problems and Concerns</u>						
Interpersonal Relationships	.80	.374	2.91	.063	1.72	.190
Loneliness	.08	.780	2.14	.128	1.18	.316
Financial Concerns	1.50	.225	2.10	.132	2.69	.070

\* p. &lt; .05

\*\* p. &lt; .01

Table 2

Dependent Measures	Presence or Absence of Children (PAC)		Time Since Divorce (TSD)			Significant	N
	CP $\bar{x}$	CA $\bar{x}$	D-1 $\bar{x}$	D-2 $\bar{x}$	D-3 $\bar{x}$	Pairwise Comparisons	
<u>FDAS</u>							
Feeling of Self-worth	97.63	99.90	92.65	103.05	100.60	None	20
Emotional Disentang.	95.70	94.83	86.35	100.75	98.70	D-1 vs D-2; D-1 vs D-3	
Anger at Ex-spouse	44.97	46.47	42.45	45.25	49.45	D-1 vs D-3	
Symp. of Grief	97.17	94.40	85.15	103.80	98.40	D-1 vs D-2; D-1 vs D-3	
Rebuilding Trust	26.50	29.13	23.90	29.65	29.90	D-1 vs D-2; D-1 vs D-3	
<u>CPC</u>							
Interpersonal Relations	11.20	11.93	10.20	12.00	12.50	None	
Loneliness	15.10	15.33	14.00	15.80	15.85	None	
Financial Concerns	4.50	5.10	4.35	4.55	5.50	None	

Table 3

Dependent Measures	Women Who Have Dependent Children					Significant
	F-Value	PR > F	D-1 $\bar{x}$	D-2 $\bar{x}$	D-3 $\bar{x}$	Pairwise Comparisons
<u>FDAS</u>						
Feeling of Self-worth	4.88*	.016	89.80	106.80	96.30	D-1 vs D-2
Emotional Disentang.	3.82	.035	85.30	105.30	96.50	D-1 vs D-2
Anger at Ex-spouse	2.22	.128	40.10	47.70	47.10	None
Symp. of Grief	3.56*	.042	88.10	106.80	96.60	D-1 vs D-2
Rebuilding Trust	4.44*	.022	21.70	29.50	28.30	D-1 vs D-2; D-1 vs D-3
<u>CPC</u>						
Interpersonal Relations	1.38	.269	10.10	12.40	11.10	None
Loneliness	1.50	.242	14.00	16.40	14.90	None
Financial Concerns	.08	.927	4.40	4.70	4.40	None

\* p. &lt;.05

Table 4

Dependent Measures	Women Who Have No Children					Significant
	F-Value	PR > F	D-1 $\bar{x}$	D-2 $\bar{x}$	D-3 $\bar{x}$	Pairwise Comparisons
<u>FDAS</u>						
Feeling of Self-worth	.64	.536	95.50	99.30	104.94	None
Emotional Disentang.	1.92	.166	87.40	96.20	100.90	None
Anger at Ex-spouse	3.48*	.045	44.80	42.80	51.80	D-2 vs D-3
Symp. of Grief	4.13*	.027	82.20	100.80	100.20	D-1 vs D-2; D-1 vs D-3
Rebuilding Trust	1.46	.249	26.10	29.80	31.50	None
<u>CPC</u>						
Interpersonal Relations	3.17	.058	10.30	11.60	13.90	D-1 vs D-3
Loneliness	1.80	.184	14.00	15.20	16.80	None
Financial Concerns	5.25*	.012	4.30	4.40	6.60	D-1 vs D-3; D-2 vs D-3

\* p. &lt; .05

APPENDIX A  
PROSPECTUS

## INTRODUCTION

Divorce has become a social phenomenon that has a major influence on the adjustment and well-being of millions of individuals. The divorce statistics speak for themselves. Over a million divorces are granted each year in the United States (Knox, 1979). The continued yearly rise in this number concerns counselors and mental health workers alike. Weed (1980) reported the results of a cohort analysis of annual marriages from 1963 to 1966 and found 30 percent of that cohort divorced by 1977. He predicts that if the same rates of marriage and divorce continue fifty percent of all marriages in a 1973 cohort will end in divorce. A report by Bloom, Asher, and White (1978) supports his prediction. They cite the 1976 figures, 2,133,000 marriages and 1,077,000 divorces in the United States or 5 divorces for every 10 marriages. According to the U.S. Census Bureau (1983), in 1982 there were 114 divorced individuals for every 1,000 married persons living with their spouses, a number more than twice the ratio (47 per 1,000) of that in 1970. Of those divorced during that time, the ratio for men rose from 35:1,000 to 92:1,000 while the ratio for women increased from 60:1,000 in 1970 to 137:1,000 in 1982. The lower ratio for men reflects the fact that they remarry in greater numbers and more quickly than women following a divorce. Between 1970 and 1982 the households headed by divorced women jumped from 22.2% to 37% while the number of children that were affected during that time span increased 122.3%. These children typically live with their mother, who becomes the custodial parent in 9 out of 10 cases. It appears that this upwardly spiraling momentum of divorce is not slowing down.



Within the past decade empirical research in the area of divorce has helped to clarify our perspective of the experiences that one encounters following the dissolution of a marriage. Armed with this knowledge, clinicians have been better able to understand the separation process experienced by the formerly married and provide intervention strategies that aid in the adjustment to divorce (Coche & Goldman, 1979; Kessler, 1978; Welch & Granvold, 1977).

#### Early Research in Divorce Adjustment

The early research initially done in the divorce adjustment of adults was scarce and lacked empirical support. Waller's (1930), The Old Love and the New, marked the beginnings of major research dealing with the adjustment issues following divorce and is considered as the foundation for subsequent research into the area of divorce. As Raschke (1977) points out, research studies that followed in the 1930's and 1940's dealt with divorce adjustment in a tangential manner by comparing divorced individuals to happily married couples or subsequently remarried individuals (Locke, 1947; Locke & Klausner, 1948; Popenoe, 1938). It was not until the work of Goode (1949, 1956) that major research in the divorce adjustment area was again undertaken. His classic study of 425 divorced women with children was the first in-depth research made using a large, representative sample. His reports of the experiences that these women encountered following divorce served as a springboard for other researchers interested in adjustment issues surrounding divorce (Burgess, Locke, & Thomes, 1963; Davis, 1957; Lasch, 1966). It was Hunt's (1966) "World of the Formerly Married" that marked the next major undertaking in the divorce research. Though written for the general public, the book was based on interviews, questionnaires, and participant observation with the "formerly married", a term Hunt used to denote both separated and divorced individuals. His work not only

helped to clarify the issues affecting divorce adjustment but also advocated "divorce work" to help the formerly married discharge emotional feelings, examine expectations and modify behaviors that would lead to a positive adjustment to the divorce.

Beginning with the 1970's, divorce research began to come of age with an explosion in the number of studies dealing with the various issues surrounding divorce adjustment. This era was ushered in with Bohannon's (1970) edition of "Divorce and After". It was here that the concept of adjustment as a process was first introduced into the field of study. Bohannon suggests that divorce is a complex event in which there are six different experiences or "stations", as he terms them, that the divorced individual encounters. These stations begin with the Legal Divorce which merely clears the way to create opportunities for remarriage. Emotional Divorce occurs in response to the loss of the spouse. Economic Divorce, the third station, concerns the community property of the couple which must be divided. Coparental Divorce perhaps provides the greatest challenges and always occurs when children are present. Community Divorce involves the changing relationships with friends and relatives following separation. The final station is Psychic Divorce, where each member begins to form their individual identity and autonomy. According to Bohannon these stations occur long before the actual separation of the couple, and continue during and after the divorce has been finalized. Working through each of these stations is crucial for positive adjustment to the divorce.

Following Bohannon's lead, other researchers during the 1970's also attempted to define the process that the divorcing individual goes through in reaching final resolution to the divorce. Wiseman (1975) postulated a five stage model which is closely patterned after the bereavement model developed by

Kubler-Ross (1969). The first stage is Denial, in which there is an attempt made to deny serious marital difficulty. Loss and Depression, the second stage, occurs when the marital problems become a recognized reality. Anger and Ambivalence becomes evident when the eminent break-up of the marriage is acknowledged. It is during this stage when physical separation typically occurs. The fourth stage, Reorientation of Life Style and Identity, involves many changes and experimentations for the divorcee. Finally, the Acceptance and New Level of Functioning stage is reached in which the divorced individual begins to re-establish a positive sense of self-worth and acceptance about the divorce.

Kessler's (1975) model of the adjustment process more closely follows a crisis theory model utilizing seven stages: disillusionment, erosion, detachment, physical separation, mourning, second adolescence, and hard work. Similarly, Weiss (1976) as well as Froiland and Hozmen (1977), use multi-stage descriptions of the process that divorcing individuals encounter throughout the divorce experience. As Salts (1979) points out, the articles published during the early 1970's explaining the divorce adjustment process appear to fit within a developmental framework. The models themselves contain elements of crisis theory and grief theory which are quite often intertwined. She suggests that a unified theoretical approach is needed in order to guide research through the many variables that affect the readjustment of those confronted with divorce. Ultimately, once the factors that contribute to positive adjustment are identified, effective counseling methods can be implemented.

This study will attempt to identify those factors which seem to play a major role in the adjustment process for the recently divorced. While no integrating theory of divorce adjustment [as called on by Salts (1979)] has been proposed, research has continued to proceed in an attempt to uncover these

influencing variables. The area of study on which much of this research focuses has been guided by the work of Goode (1956). His study was the first attempt at identifying those factors by using a large representative sample. Goode interviewed 425 mothers from Detroit, between the ages of 20 and 38. He measured the degree of trauma these women experienced (High, Medium, and Low) according to behavior items such as increased drinking, poorer health, memory difficulties, etc. He found that a high trauma level was positively related to:

1. Having the husband first suggest the divorce.
2. A short time for consideration of the divorce.
3. Having the idea of divorce come up unexpectedly.
4. Continuing to have emotional attachment with ex-spouse.
5. Possessing a desire to punish former spouse.
6. Ambivalence about obtaining a divorce.
7. Personally disapproving of divorce.
8. Having divorce disapproved of by a reference group.
9. Experiencing discrimination as a divorcee.
10. Coming from a rural background.
11. Ex-husband having a mid-upper class occupation.

Generally, Goode found that the degree of trauma varied depending on age and length of marriage. Women who were older, married longer, and had two or more children typically had a higher trauma index. Those whose husbands had initiated the divorce and who still had positive feelings for their husbands or wanted to punish them also had more trauma. He also found that trauma was highest at the time of the actual separation rather than following the final

decree. Subsequent research has generally upheld Goode's initial findings while expanding and clarifying other aspects of the divorce process.

#### Age and Length of Marriage

The issue of age and length of marriage prior to divorce seems to be an important factor in one's adjustment to divorce. There appears to be a general consensus among researchers that women who are older and have been married longer have the most difficult time with post-divorce adjustment (Berman & Turk, 1981; Blair, 1970; Chiriboga, Roberts, & Stein, 1978; Hetherington, Cox, & Cox, 1977). Nelson (1981) suggests that these older women probably have a more entrenched life style and therefore find more difficulty in establishing new personal identities and patterns of social relationships compared to the younger women.

#### Initiator vs. Non-Initiator

The role of initiator and non-initiator in divorce, and its relationship to divorce adjustment, is not as clear cut as the age and length of marriage factors. Kressel (1980) suggests that the experiences of the initiator and non-initiator are basically similar; however, he feels the adjustment process is more difficult for the non-initiator. Kressel bases this assumption on a lack of psychological preparedness and feelings of low self worth that he believes the non-initiator experiences. Kolvzon and Gottlieb (1983) found that, during the first two years following the divorce, non-initiators experienced significantly higher levels of depression and hostility compared to initiators. Others have also found that the non-initiator of the divorce suffers more emotionally in the adjustment process (Blair, 1970; Spanier & Casto, 1979). Weiss (1976), however, looked at marital separation distress in both male and females and found that the spouse who initiated the separation was no less distressed than the non-initiator, while Pett

(1982) found that the initiator and non-initiator factor had no significant bearing on post-divorce adjustment. The result of the work done in this area over the years has left this issue somewhat clouded and confused.

#### Attachment-Disentanglement

The divorcee's attachment-disentanglement from the former spouse is another factor which seems to play a major role in the adjustment process. First noted by Goode (1956) and later examined by other researchers, the attachment-disentanglement issue has been found to play a rather mixed role in the adjustment process. Weiss (1977) suggests that continued feelings of attachment with the ex-spouse are universal after separation. He hypothesizes that the continued emotional entanglement is a major factor in one's emotional adjustment following divorce. Spanier and Casto (1979) found that 28% of the subjects in their study who had strong attachments with their ex-spouse were having serious problems adjusting, while 22% of those with mild attachments and 14% of those with no attachment to the ex-spouse, were having adjustment difficulties. They concluded, that while the results were not statistically significant, they might be clinically important in understanding the emotional difficulties regarding individuals with continued attachments to the ex-spouse. Using a multivariate approach, Berman and Turk (1981) found that former spouse contacts were indeed a factor that had a significant bearing on the current mood disturbance of the divorcee. This mood disturbance was characterized by depressive feelings.

Nelson (1981) found that women who were somewhat positive about their ex-husbands fared better in terms of emotional adjustment to the divorce compared to those who were very positive or very negative. In analyzing several variables in a multiple regression analysis such as age, demographic information,

social supports, relationship with ex-spouse, and socioeconomic status, he found that the current relationship with the ex-husband was the best predictor of all measures of emotional and social maladjustment. Additionally, the less support and more conflict these women experienced with their ex-spouse the poorer the divorce adjustment, even one to two years following the separation. His findings seem consistent with others (Hetherington, et al., 1977; Pett, 1982) in suggesting the importance of the post-divorce relationship and its impact on divorce adjustment.

#### Presence of Dependent Children

Those women who divorce and gain custody of children following the divorce seem most likely to continue prolonged relationships with their former husbands as opposed to those where there are no children involved. Since children usually continue to interact with their father, some women must carry on a dialogue with their ex-spouse in order to work out visitation, financial support, and other activities. A study by Cline and Westman (1971) helps to illustrate the fact that the presence of children precipitates stressful interactions between divorced parents. Using 105 families, they found that in one-third of the cases there was continued conflict requiring court appearances. Five sources of post-divorce turbulence were identified by the researchers and are as follows:

1. Hostile interaction over parenting roles.
2. Perpetuation by children of interactions between parents.
3. Alliances between parent and child against ex-spouse.
4. Continued interaction of ex-spouses through extended family.
5. Hostile conflict not involving children.

While the presence of children following a divorce is obviously a crucial factor, the number of studies considering this variable have been extremely limited. Heritage (1974) attempted to look at this factor by dividing a group of divorced women into those with "better adjustment" and those with "poorer adjustment" (based upon results of the Q-sort of Personal Concepts). In addition, she looked at differences in these groups on the Cattell 16 Personality Factor Test, considering the presence or absence of dependent children. She found that the "better adjusted" women with dependent children were more emotionally stable, conscientious, controlled, and less tense or apprehensive compared to the "poorer adjusted" women with children. Furthermore, she discovered that the presence of children removed the venturesomeness and happy-go-lucky traits associated with the overall personality pattern of the "better adjusted" individual. The absence of children also produced a somewhat different personality pattern in the "better adjusted" mothers of this group when compared to the total group. These differences were characterized by less suspiciousness, tender-mindedness, and less intelligence. This study was significant in the sense that it began to consider differences in divorce adjustment that might exist in women with and without children. The study stopped short, however, in making direct comparisons between these groups on measures of divorce adjustment or particular problems they encounter. A study by Saul and Scherman (1984) has since helped to shed light on the issue of adjustment. Using groups of men, women with children, and women without children, who had either remained single or remarried, measures of divorce adjustment and self-actualizing were taken. The researchers found that the only groups with self-actualizing scores were those with no children present. Furthermore, the single females without



children were also found to have high divorce adjustment scores, yet not high enough to be considered statistically significant.

Meyers' (1976) study looked at the effect children can have on the adjustment process following divorce more thoroughly. She examined the effect that the presence or absence of dependent children has on divorce adjustment by interviewing 60 women in four different stages of family life who had been separated approximately 2 months. She looked at the adjustment of A) the Pre-Childbearing Stage--young women with no dependent children, B) Early Childrearing Stage--young women with dependent children, C) Later Childrearing Stage--older women with dependent children, and D) Post-Childrearing Stage--older women with no dependent children. She found that the stage of family life was not a significant contributor to the stress these women encountered or their adjustment to the stress. In examining the effects of the women's age and presence or absence of children separately, however, she did discover significant results. Older women tended to have poorer adjustment to the divorce than the younger women, which is supported by previously cited research (Berman & Turk, 1981; Blair, 1970; Chiriboga, et al., 1978; Goode, 1956; Hetherington, et al., 1977). She also found that women with children had significantly greater stress, exclusively in the areas of economic and legal problems, compared to women with no dependent children. While the differences in overall problems encountered by each group were not statistically significant, Meyers did note that the women in the groups with dependent children had higher scores. This fact led her to suggest that the presence of children does create some problems for the recently separated. The non-significance of her results, however, has left the issue in need of clarification.

### Economic-Financial Problems

A factor which seems to particularly hit hard at women, especially those with children, is that of financial support. While it might be argued that the increased child support the custodial female receives offsets the diminished income level following divorce, prior research seriously challenges this assumption. Everly (1977) found that in a large northeastern state county, over a 12 month period, more than half of the custodial women were not awarded child support or alimony. Women who were awarded support payments only received a median annual amount of \$1,560. In addition, he reported that of those awarded payments from their former husbands, only 46% collected on a regular basis. Albrecht (1980) found that the impact on income levels occurred almost exclusively for females in his study. In viewing differences between male and female experiences following divorce, he concluded that "Effect on Income" was significantly more severe for women, and that this one variable appeared to be the most salient difference between men and women following divorce. He stated that this results in an immediate and dramatic downward economic mobility for women. Berman and Turk (1981) also found that financial difficulty was a significant factor when women were asked to rate their life satisfaction. They discovered that increased financial problems significantly lowered life satisfaction levels.

Bane (1976) cited data that revealed during a five year period (1967-1971), while intact families experienced a 35% increase in average earnings, divorced women showed a net economic decline of nearly 17%, divorced men on the other hand showed a slight rise in overall income. Brandwein, Brown, and Fox (1974) cite economic discrimination against women as the major reason for the financial difficulties they encounter. They found the median earnings of full

time employed women average only 55% of the men's earnings, even for men and women in the same occupational categories. In addition, many women found they could not receive job training skills and had to resort to low paying service jobs or semi-skilled factory jobs. The contribution by husbands to the financial support of their ex-spouses and family was found to occur in only one-third of their sample. While economic discrimination is an issue that affects all divorced women, it is especially hard for women with children to find suitable full time work. Quite often when suitable jobs are found, the cost of child care cuts deeply into their earnings. This factor affects not only the stress level associated with financial burdens but also hinders the ability of the divorced mother to become involved in various social activities that could alleviate other difficulties encountered during the adjustment process.

#### Social Involvement

The social network and involvement of the recently divorced is a particularly important issue in the adjustment process. This factor is affected in many ways by the other factors previously noted such as, financial constraints, the presence of children, age, and length of marriage. Raschke (1977) has pioneered much of the work done in the social network area. She discovered many of the important variables in social support systems that contribute to the divorce process itself. She developed a 68 item questionnaire designed to tap post-divorce problems and stresses with a sample of 277 men and women. Her study found that the more social interaction or involvement these people had with relatives, friends, and organizations, the lower their levels of stress associated with the divorce. Furthermore, that males and older persons participated significantly more in activities outside the home and experienced less stress than did females and younger persons. Raschke speculated that for

males there is probably a greater opportunity for making social contacts. Most of the females in her study had custody of the children and had to serve the dual role of mother and father. As Raschke points out, this added responsibility can be very time consuming as well as mentally exhausting. No doubt the financial difficulties previously discussed also played a part in limiting the availability of social contacts for the divorced mothers in her study. She noted that women who had jobs for their principal source of income had more social participation than those who depended on alimony or child support, they also had more outside contact and were willing to get involved in roles outside the home. Although not statistically significant ( $p = .09$ ), she discovered that women participated more when they had fewer children, suggesting the possibility that these women experience decreased stress and adjustment difficulties compared to other groups. Raschke noted the drawback of her research was not including women without children in her study. It appears from her work, that the "at risk" group of women who might experience increased stress and difficulties following divorce would be the younger divorced mother with two or more children.

Berman and Turk (1981) also found that women who utilized social activities such as involvement in support groups, establishing new friendships, and developing intimate heterosexual relationships, had increased levels of life satisfaction on self-report measures. In addition, these women were found to experience less mood disturbance as characterized by depression. Albrecht (1980) has further helped to clarify the process of social contact and support that the recently divorced experience. He notes that the divorcee finds many of the activities engaged in prior to divorce are couple oriented. He suggests that after divorce the individual often finds themselves as the "extra" person, which is usually uncomfortable and embarrassing. As a result, these individuals then fall

back on relatives and family members as a form of social support. In his study of 500 men and women he discovered that men were significantly more inclined to increase their involvement in clubs and organizations compared to women. Women were found to increase their contact with relatives as a means of social support. Albrecht also found that the most common response pattern that subjects reported was a decline in social participation during the first year following divorce. After the first year no significant change in long term levels of social participation was noted. Raschke (1977), however, did detect a major difference in social participation affected by the time since separation. She discovered that for the first six months following divorce, social participation was not important for women in reducing their level of stress. During the next 18 months, however, social participation was extremely important for her subjects in coping with the stresses associated with the divorce.

#### Time Since Separation

The time factor following marital separation also seems to play an important role in the divorce adjustment process. At this point very little empirical research exists utilizing the time since separation variable. Goode (1956) was the first to note that time since separation had a marked effect on the divorcee's well being. Using the descriptive data of his sample, he found that three-fifths of the women displayed various kinds of personal disorganization associated with time since the marital separation. These disorganizations included poorer health, greater loneliness, difficulty sleeping, low work efficiency and memory difficulties. He found that the most critical time period affecting these factors occur at the time of separation and immediately after. In addition, the attitudes and involvements with former spouses change over

time. Initially, women are more involved emotionally, either positively or negatively, with their ex-husband and this decreases over time.

Recently, research has incorporated the use of time lapse or time span designs to study the effects of this factor in the adjustment process. Spivey and Scherman (1980) used a time-span design with measurements of stress and the degree of maladjustment to empirically test the effect of time following divorce. Using a control group of married women and another group of newly married women, they found that women recently divorced (0-6 months) and recently married, experienced significantly more stress than groups divorced 1 to 1½ years, 3½ to 4½ years, or 6½ years and more. They also found that the most consistent indicators of maladjustment (number of MMPI scales > T = 70) occurred in the divorced group 1 to 1½ years. Depression appeared significantly higher in the group divorced 3½ to 4½ years as well as in the newly married and married groups. They conclude that divorce adjustment consists of a process that one goes through following separation from the spouse. They suggest that during the first six months after filing for divorce the individual experiences the greatest amount of stress. Indications of maladjustment, however, do not appear until six months to a year later. Finally, by 3½ years after filing for divorce the stress and maladjustment indicators subside to a point where the divorcee does not differ significantly from the continuously married women.

Kolevzon and Gottlieb's (1983) research also seems to support the importance of the time factor in the adjustment process. Sampling 343 members of Parents Without Partners on measures of depression, hostility, and ability to form intimate contacts, they found time since divorce to play a significant role. The levels of depression and hostility that the female subjects experienced significantly declined over time. Periods of time were categorized by, less than

one year, 1 to 2 years, and 2 or more years. Interestingly, for those women who did not retain custody of their children, the levels did not significantly decrease. Concerning the presence of children for women retaining custody, the researchers also found that the group's ability to form intimate relations significantly decreased over time. This finding gives rise to the issue of the divorced mother's ability to find satisfying relationships compared to the single divorcee.

Other studies however, have seemed to cloud the importance of time since divorce and its role in the adjustment process. In a study by Saul and Scherman (1984) using time periods of six to eighteen months and nineteen to thirty-six months following divorce found no significant differences between the groups on measures of overall divorce adjustment. Although not statistically significant ( $p = .088$ ) the researchers seem to feel that time since divorce does play an important factor. Albrecht (1980) did not use a time lapse series for investigation but he did find when subjects were asked to rate the most difficult period in the divorce no significant differences existed: ". . . those whose divorces had occurred during the past year tended to define it pretty much as did those whose divorces had occurred years earlier" (p .62).

#### SUMMARY

While many of the factors affecting the divorce adjustment process have been examined by previous research, only a few of these seem to have been clearly defined. The length of marriage and age of the divorcing individual for example have consistently been shown to affect how one reacts to the separation. In addition, other variables such as the sex of the divorcee, financial issues, continued attachment to the ex-spouse, and social involvements, also play major roles in the adjustment process. These variables have been examined

closely in previous research and in varying degrees are found to have a bearing on the coping and adjustment of the individual. Yet research has been remiss in efforts to view these factors as interacting with other salient issues which might affect the adjustment process. The passage of time and presence or absence of dependent children are two issues which have not been clearly addressed by previous research thus leaving many questions unanswered. How is social involvement different for women with children? Is the attachment-disentanglement issue really a problem for women when children are not present? Do women without children also have a difficult time with financial issues? After a period of time passes, can the divorced individual expect things to get easier? Which things will get easier? These are questions that previous research has generally left unanswered and that counselors and mental health professionals need to answer in order to better meet the needs of this population.

The purpose of this study therefore, will be to look at the effect that the passage of time and the presence or absence of children has on the adjustment process of the divorced individual. Of particular interest will be the specificity of the problem areas for women with and without children and how those problems are affected by the passage of time. In addition, the study will deal with issues in the adjustment process such as self-worth, disentanglement from ex-spouse, and social involvement and how they are affected for each group over time.

## METHODOLOGY

### Subjects

Subjects will be recruited for this study by contacting various singles groups, church groups, community agencies, and from friends of those subjects who volunteer. The Standard Metropolitan Statistical Area to be utilized will be



the Greater Oklahoma City area. This will hopefully increase the range of socio-economic status among the subjects resulting in greater generalizability of the results.

The subjects will be 60 first time separated or divorced women, who were married at least two years prior to the separation. Weiss (1975) suggests that after two years of marriage the effects of divorce will be very similar to those individuals who have been married for an extended period of time. Ages of the subjects will range from 25 to 45 years. This will control for factors that might bias results by using older women and younger individuals who experience a unique set of adjustment problems.

The subject pool will be equally divided, with half of the subjects having primary custody of at least one dependent child under the age of 18 and the other half with no dependent children. In addition, the subjects will be classified into one of the time designated groups according to the time since final separation: D-1) 0-12 months, D-2) 18-30 months, D-3) 36-48 months.

To minimize confounding factors in adjustment and problems encountered, subjects must currently be living by themselves or with their children. Subjects residing with parents or who have opposite-sex room mates will not be used in this study. Additionally, subjects must not have received any intensive psychotherapy (12 or more sessions) following the separation.

Finally, the ethical principles outlined by the American Psychological Association (1974) will be adhered to for all participants. These principles include, but are not limited to: explaining the nature of the research project and answering any questions regarding the project, maintaining the confidentiality of the individual's data, and if requested, providing help for any concerns that might arise from participation in the study.

### Instrumentation

This study will use two standardized instruments, the Fisher Divorce Adjustment Scale (FDAS) to measure overall divorce adjustment and the Checklist of Problems and Concerns (CPC) to assess the nature of problems encountered during the divorce process.

The Fisher Divorce Adjustment Scale consists of 100 short statements that are answered on a 5 point scale from 1 = almost always to 5 = almost never. The FDAS is composed of five subtests:

- 1) Feelings of Self-worth (coefficient alpha = .94)
- 2) Disentanglement from Relationship (coefficient alpha = .95)
- 3) Feelings of Anger (coefficient alpha = .91)
- 4) Symptoms of Grief (coefficient alpha = .95)
- 5) Rebuilding Social Trust (coefficient alpha = .87)

The five scales can be added together to yield a total score of Divorce Adjustment (coefficient alpha = .98). The higher scores indicate positive adjustment. The Kuder-Richardson Internal Reliability is .92 (Fisher, 1976).

The Checklist of Problems and Concerns (CPC) was developed by Berman and Turk (1980) as an instrument to define the nature and types of problems that divorcing individuals typically encounter. Subjects are instructed to rate each item on a 4 point scale according to the degree to which they perceive the item to have been a problem or worry within the past month. Factor analysis on the CPC yielded six orthogonal factors which account for 79.5% of the variance in the scale. These factors identify several areas of emotional, social, and environmental difficulties. The six factors and eigenvalues for each are as follows:

FACTORS	EIGENVALUES	% of Var.
Former spouse contacts	5.88	29.3
Parent-Child interaction	2.80	13.9
Interpersonal relations	2.39	11.9
Loneliness	1.95	9.7
Practical problems	1.68	8.4
Financial concerns	1.27	6.3

The internal consistency was found to be generally high for the six factors. Coefficient alpha ranged from .66 to .84 (Berman & Turk, 1981).

#### Research Design

The experimental design to be used in this study will be a 2 X 3 Factorial Design, the design is graphically displayed below:

	Months Divorced		
	0-12 mths.	18-30 mths.	36-48 mths.
Women with Children	n = 10		
Women without Children			

One independent variable will be the Presence or Absence of Dependent Children. Presence will be defined as the subject's currently maintaining primary custody of the child or children. The other independent variable is Time

Since Separation. Time Since Separation is defined as the period of time elapsed since the subject and former spouse no longer lived in co-habitation. Dependent variables will be the scores obtained on the five subtests of the Fisher Divorce Adjustment Scale (FDAS), as well as the overall score of Total Adjustment. The six factors on the Checklist of Problems and Concerns will also serve as a dependent measure in subsequent analysis for identifying those problem areas for each variable.

### Hypotheses

The following hypotheses will be examined in this study:

- HO 1: No significant interaction for time since separation and presence or absence of children will be found on measures of the divorce adjustment subscales.
- HO 2: No significant interaction for time since separation and the presence or absence of children will be found on factors of the problems and concerns checklist.
- HO 3: No significant differences between women with children and women without children will be found on measures of the divorce adjustment subscales.
- HO 4: No significant differences between women with children and women without children will be found on factors of the problems and concerns checklist.
- HO 5: No significant differences between categories of time since separation will be found on measures of the divorce adjustment subscales.

- HO 6: No significant differences between categories of time since separation will be found on factors of the problems and concerns checklist.
- HO 7: No significant differences between periods of time since separation will be found for women without children, on measures of the divorce adjustment subscales.
- HO 8: No significant differences between periods of time since separation will be found for women without children, on factors of the problems and concerns checklist.
- HO 9: No significant differences between categories of time since separation will be found for women with children, on measures of the divorce adjustment subscales.
- HO 10: No significant differences between categories of time since separation will be found for women with children, on factors of the problems and concerns checklist.
- HO 11: No significant differences will be found for the relationship between the divorce adjustment score and time since separation.

#### Data Analysis

The data will be analyzed by several methods. The level of significance for all tests will be set at the .05 level.

1. A two-way multivariate analysis of variance will be utilized for the five subscale scores of the FDAS comparing time since separation and presence or absence of children.
2. If significant effects are found univariate tests will be performed.

3. A two-way multivariate analysis of variance will be utilized for the six factors of the CPC comparing time since separation and the presence or absence of children.
4. One-way multivariate analysis of variance will be utilized for the five subscale scores of the FDAS comparing:
  - a. Time since separation for women without children.
  - b. Time since separation for women with children.
5. One-way multivariate analysis of variance will be utilized for the six factors of the CPC comparing:
  - a. Time since separation for women without children.
  - b. Time since separation for women with children.
6. A correlation will be computed to determine the relationship between the subject's total divorce adjustment score and the time since separation.
7. A regression analysis to determine the relationship between the total adjustment score of the FDAS and demographic variables such as length of marriage, income level, and who initiated the divorce will also be made.

## References

- Albrecht, S.L. (1980). Reactions and adjustments to divorce: Differences in the experiences of males and females. Family Relations, 29, 59-68.
- Bane, M.J. (1976). Marital disruption and the lives of children. Journal of Social Issues, 32, 103-117.
- Berman, W.H., & Turk, D.C. (1981). Adaptation to divorce: Problems and coping strategies. Journal of Marriage and the Family, 38, 179-189.
- Blair, M. (1970). Divorcee's adjustment and attitudinal changes about life. Dissertation Abstracts International, 30, 5541-5542.
- Bloom, B.L., Asher, S.J., & White, S.W. (1978). Marital disruption as a stressor: A review and analysis. Psychological Bulletin, 85, 867-894.
- Bohannon, P. (1970). Divorce and after. Garden City, NY: Doubleday Co.
- Branwein, R.A., Brown, C.A., & Fox, E.M. (1974). Women and children last: The social situation of divorced mothers and their families. Journal of Marriage and the Family, 36, 489-514.
- Burgess, E.W., Locke, H.J., & Thomes, M.M. (1963). The family. New York: American Book Co.
- Chiriboga, D.A., Roberts, J., & Stein, J. (1978). Psychological well-being during marital separation. Journal of Divorce, 2(1), 21-36.
- Cline, D.W., & Westman, J.C. (1971). The impact of divorce on the family. Child Psychiatry and Human Development, 2, 78-83.
- Coche, J., & Goldman, J. (1979). Brief group psychotherapy for women after divorce: Planning a focused experience. Journal of Divorce, 3(2), 153-160.
- Davis, K. (1957). Divorce and its effects. In M. Fishbein and R.J. Reeves-Kennedy (Eds.) Modern marriage and family living (pp. 110-113). New York: Oxford University Press.

- Everly, K. (1977). New directions in divorce research. Journal of Clinical Child Psychology, 32, 7-10.
- Fisher, B.F. (1976). Identifying and meeting needs of formerly married people through a divorce adjustment seminar (Doctoral dissertation, University of Northern Colorado). Dissertation Abstracts International, 37, 7036 A.
- Froiland, D.J., & Hozman, T.L. (1977). Counseling for constructive divorce. Personnel and Guidance Journal, 55, 525-529.
- Goode, W.J. (1949). Problems in post-divorce adjustment. American Sociological Review, 14, 394-401.
- Goode, W.J. (1956). After divorce. New York: Free Press.
- Heritage, J., & Daniels, J. (1974). Postdivorce adjustment. Journal of Family Counseling, 2(2), 44-49.
- Hetherington, E.M., Cox, M., & Cox, R. (1977). The aftermath of divorce. In J.H. Stevens, Jr., & M. Matthews (Eds.), Mother-child, father-child relations (pp. 73-94). Washington, DC: National Association for the Education of Young Children.
- Hunt, M.M. (1966). The world of the formerly married. New York: McGraw-Hill Book Co.
- Kessler, S. (1975). The American way of divorce: Prescriptions for change. Chicago: Nelsonhall.
- Kessler, S. (1978). Building skills in divorce adjustment groups. Journal of Divorce, 2(2), 209-216.
- Knox, D. (1979). Exploring marriage and the family. Glenview, IL: Scott, Foresman, & Co.
- Kolevzon, M.S., & Gottlieb, S.J. (1983). The impact of divorce: A multivariate study. Journal of Divorce, 7(2), 89-98.



- Kressel, K. (1980). Patterns of coping in divorce and some implications for clinical practice. Family Relations, 29, 234-240.
- Kubler-Ross, E. (1969). On death and dying. New York: McMillian.
- Lasch, C. (1966). Divorce and the family in America. Atlantic Monthly, 218, 57-61.
- Locke, H.J. (1947). Predicting marital adjustment by comparing a divorced and happily married group. American Sociological Review, 12, 181-191.
- Locke, H.J., & Klausner, W. (1948). Marital adjustment of divorced in subsequent marriages. Sociology and Social Research, 33, 97-101.
- Meyers, J.C. (1976). The adjustment of women to marital separation: The effects of sex-role identification and stage of family life, as determined by age and presence or absence of dependent children (Doctoral dissertation, University of Colorado). Dissertation Abstracts International, 38, 2516 B.
- Nelson, G. (1981). Moderators of women's and children's adjustment following parental divorce. Journal of Divorce, 4(3), 71-83.
- Pett, M.G. (1982). Predictors of satisfactory social adjustment of divorced single parents. Journal of Divorce, 5(3), 1-17.
- Popenoe, P. (1938). Remarriage of divorcees to each other. American Sociological Review, 3, 695-699.
- Raschke, H.J. (1977). The role of social participation in postseparation and postdivorce adjustment. Journal of Divorce, 1(2), 129-140.
- Salts, C.J. (1979). Divorce process: Integration of theory. Journal of Divorce, 2(3), 233-240.
- Saul, S.C., & Scherman, A. (1984). Divorce, grief, and personal adjustment in divorced persons who remarry or remain single. Journal of Divorce, 7(3), 75-85.

- Spanier, G.B., & Casto, R.F. (1979). Adjustment to separation and divorce: An analysis of 50 case studies. Journal of Divorce, 2(3), 241-253.
- Spivey, P.B., & Scherman, A. (1980). The effects of time lapse on personality characteristics and stress on divorced women. Journal of Divorce, 4(1), 49-59.
- U.S. Bureau of the Census. (1983). Household and family characteristics: March 1982 (Series P-20, No. 381). Washington, DC: U.S. Government Printing Office.
- U.S. Bureau of the Census. (1983). Marital status and living arrangements: March 1982 (Series P-20, No. 380). Washington, DC: U.S. Government Printing Office.
- Waller, W. (1930). The old love and the new: Divorce and readjustment. New York: Liveright.
- Weed, J.A. (1980). National estimates of marriage dissolution and survivorship. Unpublished manuscript, U.S. Department of Health, Education, and Welfare.
- Weiss, R. (1975). Marital separation. New York: Basic Books.
- Weiss, R. (1976). The emotional impact of marital separation. Journal of Social Issues, 32, 135-145.
- Welch, G.J., & Granvold, D.K. (1977). Seminars for separated/divorced: An educational approach to postdivorce adjustment. Journal of Sex and Marital Therapy, 3(1), 31-39.
- Wiseman, R.S. (1975). Crisis theory and the process of divorce. Social Casework, 56, 205-212.

APPENDIX B  
CONSENT FORM

UNIVERSITY OF OKLAHOMA  
AGREEMENT TO PARTICIPATE

Title of Project: Divorce Issues and Adjustment

Researcher: Gary R. Lindsay, M.Ed. Doctoral Student, Counseling  
Psychology, 325-5974

I, \_\_\_\_\_ hereby agree to participate as a volunteer in the above named research project, which has been fully explained to me.

I understand that the information gained from the questionnaires will be used to study the adjustment individuals make following a divorce, as well as the types of problems and concerns they encounter. I understand my identity will not be revealed in any way.

I also understand that I am free to refuse to participate in any procedure or refuse to answer any question at any time without prejudice to me. I further understand that I am free to withdraw my consent and to withdraw from the research project at any time.

I understand that by agreeing to participate in this research and signing this form, I do not waive any of my legal rights.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

PLEASE NOTE:

Copyrighted materials in this document have not been filmed at the request of the author. They are available for consultation, however, in the author's university library.

These consist of pages:

60-68, Appendix C.

70-72, Appendix D.

---

---

---

---

---

University  
Microfilms  
International

300 N. ZEEB RD., ANN ARBOR, MI 48106 (313) 761-4700

APPENDIX C  
FISHER DIVORCE ADJUSTMENT SCALE

APPENDIX E  
PROTOCOL FOR GROUP PRESENTATIONS

## PROTOCOL FOR GROUP PRESENTATIONS

My name is Gary Lindsay and I am asking for volunteer subjects for my doctoral dissertation. My dissertation deals with adjustment and concerns after divorce. I plan to survey individuals after their divorces. Subjects need to be divorced women with custody of children or divorced women with no children. Subjects need to have been married at least two years however, before divorcing and not currently remarried.

Subjects will be asked to complete two questionnaires, the Fisher Divorce Adjustment Scale and the Checklist of Problems and Concerns. The questionnaires will take about 15-20 minutes to complete. Names will not be used so that total confidentiality will be assured. You will be able to receive the results of the study by filling out the request form at the end of the questionnaires. If you are interested in volunteering please come up to see me after the meeting and I will give you a packet with a self-addressed stamped envelope to send the questionnaires back to me.

or

Since your group leader has allowed time during this session to work on the questionnaires, if you are not interested in volunteering please let me know as I pass them out to the group.



APPENDIX F  
REQUEST FOR RESEARCH RESULTS

## REQUEST FOR RESEARCH RESULTS

Please send me a copy of the results in the research project: Divorce Issues and Adjustment, in which I participated. My name and address is listed below.

---

---

---

---