

The Mediating Role of Internalizing Problems on the Relationship between Emotional Well-being and Externalizing Problems of Divorced Women in Zanjan

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Abstract

Background: Due to the increasing number of divorces and their irreparable consequences, divorced women are at increasing risk of these problems.

Objectives: The present study aimed to analyze the mediating role of internalizing problems on the relationship between emotional well-being and externalizing problems of divorced women in Zanjan.

Methods: The method in this research was descriptive correlation carried out through survey method. The statistical population was all divorced women in Zanjan that 200 people were selected through convenience sampling. Questionnaires of anxiety-depression-stress scale (DASS-21), emotional well-being (Keys and Magyar-Mae, 2003), and AGQ aggression as well as and Fisher divorce adjustment scale (1976) were applied to collect data. Structural equation modeling test and EMUs software were used to analyze the data.

Results: The research findings indicated that there is a significant relationship, which is in reverse and decreasing, between emotional well-being and externalizing problems (aggression) and internalizing problems. There is a significant relationship, which is direct and increasing, between emotional well-being and externalizing problems (post-divorce adjustment) and internalizing problems (depression, anxiety and stress) with externalizing (aggression) problems of divorced women. There is also a significant relationship between internalizing problems and externalizing problems (post-divorce adjustment) in reverse and decreasing, and the variable of internalizing problems is a mediating variable in the relationship between emotional well-being and externalizing problems.

Conclusion: Based on the findings of the present study, with increase in emotional well-being, internalizing and externalizing (aggression) problems decrease and post-divorce adjustment increases in women. Accordingly, responsible institutions are required to take the needed measures in the form of training workshops and psychological services to recover and improve emotional well-being among these people.

Keywords: *internalizing problems, emotional well-being, externalizing problems, divorced women*

Introduction

Health in any society depends on the health of its members. If each person has a behavioral and psychological problem, its reflection and effect will be evident in society. Meanwhile, women and their role in society and in family are significant as they consist half of the population and play a vital role in the upbringing of the next generation. A moral and healthy society relies on women's

role and activity, and if a society declines, it will be directed at women in the first place. Divorce is a problem that a significant percentage of women in society today struggle with. No doubt it is a major problem that has intensified in recent years and has had a harmful and unfavorable effect on the family and society, and by causing psychological pressures and concerns, it affects not only the individual's mental balance, but also

the children, relatives, and friends. [1]. Although the negative consequences of divorce affect both couples, it is a very grave tension that challenges socially, economically, and psychologically divorced women more than divorced men [2].

Divorce has several psychological and social costs for women that result in consequences on society as a whole. After divorce, women are exposed to diverse psychological pressures, such as anxiety, stress, worry of returning to their father's home, the way to be treated by others, worry of being blamed for not being able to manage life, guilty conscience, and remorse. In some cases, it can even lead to depression. In addition, economic and living problems, yielding to temporary or out-of-wedlock social marriages, frustration, reduced life satisfaction, accepting multiple roles, resorting to harms such as murder, suicide, addiction, prostitution, theft, isolation and trouble in social relations and interactions, sexual problems, sexual misconduct, moral corruption, problems caused by the lack of custody of children, reminiscence and loss of mental and physical health, etc. are the effects and consequences that divorced women struggle with [3].

In addition to financial problems and the pressures they have due to being both mother and father, divorced women confront other pressures, such as unfavorable impression they receive from others. This unpleasant attitude toward divorced women, at least a year after separation, cause problems such as anger, anxiety, hatred, depression, and a tendency to disrupt ties with others [4]. So far, various classifications have been made for the problems and behavioral disorders concerning divorced women. Sorting in the form of internalizing and externalizing problems is one of the most widespread and widely used classifications of that follows a dimensional approach [5]. Internalizing problems are intrinsic in nature and emerge as withdrawal from social interactions, deterrence, anxiety, and depression, and more than bothersome to others, they cause self-harm, and their core is mood or emotional (Seidi, Rezaei and Hosseini Shoorabeh, 2019). Externalizing problems are behaviors such as anxiety, aggression, delinquency, and hyperactivity that are external and in struggle with others and the environment. Externalizing behavioral problems impose a heavy financial and

social burden on society [6]. The results of studies so far (for example, Bourne et al, 2015; Abebe, 2015; Amato, 2014; Breslau et al, 2011; Abdul kadir & Bifulco, 2011; Rahmati and Saberi, 2017; Akhundi Darzi et al, 2016; Jafari Nadoshan et al, 2015; Tavakol and Heydari, 2015; Shiralinia, Chaldavi and Aman Elahi, 2018) [7,8,9,10,11,12,13,14,15,16] indicate internalizing problems (depression, anxiety, stress) and externalizing problems (aggression, low adjustment after divorce, addiction, delinquency, etc.) in divorced women.

Despite the growing knowledge about the risk factors of externalizing and internalizing problems, there are still gaps and shortcomings in this regard. Without exaggeration, hundreds of variables have been proposed as predictors and correlations of internalizing and externalizing problems, and little research has been done on some of these propositions [4]. One of these risk factors that has received less attention is emotional well-being. Emotional well-being is one of the aspects of well-being referring to the emotional quality of one's daily experiences and causes one's life to be pleasant or unpleasant, depending on the intensity and frequency of pleasure, stress, sadness, anger, and affection. Emotional well-being can be defined as adaptive development to stressful situations, as well as a individual's concern for important health issues. Its decrease causes anxiety, stress, and depression, and its increase improves individual's coping abilities. It allows one to identify all his/her potential and cope with the stresses of life, and this is accomplished through exercise, ways to reduce stress, and concentration [17]. Women experience more negative emotions than men and the rate of psychological distress and depression in women is twice as high as men [18] it is intensified after divorce. Jafari Nadoshan, Zare and Hosseini (2017) found in a study that divorced women have a significant difference with married women concerning mental health and emotional adjustment, and the results of the study indicate a low level of mental health and emotional adjustment among divorced women [14]. Emotional adjustment refers to how people process cognitively confronting with adverse social life events. In terms of emotions, another structure indicative of emotional adjustment is emotional well-being that has both emotional and

cognitive components. Individuals with a high sense of well-being experience mostly positive emotions and evaluate positively events, past, future, and others; people with low well-being, on the other hand, find events and situations in life unfavorable, and experience mainly negative emotions such as anxiety, depression, and anger. Several studies have shown that happy moods facilitate the ability to think in order to solve problems in new ways. Negative emotions prevent the ability to think amenably. Adverse life events can affect and disrupt psychological-emotional well-being and lead to psychological problems such as anxiety and depression [19]. Thus, owing to the increasing number of divorces and their irreparable consequences, divorced women are at increasing risk of these problems. As a result, given the negative effects of divorce on women and the necessity to ensure their mental health in order to have a healthy society, and considering the fact that research related to externalizing and internalizing problems of divorced women is very scattered and incomplete there is an urgent need to analyze the consequences scientifically and culturally-oriented, the present study attempts to answer the question of whether internalizing problems can play a mediating role between emotional well-being and the externalizing problems of divorced women.

Methods

The present study was a descriptive correlation with a survey method carried out by the permission of the Research Council of the Faculty of Humanities and the approval of the Vice Chancellor for Research and Technology of Zanjan University (according to letter No. 75526 dated 12/25/1398). The statistical population was all divorced women in Zanjan. Due to the vagueness of the exact size of the statistical population as a large number of divorces are registered outside the divorce system (Tasmim), according to the advice of Delavar (2018), 20-30 people per 20 variables were used [20] and the sample size was 200 people. Convenience sampling was selected from the divorced women referred to counseling centers under the supervision of The State Well-being Organization. Initially, the objectives of the study were explained to the clients and ensuring the

confidentiality of the participants' information, the consent of the study participants was obtained, so depression-anxiety-stress scale (DASS-21), subjective well-being, and aggression questionnaires and also Fisher divorce adjustment scale were made available to participants.

Depression-Anxiety-Stress Scale (DASS21): depression-anxiety-stress scale (DASS, Lovebonds & Lovebonds, 1995) is a set of three self-reporting scales for evaluation of negative emotional states in depression, anxiety, and stress. The questionnaire consists of 21 items including statements concerning the symptoms of negative emotions (depression, anxiety, and stress). Depression subscale measures unhappy mood, lack of self-confidence, disappointment, worthlessness of life, lack of interest to be involved in issues, lack of joy in life, and lack of energy and strength (questions to measure this section are: 3-5 -10-13-16-17-21). Anxiety subscale has statements that attempts to assess physiological hyperactivity, fears and situational anxiety (questions to measure this section are: 2-4-7- 9-15-19-20). And stress subscale includes statements such as difficulty in finding peace, nervous tension, irritability, and restlessness (questions for measuring this section are: 1-6-8-11- 12-14-18). Each subscale consists of 7 questions, the final score of each of which is obtained through the sum of the scores of the questions related to it. Each question ranges from zero (does not apply to me at all) to 3 (completely true about me). Since this questionnaire is a shortened form of the main scale (42 questions), the final score of each subscale must be doubled, then the severity the symptoms should be determined [21] (Table1).

Table 1: Score of the intensity of each of the subscales of depression, anxiety, stress (DASS)

| Intensity | depression | anxiety | stress |
|-----------------------|------------|---------|--------|
| Normal | 0-9 | 0-7 | 0-14 |
| Mild | 10-13 | 8-9 | 15-18 |
| Medium | 14-20 | 10-14 | 19-25 |
| Severe | 21-27 | 15-19 | 26-32 |
| Highly Intense | 28 | 20 | 33 |

Anthony et al. (1998) analyzed the scale as factor in which the results again displayed that there were three factors: depression, anxiety, and stress. The results of this study showed that 68% of the total variance of the scale is measured by these three factors. The specific value of stress,

depression, and anxiety factors in the study were 9.07, 2.89, and 1.23, respectively, and the alpha coefficient for these three factors was 0.97, 0.92 and 0.95, respectively [22]. Also, in the study of Nik Azin and Nainian (2014), Cronbach's alpha coefficients for depression, anxiety, and stress dimensions were 0.70%, 0.84%, and 0.82%, respectively, and retest coefficients for the mentioned dimensions were 0.79, 0.67 and 0.64 respectively which are acceptable [23].

Keyes and Magyar-Mae's Subjective Well-being Scale (SWS): this scale is applied to measure emotional, psychological, and social well-being. It was developed by Keys and Magyar-Mae in 2003 and includes 45 questions in three dimensions of emotional well-being (12 questions), psychological well-being (18 questions), and social well-being (15 questions). The method of scoring on the emotional well-being scale is that the questions of the positive emotions section (the first 6 questions) are added to the questions of the negative emotions section (the second 6 questions) and the total score of the emotional well-being is obtained. Questions of negative emotions section, other than Question 5 of the emotional well-being scale, are encoded in reverse and then collected together. Given a value of 1 to 5 for options (not at all to always) in this scale, 16 is the minimum score and 56 is the maximum score. In the scale of psychological well-being, questions 1,2,3,8,9,9,11,2,1,13,17,18 are scored in reverse, and the total score of the components and the total score of psychological well-being are calculated. In the social well-being scale, questions 3, 4, 5, 12, 11, 6, and 14 are scored in reverse. Given the value of 1 to 7 for options (I strongly disagree, I strongly agree) on both the psychological and social well-being scales, the minimum score is 18 and the maximum score is 126 in the psychological well-being scale, and the minimum score is 15 and the maximum score is 115 in the social well-being scale. From the total emotional, psychological and social well-being scores, a subjective well-being score is obtained. The internal validity of the emotional well-being subscale in the positive emotion section was 91% and the negative emotion section was 78%. Psychological and social well-being subscales had a median internal validity of 4% to 7% and the total validity of both of these scales was 8% or higher [4]. The reliability of the scale of

subjective well-being and the subscales of emotional, psychological, and social well-being are 0.75%, 0.76%, 0.64% and 0.76%, respectively, and Cronbach's alpha for each of the above is 0.80, 0.86, 0.80 and 0.64, which indicate the favorable internal consistency of the scale. This questionnaire was implemented and validated by Golestani Bakht (2007) on 57 subjects and the correlation coefficient of the subjective well-being questionnaire was 0.78, and its sub-scales, including emotional, psychological, and social well-being were reported to be 0.76, 0.64, and 0.76, respectively. Based on Cronbach's alpha, the internal consistency coefficient for the whole questionnaire was 0.80 and for its subscales was 0.86, 0.80 and 0.61, respectively [4].

Aggression Questionnaire (AGQ): the AGQ aggression questionnaire is a pencil-paper self-reported scale. This questionnaire was developed by Arnold H. Bass and Perry in 1992 and has 30 questions, of which 14 questions are concerning "anger", 8 questions are related to "aggression", and 8 other questions are about the cause of "resentment". In this questionnaire, the respondent answers one of the 4 options of never, rarely, sometimes and always, and for each of the 4 mentioned options, the values of 0, 1, 2, 3 are considered, respectively. With the exception of statement 18, which is considered a negative factor and is reversed for scoring, the total score of this questionnaire is obtained from 0 to 90 and with the sum of the scores of the questions. If the score in this test is higher than the average score of 42.5, the aggression is considered higher. The psychometric properties of this questionnaire were obtained through factor analysis (Zahedifar, 1996). The psychometric properties of this scale have been obtained by Zahedifar, Najarian and Shokrkan (2000). The retesting coefficients obtained between the test scores in two rounds were 0.64 and 0.79 and Cronbach's alpha coefficient was 0.87. Also, the validity of this questionnaire for 10-year-old children was calculated by Najarian in 1996 and reported as 0.85 and was standardized by Allahyari for adolescence (16 years old) in Iran [24].

Fisher Divorce Adjustment Scale (FDAS): this tool includes 100 questions designed by Fisher in 1976 to assess the level of adjustment after the end of a romantic relationship, and as a Likert in the range of 1 to 5, it is rated 1 (always), 2

(usually), 3 (sometimes), 4 (rarely) and 5 (never). The score range is between 100 and 500, and high scores indicate poor divorce adjustment, and low scores indicate high adjustment with divorce [25]. This scale has six subscales, which are: 1. Feeling of self-worth, 2-Disentanglement, 3-Anger, 4-Grief, 5- Social Self-worth, and 6- Social Trust [26] (Boehler, 1990). The reliability and validity of this questionnaire has been calculated in studies carried out in abroad. The results show that it has high reliability and appropriate validity. The scale was reported to be 0.98 by Fisher, and its convergence validity was evaluated through correlation with the Personality Orientation Inventory, and its content was calculated that all indicating the appropriate validity of this scale. Using Cronbach's alpha, Balali, Etemadi, and Fatehizadeh (2011) reported the reliability coefficients of the whole scale as 0.829 and the reliability of the subscales from 0.51 to 0.91. In the present study, Cronbach's alpha for the whole questionnaire was 0.85 [27]. In this study, in order to observe ethical principles, after explaining the purpose of the study and obtaining written consent, the researcher reminded his commitment to observe all ethical principles in research, including confidentiality, maintaining anonymity and using pseudonyms for individuals. Also, the

right to withdraw from the research was given to the participants at the stage of collecting information.

To analyze the data, descriptive statistics indexes (average and standard deviation) and inferential statistics (Pearson correlation coefficient, linear regression model and structural equation modeling test) were used by IMUs software.

Results

The findings in the descriptive section showed that in the study population, the mean of the internalizing problems (for the components of depression with a standard deviation of 2.34 is 9.60; anxiety with a standard deviation of 2.27 is 10.02; stress with standard deviation of 2.36 is 10.24) and in externalizing problems (for the components of aggression with standard deviation of 5.41 is 45.79; post-divorce adjustment with standard deviation of 9.98 is 123.6). Besides, the mean of the emotional well-being variable with a standard deviation of 5.41 is 25.79. According to the data exposed in (Table2), wherein the assumption of Normality of the data has been evaluated, the Kolmogorov-Smirnov and Shapiro-Wilk test results are not significant for any of the variables. ($P > 0.05$). This suggests that the data is normal in all variables.

Table 2: K-S and S-W results to examine the distribution of the data in variables

| Variables | States | Kolmogorov-Smirnov | | | Shapiro-Wilk | | |
|------------------------|----------------------|--------------------|-----|-------|--------------|-----|-------|
| | | Statistic | df | Sig | Statistic | df | Sig |
| Internalizing problems | Depression | 0.222 | 200 | 0.091 | 0.913 | 200 | 0.081 |
| | Anxiety | 0.170 | 200 | 0.072 | 0.912 | 200 | 0.071 |
| | Stress | 0.180 | 200 | 0.094 | 0.941 | 200 | 0.096 |
| Externalizing Problems | Aggression | 0.173 | 200 | 0.092 | 0.933 | 200 | 0.057 |
| | Adjustment | 0.109 | 200 | 0.200 | 0.968 | 200 | 0.483 |
| | Emotional Well-being | 0.103 | 200 | 0.200 | 0.956 | 200 | 0.247 |

According to the (Table 3), it is observed that the Pearson correlation coefficient test in seeking for the relationship between emotional well-being and the internalizing problems of divorced women is inversely and decreasingly significant with the Pearson coefficient value of -0.401 at the level of 0.007. In other words, as the emotional well-being of divorced women increases, their internalizing problems drop subsequently. Besides, Pearson's correlation coefficient test in examining the relationship between internalizing problems with externalizing problems (aggression) of divorced

women with the value of Pearson coefficient of 0.444 at the level of 0.001 is directly and increasingly significant, i.e., by increasing the degree of internalizing problems of divorced women, their externalizing problems (aggression) also increase. The Pearson correlation coefficient test is inversely and decreasingly significant in examining the relationship between externalizing problems (post-divorce adjustment) and the internalizing problems of divorced women with the Pearson coefficient value of -0.423 at the level of 0.004, i.e., by increasing the rate of the

externalizing problems (post-divorce adjustment) of divorced women, their internalizing problems

(depression, anxiety, and stress) reduce.

Table 3: The relationship between emotional well-being and internalizing/externalizing problems

| Variables | | Internalizing problems | | | Total |
|---|---------------------|------------------------|---------|--------|--------|
| | | Depression | Anxiety | Stress | |
| Emotional well-being | Pearson coefficient | -0.395 | -0.417 | -0.495 | -0.401 |
| | Sig | 0.010 | 0.001 | 0.002 | 0.007 |
| Externalizing Problems (Aggression) | Pearson coefficient | 0.415 | 0.385 | 0.501 | 0.444 |
| | Sig | 0.003 | 0.020 | 0.001 | 0.001 |
| Externalizing problems (Adaptation after divorce) | Pearson coefficient | -0.410 | -0.402 | -0.453 | -0.423 |
| | Sig | 0.001 | 0.008 | 0.001 | 0.004 |
| N | | 200 | 200 | 200 | 200 |

*Pearson correlation

According to (Table 4), it is observed that the Pearson correlation coefficient test in examining the relationship between emotional well-being and externalizing problems (aggression) of divorced women with the value of Pearson coefficient of -0.4211 at the level of 0.001 is inversely and decreasingly significant. Besides, post-divorce adjustment of divorced women with the value of Pearson coefficient 0.407 at the level of 0.003 is directly and increasingly significant, i.e, by increasing the emotional well-being of

divorced women, their externalizing problems (aggression) decrease and (post-divorce adjustment) increase. To investigate the mediating effect of internalizing problems, in the relationship between emotional well-being and aggression, a linear regression test was first used to predict the level of aggression from emotional well-being, the data of which are reported in the following tables:

A: Investigating the relationship between emotional well-being and aggression.

Table 4: The results of the correlation test between emotional well-being and externalizing problems

| Variable | | externalizing problems | |
|-----------------------|---------------------|------------------------|-------------------------|
| | | Aggression | Post-divorce adjustment |
| Emotional Well- being | Pearson coefficient | -0.421 | 0.407 |
| | Sig | 0.001 | 0.003 |
| | N | 200 | 200 |

The data in (Table 5) show that 29% of the aggression in divorced women is directly and linearly predictable with emotional well-being. Durbin-Watson statistic with a value of 2.17 indicates the appropriate independence of observations in the relationship between these two variables. The standard coefficient in this relationship equals to 0.42, which is significant at

the level of 0.001. This indicates the high predictive power of this model without the presence of the third variable as a mediator, which then uses structural equation modeling to investigate the value of this relationship following the presence of the third variable, namely internalizing problems.

Table 5: Summary of the regression model and estimation of constant coefficients and constant values of the model

| Predictor variable | Criterion variable | R Square | Std. Error | Durbin-Watson | B | t | Std. Error |
|----------------------|--------------------|----------|------------|---------------|--------|-------|------------|
| Constant Value | - | - | - | - | - | 1/533 | 0/045 |
| Emotional Well-being | Aggression | 0/295 | 10/48 | 2/17 | -/0421 | 3/485 | 0/001 |

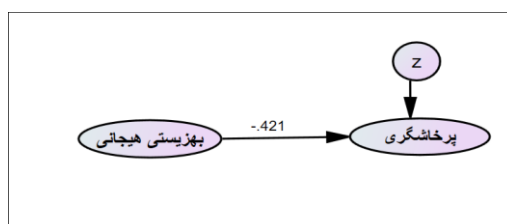


Figure 1: Investigating the relationship between emotional well-being and aggression

As can be observed, the linear relationship of these two variables in the Pearson correlation coefficient test with a value of 0.421 at a level smaller than 0.01 is significant.

B: The mediating role of the internalizing problems in the relationship between emotional well-being and aggression.

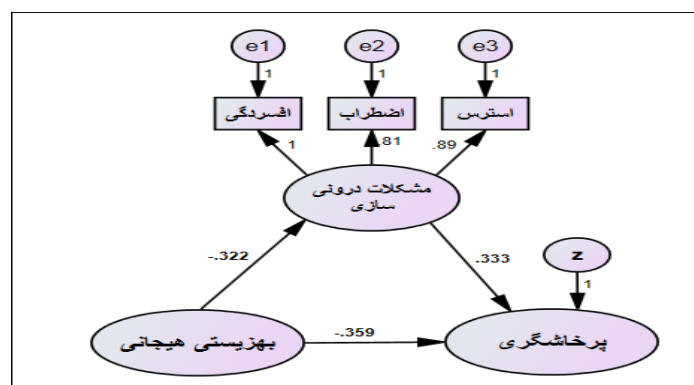


Figure 2: Investigating the mediating role of internalizing problems in the relationship between emotional well-being and aggression

According to the data in the chart above, after entering the variable of internalizing problems as the third variable in the relationship between emotional well-being and aggression, the intensity of the relationship between the two variables decreased by 0.62 under the influence of this variable. However, this effect is still valid according to the output of Baron and Kenny test based on fitness indicators, and this shows that the variable of internalizing problems is a mediating variable in the relationship between emotional well-being and aggression and the research hypothesis is confirmed.

C- Investigating the fitness of the drawn model

The standardized Bentler-Bonett fitness indicators, relative fitness, incremental fitness, Tucker-Lewis fitness, adaptive indicators, and Chi-square were used to investigate the mediating role of internalizing problems in the relationship between emotional well-being and aggression and to express the acceptability of the drawn model. The obtained results from the model show that all adaptive fitness indicators (CMIN equals to 13.42, CMIN/DF equals to 6.71, DF equals to 2, SIG.

equals to 0.003, NFI equals to 0.915, RFI equal to 0.921, IFI is equal to 0.915, TLI equals to 0.911, CFI equals to 0.932, GFI equals to 0.942, and RMSEA equals to 0.012) except for RMSEA of the developed model is above 0.9 and this indicates that the model is acceptable. The relative fit index is 0.921, which is close to one. On the other hand, the Chi-Square test of Independence with 13.42 and relative 6.71 with 2 degrees of freedom is significant at the level of 0.003. These results indicate that the model has a good fit of the data. The RMSEA index is also in the standard mode with a value of 0.012. To investigate the mediating effect of internalizing problems, in the relationship between emotional well-being and post-divorce adjustment, a linear regression test was first used to predict the rate of post-divorce adjustment from emotional well-being, the data of which are reported in the following tables:

A: Investigating the relationship between emotional well-being and post-divorce adjustment. Table 6 illustrated that approximately 25% of post-divorce adjustments for divorced women are directly and linearly predictable with

emotional well-being. Durbin-Watson -Watson statistic with a value of 1.78 shows the appropriate independence of observations in the relationship between these two variables, and the

standard coefficient in this regard is 0.40, which is significant at the level of 0.001. This indicates the high predictive power of this model in the absence of the third mediatory variable.

Table 6: Summary of the regression model and estimation of constant coefficients and constant values of the model

| Predictor variable | Criterion variable | R Square | Std. Error | Durbin-Watson | B | t | Std. Error |
|----------------------|-------------------------|----------|------------|---------------|-------|-------|------------|
| Constant Value | - | - | - | - | - | 1/221 | 0/011 |
| Emotional Well-being | post-divorce adjustment | 0/249 | 6/23 | 1/78 | 0/407 | 4/325 | 0/001 |

Hereinafter, using structural equation modeling, the value of this relationship will be investigated

following the presence of the third variable, i.e., internalizing problems.

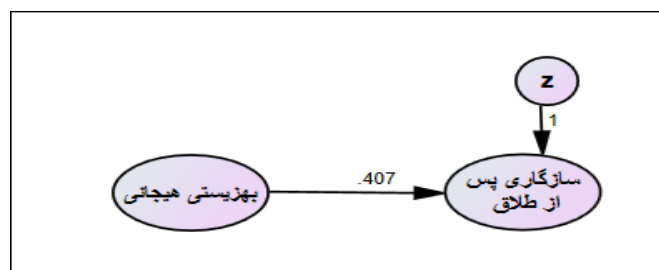


Figure 3: Investigating the relationship between emotional well-being and post-divorce adjustment

As can be seen, the linear relationship between these two variables in the Pearson correlation coefficient test with a coefficient value of 0.407 is significant at the level below 0.01.

B: Investigating the mediating role of internalizing problems in the relationship between emotional well-being and post-divorce adjustment.

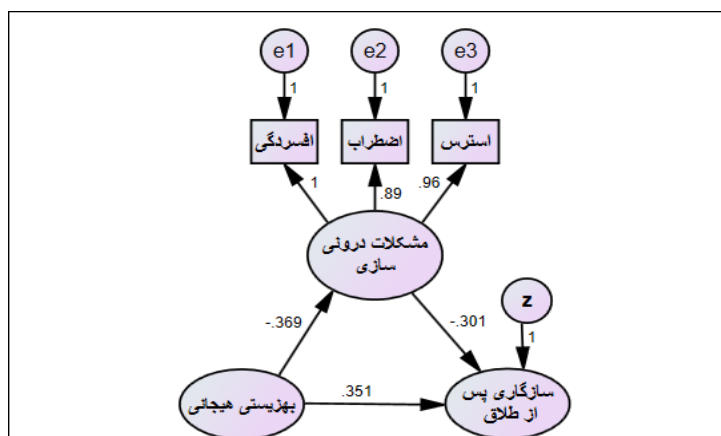


Figure 4: Investigating the mediating role of internalizing problems in the relationship between emotional well-being and post-divorce adjustment

According to the data in the chart above, after entering the variable of internalizing problems as the third variable in the relationship between emotional well-being and post-divorce adjustment, the intensity of the relationship between the two variables decreased by 0.56 under the influence of this variable. However, this

effect is still valid according to the output of the Baron and Kenny test based on fitness indicators. This discloses the fact that the variable of internalizing problems was a mediating variable in the relationship between emotional well-being and post-divorce adjustment, and the research hypothesis is confirmed.

C- Checking the fitness level of the drawn model
The standardized Bentler-Bonett fitness indicators, relative fitness, incremental fitness, Tucker-Lewis, adaptive indicators, and Chi-square were used to examine the mediating role of internalizing problems in the relationship between emotional well-being and post-divorce adjustment and expression of acceptance of the drawn model. The results obtained from the model show that all adaptive fitness indicators (CMIN equals to 14.26, CMIN/DF equals to 7.61, DF equals to 2, SIG. equals to 0.010, NFI equals to 0.905, RFI equals to 0.933, IFI equals to 0.962, TLI equals to 0.921, CFI equals to 0.900, GFI equals to 0.912, and RMSEA equals to 0.921) except RMSEA of the developed model is above 0.9. and this specifies the acceptability of the model. The relative fitness indicator is 0.933, which is close to 1. On the other hand, the Chi-Square test of Independence with 14.26 and relative 7.61 with 2 degrees of freedom is significant at the level of 0.10. These results indicate that the model has good fitness of the data. The RMSEA indicator is also in standard mode with a value of 0.003.

Discussion

According to the findings of the present study, as emotional well-being increases, the internalizing and externalizing (aggression) problems decreases, and post-divorce adjustment increases in divorced women. The findings are consistent with the results of Jafari Nodoshan et al. (2015), Bourne et al. (2015), Amato (2014), Breslau et al. (2011), [14,7,9,10]. In order to explain these findings, it can be stated that since the feeling of well-being has both emotional and cognitive components, people with a high sense of well-being mainly experience positive emotions and have a positive evaluation of the events around them, of their and others past and future, and label them to be as pleasant. On the other hand, people with a low sense of well-being find events and situations of their life unfavourable, and experience most of the negative emotions such as anxiety, depression, and anger [19]. Thus, although divorced women faced multiple post-divorce personal and interpersonal conflicts, they may be more exposed to situations in which they provoke anger and aggression than normal women. However, in the meantime, those with high emotional well-being evaluate

negative/stress-evoking events and conditions less negatively, have a more positive perspective upon life, have more control over their emotions, and ultimately demonstrate less aggression. In addition, positive cognitive, affective, and emotional experiences make people less prone to problems such as anxiety, depression, and stress, so that they can cope with entirety of the situation more easily in the post-divorce phase, facing no severe crisis or problem.

Besides, according to other findings of this study, with the increase in the rate of internalizing problems (depression, anxiety, and stress) of divorced women, their externalizing problems (aggression) increase, while their (post-divorce adjustment) decreases. The results of this study are consistent with the results of the Jafari Nodoshan et al. (2015), Bourne et al. (2015), Amato (2014), Breslau et al. (2011), [14,7,9,10]. In order to explain these findings, it can be stated that shortly after the divorce due to new conditions and existing conflicts, many women suffer from depressive symptoms such as disappointment, negative thoughts about themselves, boredom, lethargy, many physical symptoms as well as mental problems such as chronic anxiety and apprehension about the future, frustration, pessimism that causes them to experience negative temper and emotions consistently [28]. Due to the conditions they face and sometimes the problems that appear on their way, they may lose control of their emotions, and in difficult situations, the so-called lack of control and emotion management leads them to negative emotions and eventually externalizing problems such as aggression. Furthermore, since internalizing problems are intrinsic in nature, they manifest in the form of withdrawal from social interactions, deterrence, anxiety, stress, and depression. Due to negative temper and emotion, feelings of frustration and pessimism, divorced women with internalizing problems are reluctant to communicate with others and the environment, and avoid interacting with others owing to negative thoughts and emotions and feelings of loneliness, etc. they have a low post-divorce adjustment [5].

Another finding of the present study is that internalizing problems (depression, anxiety, stress) play a mediating role between emotional well-being and externalizing problems

(aggression and post-divorce adjustment). It seems that the lack of emotional well-being in this group of women and the difficulty in emotional self-regulation or the inability to cognitively processing of emotional information and emotional regulation may lead to internalizing problems in this group. Once emotional information cannot be evaluated and perceived in the process of cognitive processing, the person becomes emotionally and cognitively disoriented. This disability disrupts the organization of an individual's emotions and cognitions. Decreased emotional and psychological well-being indicators and increased psychological distress, depression, and anxiety are the products of this disorder.

In fact, the lack of emotional well-being and the lack of controlling management over it may reduce the types of social support in the divorced women's group, and the lack of supports may lead to internalizing problems in this group of women. Due to internalizing problems such as depression, anxiety, and stress, the divorced woman internalizes all the emotions and feelings, and this causes her not to behave appropriately in different situations and somehow involved in a lack of excitement control and management. This makes it impossible for her to express the appropriate emotional behavior in different situations, and sometimes to externalize her emotions in an incorrect and sometimes even extreme way. In fact, it can be said that internalizing itself leads to a lack of control over emotional management, which in the long run, leads to aggression and anger in various situations. Additionally, they are always frustrated due to the characteristics of depressed individuals and do not have a positive outlook on life that will not only be dissatisfied with their living conditions, but they will also have difficulty communicating with those around them, and they will have trouble achieving adjustment, especially psychological adjustment with divorce.

Conflict of interest

The authors have no protestation to the report in the present study.

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