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RESEARCH ARTICLE

INVESTIGATING THE RELATIONSHIP BETWEEN EMOTIONAL DIVORCE AND MARITAL SATISFACTION (IN TEACHERS AT CITY OF RASHT, GUILAN, IRAN)

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ABSTRACT

This research was conducted for investigating the relationship between emotional divorce and marital satisfaction among Rasht teachers, statistical Society of this research was included all working teachers in Rasht that with regard to statistical Society size (6311 persons) based on Krejcie and Morgan's table (1970) were selected first by stratified sampling method of schools in both Rasht school districts. Finally, 400 questionnaires were distributed in these schools based on Sample manifestation (married teachers). Instruments for gathering information of this research has been a questionnaire of 24 emotional divorce questions and a questionnaire of 35 marital Satisfaction questions. Research results showed that there is a significant relationship between emotional divorce and marital satisfaction components ($p < 0/01$) and this relationship is negative and reverse. That is, the emotional divorce is expected to increase when the amount of the marital satisfaction decreases. Also, there was a significant relationship between City of Rasht teachers in relation to emotional divorce and amount of marital satisfaction from gender, number of children and spouse job perspective. But there was no meaningful relationship from age, marriage duration respondents' education level, type of employment (teacher, Office personnel) and spouse education level.

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INTRODUCTION

Marriage is the first emotional and legal promise in our life. Also, selecting spouse and marital promise both are indicative of bravery and personal improvements. Spouse Selection is certainly one of the most important decisions that we make in our life (Yousefi and Bagheriyan, 2011). Marriage is the first and most important stage in the cycle of family life in which spouse selection takes place and success in other stages of life depends on this stage (Neutzner and Harris, 2008. quoted from Yousefi and Bagheriyan, 2011). Marriage is usually as a Source of happiness and Satisfaction for an individual but unfortunately it sometimes changes to a Source of failure (TeimoorAsefchi *et al.*, 2012). Marriage and Marital life begins with this phrase that only death separates us for many spouses. Although on the first days of marital relation, woman and man are absolutely committed to marital relation, but sometimes this commitment is not permanent (Sprecher *et al.*, 2008). In Such situation, family efficiency gets lesser in performing tasks that is well- being, mental relaxation and marital satisfaction (Gurman, 2009). So we can say that, family is known as the greatest wealth and Society force and marital Conflicts is a serious Social problem that has negative effects

on mental and physical health of couples (Gunt, 2006) and their children. Regarding to importance and major function of marriage, phenomena that should be noticed permanently, conflict and conflict is as inseparable and permanent component in marriage and marital relationships that if the couples couldn't solve it well, it will have destructive effects on couples and children in family (Bahmani *et al.*, 2011). According to definition, divorce is a process that initiates with experience of both couples emotional crisis and ends with effort to solve conflicts through going to new situation with new roles and life style. Study of couples' relationships helps to understand structural framework of couple's relationship. Quality of marital relationships has a major role in evaluating total quality of family relationships (Yousefi and Sohrabi, 2011).

Formal divorce statistics is not absolutely indicative of amount of spouses' failure in marital life, because there is larger but not detected statistics of emotional divorces. Perhaps we could allocate twice of legal divorces to emotional divorces, that is to Silent lives and hollow families that man and woman live but never ask for legal divorce (Bokharai, 2007). Hollow family, is a family that its members continue to live to gather, but they are deprived of relationships and interactions with each other and emotional support (Good, 1973, translator: Nasehi). Emotional divorce can be symbol of existing problem in healthy and correct relationships between husband and wife.

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In this stage of marriage Sometimes couples pretend that everything is good, while trying to regain their spouse love and interest. Anxiety, bewilderment and inefficiency are highlighted. People frequently go toward their relatives and friends to get emotional support or benefit their association (Kaslow and Schwartz, 1997). Emotional divorce is a period that none of the couples have good image of other and consider the other person in a negative way (Cornic 2001). This divorce creates when each of the couples accept they have no good future with their spouse.

In this condition, individual doesn't care to his/ her spouse. Many researchers report shows that due to women's interest in preservation of marital life, have more stress before divorce and more than men, identify problems before divorce (Zarei Mahmood Abadi, *et al.*, 2012). Emotional divorce time for them takes places years before de man for divorce. Frequently men are unaware of marital problems and may consider demand for divorce as a shock (Ricco, 1989). Men effort in emotional divorce level may appear in different forms such as anger, aggression and severe depression. Also, formulate this new relationship is the most common way for overcoming divorce emotional problems and for many men this event takes place before the divorce trend is legal (Gottman, 1989). Parvin *et al.* (2012) surveyed the effective Sociological factors in emotional divorce among Tehran families. this research findings show that whenever family Structure balance loses by effect of internal and external conditions, its effective for malathion functions such as Social Capital with in the family, discipline with in family, family power structure and Social Capital With in the family (which has the most significant relationship with amount of emotional divorce) face challenges that can grounds for emotional divorce.

Fathi and Bagheri Niya (2014) surveyed emotional divorce in Couples and especially, amount of tolerance and agreement in Iranian Couples. Their results showed that relationship-focused strategies are generally positive or neutral strategies and self-centered and child-centered strategies are negative or neutral strategies. Finally, the study noted, attention to differences is necessary in emotional divorce – therapy and cannot be satisfied with equal therapy methods for different families. It can be said that pointlessness or emotional divorce results from inconsistency between expectations and reality and its degree depends on amount of consistency in Couples and their beliefs, this phenomenon is a gradual case and happens rarely. In fact, love and intimacy would undermine gradually and general depression occurs along with it (Asadi, *et al.*, 2013). This phenomena initiates with relationship breakdown and awareness growth and notice to things that are not as pleasant as the past and if at this stage nothing is done to stop the progress of this process, everything from bad stage gets to worse. At worst, pointlessness results in marital relationship break off and separation (Pines, 2002).

Marital satisfaction is one of personal experiences of each couples that can be evaluated in response the sexual pleasure and depends on individual's expectations, needs and wishes in marriage (Kaplan and Maddux, 2002). Researches show that relationship quality (Graham *et al.*, 2011) may meet the couple relationship satisfaction in different form with variant

factors like mental health (Allen *et al.*, 2010) and attachment styles (Papp, 2010). Bradbery, Finchman and Beach Claim that someone who Considers marriage or gets married, expects that this life is associated with happiness, felicity and satisfaction and enjoys every moment of his/her life. Thus, something that is more important than marriage itself is success in marriage or in the other words satisfaction among couples (Bradbery *et al.*, 2002).

IT can be said, this case is the most important criterion for determining the family with good performance (Greef, 2000), facilitates parental role (Cummigs and Watson, 1997), prolongs the life of the couples (Comb, 1991) and enhances health (Demo and Acock). Also, it increases marital compatibility, confidence, love and loyalty (Roizblatt, Kaslow, Rivera, 1999) and controls the anger (Goodman, 1999). In contrast, marital discord, raises divorce (Syaers and *et al.*, 2001) and causes problematic attachment (Hawkins and Both, 2005).

Several factors are involved in the development of marital satisfaction, Such as relationships quality before marriage, how marriage, way of communication, Couples character and way of dealing with marital problems are some Known factor in this field. However, marital satisfaction needs to couples attempt (Patrik *et al.*, 2007). Limited researches show that one of the main predictor of marital dissatisfaction is inability to tolerate mixed feelings (Leahy and Kaplan, 2004; Quoted from Hasani *et al.*, 1392). If for any reason dissatisfaction and incompatibility arise in family, terms of frustration and anger may occur and have outcomes such as suspicion, emotional abuse, anger and blame (Tafarosh *et al.*, 2013).

In a study, Waring *et al.* have found that marriage disorder and dissatisfaction in marriage has significant relationship with prevalence of affective emotional disorders in general population (Hossein Ghafari, 2008). If the marriage is Satisfactory, it improves spouses' health and prevents negative events in life and psychological problems in them (Ameri, 2003). One of the most significant factors in marital satisfaction is couples attachment styles in adulthood (Banes, 2004). Generally, attachment style is a personal variable that predicts Satisfaction in romantic (lovely) relationships. Bowlby believed that attachment is a symbol of emotional bond, that Continues from birth to death. In fact Bowlby believed that bond between child and care has significant effect on child psychology change and his/ her performance in adulthood, according to this, mental representations of attachment that are established in childhood have considerable effect on attachment relationships in adulthood and appear in different forms (Panahi *et al.*, 2012) Generally, there is a relationship between safe attachment with more marital satisfaction, and insecure attachment with less marital Satisfaction (Banes, 2004).

Regarding to the role of marital relationship with mental health, identifying effective factors on marital satisfaction can be an important action in the context of marital relationships. However, the rising divorce rate in communities and also finding hidden forms of divorce in families (like emotional divorce) is a motivation for researchers in detecting effective

factors in marital stability and satisfaction. In fact types of divorce is a sensitive social problem with serious consequences for mental and physical health of spouses and children (Jafari, 2009). Therefore, in this study we consider the emotional divorce and marital Satisfaction and its dimensions.

Hypotheses and research questions

Research hypothesis: There is a relationship between emotional divorce with marital satisfaction (couples relationships, Conflicts resolution, and ideal distortion). First question: Is there a significant relationship among teachers in City of Rasht about emotional divorce relationships with marital Satisfaction factors from age perspective? Second question: Is there a significant relationship among teachers in Rasht about emotional divorce relationships among teachers in Rasht about emotional divorce relationships with marital satisfaction factors from marriage duration perspective? Fourth question: Is there a significant relationship among teachers in Rasht about emotional divorce relationship with marital satisfaction.

Factors from number of children perspective?

Fifth question: IS there a significant relationship among teachers in Rasht about emotional divorce relationship with marital satisfaction from education level perspective? Sixth question: IS there a significant relationship among teachers in Rasht about emotional divorce relationships with marital satisfaction from spouse education level prospect? Seventh question: IS there a significant relationship among teachers in Rasht about emotional divorce relationships with marital Satisfaction from Spouse job perspective?

MATERIALS AND METHODS

This research is descriptive or match type at is collected for relationship survey between two variables (emotional divorce and marital satisfaction). Statistical society in this research includes all working teachers of Rasht in 2015.

sampling method. In the final step, questionnaires distribution in these schools was conducted based on Sample manifestation (married teachers). Finally, 400 teachers in the City of Rasht (Population size: 6311 persons) were selected for participation in research. Selection criterion for Sample Size is Krejcie and Morgan table.

Instruments

Research methodology in this study is Survey method, so data collection instrument in this study is questionnaire. Two questionnaires are instrument in this study is questionnaire. Two questionnaires are used in this study that totally have 59 articles. Its 24 articles are related to emotional divorce questionnaire. This questionnaire was taken from success or failure in marriage book written by Gatman. Its reliability was evaluated and with regard to the amount of Chronbach alpha coefficient (96/3%), this questionnaire was highly confirmed. Other 35 articles, was related to marital satisfaction questionnaire. This questionnaire (that is short form of the original sample) is made of 35 questions that is set in 4 scales. Reliability of this questionnaire was re- evaluated. With regard to the amount of reliability Chronbach alpha coefficient of idealistic distortion items (81/4%), this item was highly Confirmed in the subscale of idealistic distortion. With regarding to the amount of marital satisfaction Chronbach s alpha Coefficient (89/7%), this item was highly confirmed in the subscale of marital satisfaction. Regarding to the amount of reliability Chronbach alpha coefficient of conflict distortion (89/7%), this item was highly confirmed in the subscale of conflict resolution. Finally, With regard to the amount of reliability Chronbach alpha coefficient of communication (89/5%), this item was highly confirmed in the subscale of communication.

RESULTS

According to the test results of normal distribution of data dependent and independent variables, it is clear that because

Table 1. Kolmogorov-Smirnov test in surveying Normal

| significant | Komogrov-Smirnov (K-S) | Negative number | Positive number | Neutral | Standard deviation | Mean | |
|-------------|------------------------|-----------------|-----------------|---------|--------------------|------|----------------------|
| 0/000 | 0/086 | -0/065 | 0/086 | 0/086 | 0/571 | 3/38 | Marital Satisfaction |
| 0/000 | -0/0108 | -0/108 | 0/079 | 0/108 | 0/831 | 2/02 | Emotional Divorce |

Table 2. Mean and Standard deviation of Surveyed Variables

| Standard deviation | Mean | |
|--------------------|------|----------------------|
| 0/571 | 3/38 | Marital Satisfaction |
| 0/831 | 2/02 | Emotional Divorce |

Table 3. Pearson correlation test in examining the emotional divorce and marital satisfaction

| Marital Satisfaction | | |
|----------------------|-------------|-------------------|
| -0/555 | Correlation | Emotional divorce |
| 0/000 | Significant | |
| 400 | Number | |

Table 4. Pearson correlation in examining the emotional divorce and couples relationships

| Couples Conflicts | | |
|-------------------|-------------|-------------------|
| **0/314 | Correlation | Emotional divorce |
| 0/000 | Significant | |
| 400 | number | |

Table 5. Pearson Correlation in Examining Emotional Divorce and Couples' Conflicts

| Couples' Conflicts | | |
|--------------------|-------------|-------------------|
| **0/314 | Correlation | Emotional divorce |
| 0/000 | Significant | |
| 400 | Number | |

Sampling in this research is stratified, that is schools, in these two educational distinct, were selected first by stratified

none of the variables had normal distribution, therefore c- test is used to measure the research questions and hypotheses tests. With 99% confidence we can say that there is a reverse and negative relationship between emotional divorce and marital Satisfaction, that is expected when the emotional divorce increases, marital Satisfaction decreases.

Table 7. Adjusted Means for Surveyed Variables and Emotional Divorce with Marital Satisfaction

| Low | high | Standard Deviation | Mean | | Emotional Divorce (age) |
|------|-------|--------------------|-------|--------------------|--|
| 2/08 | 1/18 | 0/230 | 1/63 | 30-26 | |
| 2/19 | 1/56 | 0/160 | 1/88 | 25-31 | |
| 2/17 | 1/69 | 0/123 | 1/93 | 40-36 | |
| 2/19 | 1/70 | 0/124 | 1/94 | 45-41 | |
| 2/42 | 1/91 | 0/129 | 2/17 | 50-46 | |
| 3/01 | 2/11 | 0/229 | 2/56 | 50 | |
| 3/77 | 3/13 | 0/164 | 3/45 | 30-26 | |
| 3/81 | 3/36 | 0/114 | 3/58 | 35-31 | Marital Satisfaction (age) |
| 3/59 | 3/24 | 0/088 | 3/41 | 40-36 | |
| 3/48 | 3/14 | 0/089 | 3/31 | 45-41 | |
| 3/59 | 3/16 | 0/099 | 3/34 | 50-46 | |
| 3/43 | 2/79 | 0/163 | 3/11 | 50 | |
| 2/24 | 1/88 | 0/086 | 1/99 | Women | Emotional Divorce (gender) |
| 3/41 | 3/17 | 0/090 | 2/06 | Men | |
| 3/59 | 3/34 | 0/061 | 3/29 | Women | |
| 2/30 | 1/41 | 0/064 | 3/46 | Men | |
| 2/30 | 1/41 | 0/225 | 1/85 | 5-1 | Emotional divorce |
| 2/14 | 1/57 | 0/145 | 1/86 | 10-6 | |
| 2/28 | 1/81 | 0/119 | 2/04 | 15-11 | |
| 2/23 | 1/75 | 0/121 | 1/99 | 20-16 | Marriage duration |
| 2/49 | 1/90 | 0/152 | 2/20 | 25-21 | |
| 2/62 | 1/80 | 0/208 | 2/21 | 30-26 | |
| 3/62 | 2/99 | 0/160 | 3/31 | 5-1 | Marital Satisfaction |
| 3/64 | 3/23 | 0/103 | 3/44 | 10-6 | |
| 3/56 | 3/22 | 0/086 | 3/39 | 20-16 | |
| 3/45 | 3/02 | 0/108 | 3/24 | 25-21 | |
| 3/45 | 3/02 | 0/108 | 3/43 | 30-26 | |
| 2/23 | 1/86 | 0/093 | 2/04 | 1-0 | Emotional Divorce (number of Children) |
| 2/11 | 1/78 | 0/083 | 1/94 | 3-2 | |
| 2/86 | 1/77 | 0/277 | 2/31 | 4 | |
| 2/27 | 1/54 | 0/299 | 2/31 | Diploma | Emotional Divorce (education) |
| 2/60 | 1/80 | 0/202 | 2/20 | Associate's Degree | |
| 2/12 | 1/77 | 0/089 | 1/95 | BS | |
| 2/38 | 1/89 | 0/0125 | 2/14 | MA | |
| 2/21 | 0/981 | 0/314 | 1/600 | Under Diploma | Emotional Divorce (Spouse Education) |
| 2/49 | 0/981 | 0/134 | 2/23 | Diploma | |
| 2/45 | 1/79 | 0/169 | 2/12 | Associate Degree | |
| 2/40 | 1/95 | 0/114 | 2/17 | BS | |
| 2/25 | 1/41 | 0/213 | 1/83 | MA | |
| 2/46 | 1/58 | 0/222 | 2/02 | PHD | |
| 4/09 | 3/22 | 0/221 | 3/65 | under diploma | Marital Satisfaction |
| 3/50 | 3/13 | 0/094 | 3/32 | Diploma | |
| 3/40 | 2/93 | 0/119 | 3/17 | Associate's Degree | Spouse Education |
| 3/45 | 3/14 | 0/080 | 3/30 | BS | |
| 3/85 | 3/26 | 0/150 | 3/55 | MA | |
| 3/66 | 3/04 | 0/157 | 3/35 | P.H.D | |
| 2/11 | 1/71 | 0/102 | 1/91 | Clerk | Emotional Divorce (Spouse job) |
| 2/45 | 1/91 | 0/138 | 2/18 | Self-employment | |
| 2/50 | 1/94 | 0/143 | 2/22 | housewife | |
| 3/56 | 3/28 | 0/072 | 3/42 | clerk | Marital Satisfaction (spouse job) |
| 3/46 | 3/07 | 0/097 | 3/26 | Self-employment | |
| 3/52 | 3/13 | 0/100 | 3/32 | housewife | |

With 99% confidence we can say that there is a reverse and negative relationship between emotional divorce and couples

relationships that is the emotional divorce is expected to increase when the couple's relationships decrease. With 99% confidence we can say that there is a reverse and negative relationships between emotional divorce and idealistic distortion. That is the emotional divorce is expected to increase when the idealistic distortion decreases. Linear combination of emotional divorce has the same marital satisfaction components among different age groups and there is no relationship. With regard to gender among women and men, there is no significant difference between linear combination of emotional divorce and marital satisfaction components. And with 99% Confidence there is a relationship. In the other words, average amount for emotional divorce in men is more than women.

With regard to marriage duration, linear combination. Of emotional divorce is same as marital satisfaction components and there is no relationship. With regard to number of children, linear combination of emotional divorce is different from marital satisfaction components. That is, without child and decrease the number of children, emotional divorce increases and marital satisfaction amount decreases. With regard to education, Linear combination of emotional divorce is different from marital Satisfaction components and there is no relationship.

With regard to type of education, linear combination of emotional divorce has the same difference with marital satisfaction components and there is a relationship. With regard to spouse education, linear combination of emotional divorce has significant difference with marital satisfaction components and there is a relationship. Average marital satisfaction is more among teachers whom their spouse is housewife.

Discussion and Conclusion

The aim of this study is Survey the relationship between emotional divorce and marital Satisfaction among teachers in Rasht. For this purpose, research hypotheses were examined by statistical test. That their results are shown in tables. Research hypothesis: Regarding to tables 3, 4, 5 and 6, with 99% confidence we can say that there is a reverse and negative relationship between emotional divorce and marital satisfaction components (couples relationships, conflicts resolution, and idealistic distortion). That is emotional divorce is expected to increase, when the marital satisfaction decreases. Larson and Holman (1994) surveyed the effective factors in marital stability and quality. Behavior and personal traits like emotional health is the most important factor from their perspective.

Honariyan and Yonnes (2011) found that effective factors in divorce (and emotional divorce) include issues such as lack of communication Skills, mental illness, lack of maturity and addiction. Parvin *et al.* (2012) research results show that whenever family structure balance collapse, especially under the influence of internal and external conditions, its effective formation performances such as Social capital within family , discipline within family, Power structure and.... (these are effective factors on couple's relationships) face challenges that

can be grounds for emotional divorce. Feeneys researches (1999) showed that bi lateral negotiation about conflicts resolution was the most important single factor that predicted marriage satisfaction for women and men, this satisfaction can prevent from couples emotional conflicts.

First Question: with regard to Table 7, Linear combination of emotional divorce has the same amount as marital satisfaction components among different age groups, thus results show lack of communication. This result is agreement with Aghsoodi and Mohammadi's research (2010) as burnout and boredom marriage that showed that age has no relationship with boredom marriage. Also there was no relationship in Hojatpanah and Ranjbars (2013) research as sexual satisfaction, marital satisfaction and life satisfaction among couples age and marital satisfaction and life satisfaction. But in this study, there is a reverse and significant relationship between reseat satisfaction and couple's age.

Second Question: Regarding to Table 7, due to the gender among women and men, linear combination of emotional divorce has significant difference with marital satisfaction and with 95% confidence there is a relationship. That is average amount of emotional divorce among men is more than women. This result is agreement with Mazaheri's finding (2000). In his research as surveying the relationship between attachment and marriage functioning, he showed that relationships between attachment style, family structure and marital compatibility for women is stronger than men. Hamidi's research (2007) results is opposite of this result and showed that there is no significant difference between attachment styles of married female students with male, although women have more safety level in interpersonal relationships, but differences are not significant.

Third question: Regarding to table 7, due to the marriage duration. Linear combination of emotional divorce has the same difference with marital satisfaction and there is no relationship. Ashtiyani and Hosseini's research (2010) was opposite of this relationship and showed that individuals who have more life time experience, have more marital satisfaction than those who have less marital life. Therefore, with regard to their results, Couples who pass early years of their marital. Life have more compatibility problems.

Fourth question: Regarding to table 7, due to number of children, linear combination of emotional divorce is different from marital satisfaction that is without child and decrease the number of children, emotional divorce increases and marital satisfaction decreases. Movahed and Ahmad Poor's result is agreement with this result. They showed that number of children is an important factor with existence of conflicts in families that this factor shows intensity, Content and total conflicts in all three modes. That is with the increasing number of children, Conflicts in family increases, too. This finding is agreement with Atari (2006) and Maghsood's (2004) findings.

Fifth question: Regarding to table 7, due to education, linear combination of emotional divorce has the same difference with marital satisfaction factors and there is no relationship. This result is agreement with Rasoolzadeh and *et al*'s (2009)

research that there was no relationship in this case. However, Woman and man education are Known effective factors compatibility and marital satisfaction in Sedgh Amis's research (1997). Banijamali *et al.* (2004) research results showed that there is a significant relationship between education level and success in Spouse life. In Mirghafoori and *et al*'s study (2013) they consider Spouse educational level as one of the predictive factors of marital satisfaction that was agreement with Mahdavi and Nasimi's (2008) Study. But there was no relationship between marital satisfaction and Couples education in Bakhshayesh and *et al*'s study (2010). Sixth question: Regarding to Table 7, due to spouse education, Linear Combination of emotional divorce has the same difference with marital satisfaction and there is no relationship. This finding is agreement with Bakhshayesh and Mortazavi's findings as sexual Satisfaction relationship, general health and marital Satisfaction in Couples that showed the relationship between marital satisfaction and education level is not significant but the relationship between sexual satisfaction and testers' education level is significant. Nevertheless, a Kind of education level relationship with marital satisfaction is emphasized in Ghadiri Shekari's findings (2007).

Seventh question: Regarding table 7, due to the type of employment, linear combination of emotional divorce has the same difference with marital satisfaction components and there is a relationship. Average marital satisfaction is more among teachers whom their Spouses are housewife. This result is agreement with BabaeiFard's (2013) research results as evaluating the effects of women's employment on family and Social relationship. His findings showed that an important part of working women have high work pressure. Women working pressure impact more on their Social relationships and house Keeping and creates conflicts for them in this context. Therefore women have healthier performance.

In addition, Giddens (2008) states: women employment makes them to sacrifice parts of their lives for their own career. This case can have negative effect on marital satisfaction and family emotional aspects. Regarding to research results and confirm of emotional divorce impact on marital satisfaction decrease, it is recommended to couples and families that by spending more free time with each other and also companionship together take steps for increasing satisfaction from couples' relationships. At last, if there is any problem and conflicts, they can get help from experts. Also it is recommended to education authorities that by inviting from mental health professionals, act out for training life skills and communication skills (like emotional management) to individuals in all ages, especially to married teachers and or those who are getting prepare for marrying.

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