



# Qualitative Study to Identify Preventive Components of Family Collapse

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## Abstract

**Aim:** The present study aimed to developed a model for preventing family collapse based on the knowledge and experience of some experts and couples applying for the divorce. **Methods:** The research method was qualitative with the grounded theory technique. **Results:** The results were obtained based on three stages of coding with more than 205 meaningful propositions, 404 corresponding concepts, 35 sub-categories, 12 main categories, and one core category. **Conclusion:** The 12 categories obtained include an emphasis on continuous education, economic strengthening, legal support for a healthy life, skill training and skill enhancement, continuous moral reproduction, cultural immunity, healthy lifestyle, rational choice, strengthening the internal links of members, building mutual trust, family orientation, and effective intervention. Abstracting these categories in the selective coding stage obtained a core category called "Prevention of family collapse leads to the consequences of strengthening internal bonds, healthy lifestyle and family orientation due to mutual trust building, continuous moral reproduction in the context of economic strengthening, the effective intervention of culture, rationality with educational and skill strategies combined with legal protection of healthy life "which can cover all the topics of the participants. **Keywords:** family, prevention of collapse, Identify Components.

## Introduction

Today, divorce is a known dangerous social phenomenon that breaks up families and corrupts society (Rezaei et al., 2020). Separation and divorce are considered a great stress for all family members and can lead to short-term and long-term adaptation reactions (Drabani & Parsakia, 2022). It can be said that the family is the biggest and most important cultural heritage of mankind on earth, and the internal and instinctive pull of people to form a family has been indicative of the transhistorical importance of the family category in human life since the beginning of existence. On the other hand, the family, as the most important human social center, is an essential element in the formation, progress and success of a society and nation, therefore the happiness of any society depends on the happiness of the families of that society. Therefore, one should try as much as possible to achieve the happiness of that society. Therefore, the most important prerequisite for achieving family happiness is possible by fully identifying the factors that strengthen the family foundation (Navabakhsh & Mohammadi, 2016).

Family patterns have changed significantly in many countries over the past 50 years, and one of these changes is a significant increase in parental divorce rates. On the other hand, with the increase in the divorce rate, there has been a significant variation in the rate and speed of the emergence of new family patterns (Oleh, 2015). Therefore, the issue of divorce, which is the first step in the collapse of the family, has first led to a change in family patterns, and the process of changing from consanguineous families to nuclear families (modern-day husband and wife) and finally, in some cases, to incomplete families has been changing. Today, the disintegration of the family institution is one of the most important factors of social damage in Iran. In such a way that in addition to the disintegration of the family institution, it has emerged as a social damage. Divorce is a social phenomenon in which several factors are involved in its occurrence; Among these factors, we can mention lack of moral understanding, disobedience, unemployment, financial and economic problems, addiction, etc. (Rahimpour et al., 2017).

Unlike marriage, divorce is not a normative event in life, and divorce is not a social role with a degree of maturity; Because divorce can happen at any age during adulthood. On this basis, it is even less likely that divorce is part of the overall personality maturation process (Dennisen et al., 2019). Due to the increasing number of divorces in most countries, including Iran, and the destructive effects that this phenomenon can have on couples, children and society. Therefore, to solve this problem, the model of divorce prevention counseling can significantly increase the quality of life of couples. Based on this, the role and impact of integrated counseling patterns in reducing divorce and increasing the quality of life of couples has been emphasized (Moradi et al., 2012). The consequences of divorce are not only directed at the parents themselves, and generally, in parents with children, the consequences of divorce have been associated with injuries such as reluctance and lack of enthusiasm, lack of support, violence and severe violence. In addition, the analysis of the results showed that among those whose parents separated, experienced a high level of narcissism, which makes it difficult for parents to organize their lives (Len, 2020).

In general, focusing on the existing theoretical literature can be considered as a strategy to prevent family breakdown. Although the variety of theoretical literature has not yet provided a situation to lead to a comprehensive and efficient theoretical approach in such a way that it can play the expected preventive role in the challenge

of family breakdown in our society. In other words, the existing theories have not yet shown their effectiveness in the social field. Therefore, it is necessary to develop appropriate theoretical models based on the cultural and native features of the society so that while benefiting from other researches and theoretical approaches, it can be implemented and applied in the Iranian society. Therefore, according to what has been mentioned, the current research is trying to get an answer to the question, what are the preventive components of family breakdown based on the knowledge and lived experiences of the participants' community, and what is the conceptual model of preventing family breakdown?

### **Method**

The research method was qualitative with the grounded theory technique.

### **Results**

The results were obtained based on three stages of coding with more than 205 meaningful propositions, 404 corresponding concepts, 35 sub-categories, 12 main categories, and one core category.

"Preventing the collapse of the family due to mutual trust building and continuous moral reproduction in the context of economic strengthening and effective intervention of culture and rationality with educational and skill strategies combined with legal support for a healthy life leads to the consequences of strengthening internal bonds, healthy lifestyle and family orientation". This category is the core of the theory, in which the platforms, contexts, strategies, and consequences are all present, and as a road map, it is a prescription to deal with the problem of family breakdown in a conscious and solution-oriented way.

### **Conclusion**

Naturally, we may be able to state many reasons for the fact that it requires independent research. One of these reasons, which is the consensus of most of the experts today, is the degree of adaptability of the presented theories with the field realities and coordinates and specific characteristics of societies, including the Iranian society. Based on this, it seems necessary to find components that have the greatest possible affinity with the characteristics of the target community and are extracted from the same environment. Therefore, in this research, on this basis, by using the knowledge and experiences of the participants, who have been seriously involved with the subject for many years in various ways, to identify the preventive components of the family breakdown and develop a conceptual model corresponding to it. Therefore, in the analysis of the results of 15 in-depth interviews based on three stages of coding, more than 205 meaningful propositions, 404 concepts, 35 sub-categories, 12 main categories and one core category were obtained, which include: Emphasis on continuous education, economic strengthening, legal support for a healthy life, skill training and skill enhancement, continuous moral reproduction, cultural immunity, healthy lifestyle, rational choice, strengthening internal bonds of members, mutual trust building, family orientation and effective intervention. With further abstraction, these categories were extracted in the selective coding stage, a core category that can cover all the topics of the participants. In general, the researcher has been looking for a theoretical framework of the construction of the studied society in relation to the prevention of family breakdown, which he has done with the help of grounded theory. The results of this qualitative analysis show how the combination of the main elements in the discourse of the interviewees can provide the possibility of developing the theory of the subject and processing the relevant pattern. It is obvious that due to the multi-dimensional and interdisciplinary nature of the family issue and the methods of consolidating, preserving and

preventing its collapse, more qualitative research needs to be done in different cities, tribes and local communities.

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