




Effectiveness of the Luthans Psychological Capital Intervention Model on Resilience and Social Adaptation of Turkmen Divorced Women

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ABSTRACT

Objective: The aim of the study was to investigate the effectiveness of the Luthans psychological capital intervention model on the resilience and social adaptation of Turkmen divorced women.

Method: The research method was a quasi-experimental design with a control group, pre-test, post-test, and two-month follow-up. The population consisted of all Turkmen divorced women who had visited the Behravan counseling centers in Gonbad Kavous city in the first four months of the year 2019. Among them, 30 participants were selected and randomly assigned to either the experimental or control group. The experimental group received weekly group interventions in 10 sessions of 90 minutes each. Both groups completed the Resilience (Connor & Davidson, 2003) and Social Adaptation (Weissman & Paykel, 1974) questionnaires at three stages: pre-test, post-test, and follow-up. Data were analyzed using mixed ANOVA with repeated measures.

Findings: The findings showed a significant difference between the two groups in resilience ($F=8.79$, $p=0.006$) and social adaptation ($F=5.39$, $p=0.028$) at the post-test and follow-up stages.

Conclusion: Based on the findings of this study, it can be concluded that training in the psychological capital intervention model helps improve the quality of life of divorced women by enhancing resilience and social adaptation.

Keywords: Psychological capital, Resilience, Social adaptation, Divorced women.

1. Introduction

Divorce, a reality of modern life and a result of the failure to resolve marital issues or the lack of a legal and formal resolution to these problems, is defined as the legal permission to separate from a person as a spouse or to formally end a marriage (Mortelmans & Defever, 2018); it has detrimental effects on individuals and families and leads

to various social anomalies (Shahmoradi et al., 2021). Divorce is one of the most significant family damages that leads to individual, family, and social disintegration (Oldham, 2021) and is strongly associated with an increase in psychological problems and a decline in social and economic status for all involved parties (Khojasteh Mehr et al., 2018). Numerous studies have examined the detrimental

effects of divorce, especially on women. Fear of the future, guilt, emotional and physical problems, role conflicts, social isolation and identity, and feelings of failure and defeat are among the negative effects of divorce on women (Mendoza et al., 2020).

Another impact of divorce, especially on women, is its effect on their resilience (Maghsoodloo & Amoopour, 2017; Muhammad & Latipun, 2020). Resilience refers to the dynamic process of positive adaptation and adjustment to bitter and unpleasant experiences in life (Bozdogan Yesilot, 2021). Resilience is an innate ability to grow, existing in humans as organisms, and in fact, creates a kind of positive adjustment mechanism that employs several individual and social factors as protective factors to strengthen and reduce risk factors (Yamaguchi et al., 2018). Individuals with resilience reported higher levels of family cohesion, better relationships, and fewer functional problems, while those with low resilience reported more issues and problems in their relationships (Szwedo et al., 2017). Resilient individuals also have broad interests, high levels of aspiration, are socially prepared, do not exhibit self-destructive behaviors, and find meaning in their personal lives (Huang et al., 2019). Resilient individuals have the ability to heal psychological wounds and overcome hardships (Luthar et al., 2000). Therefore, divorced women who possess resilience can even rebuild their lives after devastating calamities. Enhancing resilience leads to the growth of these individuals in acquiring better self-management thinking and skills, as well as more knowledge. Research also showed that resilience is related to the well-being of widowed women and orientation towards the future is an important factor in the adaptation and well-being of these women (Muhammad & Latipun, 2020; O'Rourke, 2004). Furthermore, Ong, Zautra, and Reid (2010) demonstrated that resilient individuals can reduce the catastrophization of their daily pains with positive emotions (Ong et al., 2010).

Studies have also shown that the experience of divorce affects women's adaptation in all psychological, physical, emotional, and social dimensions, with social adaptation being at the forefront (Ghasem Zadeh et al., 2019; Jomenia et al., 2021; Muhammad & Latipun, 2020; Rodgers et al., 2011). Social adaptation refers to an individual's ability to adjust to their surrounding environment and implies adjustment to the social environment. Social adaptation relies on the necessity for individual needs and desires to be aligned and balanced with the interests and desires of the group in which they live, avoiding as much as possible direct

and severe conflict with the interests and norms of the group (Gimenez-Serrano et al., 2022). Social adaptation refers to accepting and performing appropriate behavior and actions in the environment and environmental changes and is the opposite concept of maladaptation. That is, showing inappropriate reactions to environmental stimuli and situations in a way that is harmful to the individual, others, or both, and the individual fails to meet their own and others' expectations (Rodgers et al., 2011). Adaptation includes behaviors, skills, and abilities that individuals use to cope with daily problems and deal with existing situations and problems (Hojatkhah & Mesbah, 2017). Researchers introduce divorce as a phenomenon that disrupts social fabrics and interactive strategies, affecting the social adaptation of divorced women (Rodgers et al., 2011). Bozdogan (2021) in her research found that overall, married women have higher social adaptation as well as better adaptation in sub-scales of adaptation at home, adaptation with children, and adaptation with family, compared to divorced women (Bozdogan Yesilot, 2021).

The Luthans intervention model is an educational model designed to enhance psychological capital with a focus on each of the components of hope, optimism, self-efficacy, and resilience. Luthans et al. introduced a new concept called psychological capital by combining the strengths of hope, optimism, self-efficacy, and resilience. These four factors, when combined, have a more effective combined energy. In an interactive and evaluative process, these factors give meaning to an individual's life, sustain the individual's effort to change stressful situations, prepare them for action, and ensure the persistence and toughness of their goals (Luthans et al., 2014; Luthans & Youssef, 2004; Luthans et al., 2006; Luthans et al., 2015). For example, in the construct of hope, using Snyder's theory (Campbell, 2016), programs have been arranged to teach correct, useful, and achievable goal setting. Optimism is defined as a descriptive style where individuals attribute positive events as permanent, personal, and pervasive, and negative events to external causes, temporary, and specific conditions (Luthans et al., 2014; Luthans & Youssef, 2004; Luthans et al., 2006; Luthans et al., 2015). In self-efficacy, it is the belief and confidence of an individual in their abilities to achieve success in performing a specific task through self-motivation, providing cognitive resources for oneself, and taking necessary actions (Lee et al., 2013). Resilience is also defined as the psychological capacity of individuals, which allows them to successfully use it to cope with change, crisis, risk, and problems (Farhadi et al., 2016).

Possessing psychological capital enables individuals to use better coping strategies against stressful situations, become less stressed, have high resilience against problems, and consequently, individuals with psychological capital also have higher psychological well-being (Sadeghi & Karimi, 2019). Training in psychological capital includes increasing the creation of positive attributions about the current and future situation, having perseverance in pursuing goals and following the necessary paths to success, and tolerating problems and returning to the usual level of functioning (Luthans et al., 2014; Luthans & Youssef, 2004; Luthans et al., 2006; Luthans et al., 2015). Adler and Kwon (2002) stated that training in psychological capital, by increasing resilience, enhances their tolerance in dealing with problems (Adler & Kwon, 2002). Additionally, individuals who benefit from higher psychological capital have a greater ability for group interactions and social participations. This is because psychological capital causes individuals to bond with each other, repeating and continuing interactions, and individuals can achieve a more optimistic, adaptable, and flexible perspective (McAllister & McKinnon, 2009).

Considering the speed and acceleration of the country and the change in attitudes and lifestyle from traditional to modern, and given that different ethnic groups, especially those living in more traditional cultures, are more challenged by this change. The Turkmen ethnic group is no exception to this rule of change in the country's social structure and has undergone significant changes affecting families and couples. Considering these changes and the cultural shift of the Turkmen people to modern life and their eagerness for urban living and consequently lifestyle changes, problems have arisen in the lives of women of this ethnic group that are influenced by the cultural and social atmosphere of society. The high rate of divorce, especially divorce requests by Turkmen women, has created a new wave of change, and according to some experts, the growth of divorce has increased fivefold compared to the past, indicating a significant change and gap in the married life of Turkmen couples. Issues such as: triple talaq (saying divorce three times in the presence of two people), lack of dowry (a very small amount of about 5 to 10 million paid in cash to the girl's family as the bride price), non-acceptance of divorce by the traditional Turkmen society, and lack of social support for divorced women; have affected these women's adaptation after divorce (Jomenia et al., 2021). Therefore, numerous studies have confirmed the effect of psychological interventions on resilience and social adaptation (Adler &

Kwon, 2002; Campbell, 2016; Fatollahzadeh et al., 2017; Ghasem Zadeh et al., 2019; Gimenez-Serrano et al., 2022; Hojatkah & Mesbah, 2017; Jomenia et al., 2021; Kouhsali et al., 2007; Lee et al., 2013; Luthans & Youssef, 2004; Luthans et al., 2006; McAllister & McKinnon, 2009; Muhammad & Latipun, 2020; Ostadian Khani & Fadie Moghadam, 2017; Rodgers et al., 2011; Szwedo et al., 2017), but no research was found on the effectiveness of the psychological capital model on the resilience and social adaptation of Turkmen divorced women. Therefore, the aim of the current research is to answer the following hypotheses:

The psychological capital intervention model is effective on the resilience of Turkmen divorced women.

The psychological capital intervention model is effective on the social adaptation of Turkmen divorced women.

2. Methods

2.1. Study design and Participant

The design of the present study was a quasi-experimental pre-test, post-test, and two-month follow-up with a control group. The population included all Turkmen divorced women who had visited Behrovan and Rahe Noe Zendegi counseling centers in Gonbad Kavous city during the first four months of the year 2019. From this population, 30 individuals were selected through voluntary sampling and randomly assigned to either the experimental or control group. Inclusion criteria were: willingness to participate in the sessions, and no psychiatric disorder based on screening for mental health status using clinical interviews; exclusion criteria included: absence from more than two sessions, and having acute and chronic psychiatric disorders. After selecting the sample and assigning them to the experimental and control groups and conducting the pre-test, the experimental group was exposed to Luthans and colleagues' (2007) psychological capital intervention model training for 2.5 months (ten sessions). However, the control group did not receive any intervention. After the time period, post-tests and follow-ups were conducted on both groups for all variables.

2.2. Measures

2.2.1. Resilience

Developed by Connor and Davidson (2003), this questionnaire consists of 25 items, with each item scored on a Likert scale ranging from zero (completely false) to four

(completely true). The maximum score on this questionnaire is 100, with an individual's score being the sum of the scores or total values obtained from each question. The higher the individual's score, the greater their resilience. In Iran, Mohammadi (2005) reported a Cronbach's alpha reliability coefficient of 0.89 for the scale, and validity of the scale was determined by correlating each item with the total score of the category, with coefficients ranging from 0.41 to 0.64. Samani, Jekar, and Sahragard (2007) reported a Cronbach's alpha coefficient of 0.87 and a test-retest reliability of 0.73. The validity (through factor analysis and convergent and divergent validity) and reliability (through test-retest and Cronbach's alpha) of the scale were established by the test developers in different groups (normal and at-risk) (Connor & Davidson, 2003; Samani et al., 2007). In this study, the reliability of the questionnaire was obtained with Cronbach's alpha method as 0.87.

2.2.2. *Social Adjustment*

Social Adjustment Scale - Self-Report (SAS-SR) was initially prepared by Weissman and Paykel (1974) and consists of 52 questions answered by respondents according to their circumstances. Responses to each question are

arranged on a 4-point Likert scale (from "not at all"=1 to "severe"=4). A higher score indicates poor social adaptation, and a lower score indicates better social adaptation. In a study, Kouhsal, Mirzamani, Mohammadkhani, and Karimloo (2007) obtained a Cronbach's alpha reliability coefficient of 0.93 for this questionnaire (Kouhsali et al., 2007; Weissman & Paykel, 1974). Additionally, the validity was determined using a correlation coefficient, reporting correlations ranging from 0.32 to 0.98. In the current study, the reliability coefficient of the social adjustment questionnaire using Cronbach's alpha method was 0.85.

2.3. *Intervention*

2.3.1. *Bowen Family Systems Therapy*

The treatment consisted of 10 sessions of 90 minutes each for the experimental group. The pre-test was completed in the first session, and one week after the treatment, a post-test and a two-month follow-up were conducted. Participants were assured of the confidentiality of the results. The control group, which had not received any treatment, was also invited to participate in an educational program related to the research variables in the coming months.

Table 1

Content of Psychological Capital Intervention Model

Session	Topic Highlights
1st	Introduction to definitions of hope and despair, characteristics of hopeful individuals, concepts of optimism, pessimism, realistic optimism, and unrealistic optimism, and the distinction between them. Introduction to the concept of self-efficacy and discussion on characteristics of self-efficacious individuals. Introduction to concepts of resilience, discussion on characteristics of resilient and tough individuals.
2nd	Examination of participants' levels of hope and life satisfaction, motivation creation, introduction to the concept of learned helplessness and its role in optimism and pessimism, discussion on the role of learned helplessness in reducing self-efficacy, introduction to the concept of hardiness and its components (commitment, challenge, and control).
3rd	Educating participants on the role of goals in creating and increasing hope, familiarization with the process of attribution and the concept of locus of control, examining the relationship between motivation, will, self-confidence, and self-efficacy, and using feedback techniques. Focus on the component of commitment and employing techniques to enhance it.
4th	Familiarizing participants with how to achieve clear and attainable goals, introduction to internal, external, global, specific, stable, and unstable attributions and their role in optimism, discussion on ways to increase self-confidence and self-efficacy, and using positive feedback techniques. Focus on the challenge component, transforming problems into challenges, and increasing the willingness to face them.
5th	Teaching how to break down a large goal into smaller, more achievable ones to increase the likelihood of their realization, introduction to the role of attributions in optimism, using mental imagery techniques to create positive experiences and strengthen them to increase self-efficacy. Focus on the control component and discussing ways to increase the sense of control over life.
6th	Educating participants on how to formulate clear and tangible goals, teaching how to create and expand positive internal attributions, using reinforcement and substitution techniques through presenting global examples and logic from self-efficacious individuals, introduction to problem-focused and emotion-focused strategies and their role in increasing resilience.
7th	Familiarizing members with the role of setting daily goals in achieving larger goals and how to do it, using event analysis techniques from unpleasant to more unpleasant to enhance the level of optimism, familiarization with scientific problem-solving methods and their practical role in increasing self-efficacy, further familiarization with direct or problem-focused strategies and encouraging members to make more use of these strategies.
8th	Familiarizing members with how to use multiple pathways in achieving a goal, using event analysis techniques and identifying positive outcomes of these events to enhance the level of optimism, inviting a successful and self-efficacious individual to use concrete models in increasing self-efficacy, further familiarization with indirect or emotion-focused strategies and using them as needed in high-stress situations.
9th	Educating members on how to transform obstacles into challenges for goal achievement, focusing on individual and environmental talents and abilities to increase the level of optimism, using direct reinforcement and substitution by discussing successes to increase self-efficacy, discussing the role of locus of control in hardiness and using positive self-talk techniques to increase resilience level.
10th	Reviewing learned content from previous sessions and practical exercises to increase levels of hope, optimism, self-efficacy, and resilience.

2.4. Data Analysis

Data from this study were analyzed using repeated measures analysis of variance and were processed using SPSS version 22 software.

3. Findings and Results

The mean age of the divorced women in the experimental group was 38.04 years with a standard deviation of 3.24, and the mean age of the divorced women in the control group was 39.23 years with a standard deviation of 4.32. The educational level of women in the experimental group included 5 with a diploma, 4 with an associate degree, and 6 with a bachelor's degree; for the control group, 3 had a diploma, 4 had an associate degree, and 8 had a bachelor's degree.

Table 2

Descriptive Statistics of Scores for Experimental and Control Groups across Pre-test, Post-test, and Follow-up Stages (n=30)

Variable	Group	Stage	Mean	Standard Deviation
Resilience	Experimental	Pre-test	34.73	6.45
		Post-test	44.80	6.17
		Follow-up	45.06	6.32
	Control	Pre-test	33.40	7.55
		Post-test	34.26	7.46
		Follow-up	34.66	7.39
Social Adaptation	Experimental	Pre-test	169.26	10.89
		Post-test	153.40	10.52
		Follow-up	152.70	10.52
	Control	Pre-test	168.93	9.39
		Post-test	166.20	9.18
		Follow-up	164.26	9.35

Table 2 data indicate an increase in the resilience score of the experimental group compared to the control group and a

decrease in social adaptation score in the post-test and follow-up stages.

Table 3

Results of Shapiro-Wilk, Levene's, and Mauchly's Test for Normality, Homogeneity of Variances, and Sphericity of Resilience and Social Adaptation Scores (n=30)

Variable	Group	Shapiro-Wilk Test	Levene's Test	Mauchly's Test
Resilience	Experimental	W = 0.96, p = 0.62	F = 0.207, p = 0.65	M = 0.34, p < 0.001
	Control	W = 0.94, p = 0.51		
Social Adaptation	Experimental	W = 0.91, p = 0.48	F = 0.14, p = 0.94	M = 0.48, p < 0.001
	Control	W = 0.94, p = 0.50		

Table 3 results of the Shapiro-Wilk test indicate normal distribution of scores, and Levene's test results demonstrate homogeneity of variances in the research variables (resilience and social adaptation) in both experimental and control groups. Another assumption was the equality of variance-covariance matrices. The results of Box's M test indicated this assumption was met (F=2.26, p>0.05, Box's M=34.7). The Mauchly's W statistic for both resilience and

social adaptation variables was significant at the 0.01 level, indicating that the variance differences among levels of the dependent variable were significantly different; therefore, the assumption of sphericity was not met. In such cases, the Greenhouse-Geisser correction should be used; thus, the results of the tests for within-subject effects for both variables used this statistic.

Table 4

Mixed ANOVA with Repeated Measures at Three Stages

Source of Variation	SS (Sum of Squares)	df (Degrees of Freedom)	MS (Mean Square)	F	p	Effect Size
Resilience						
Intervention Stages	636.35	1.20	526.42	234.99	< 0.000	0.89
Stages × Group	417.15	1.20	345.09	154.04	< 0.000	0.84
Group	1239.51	1	1239.51	8.79	0.006	0.23
Social Adaptation						
Intervention Stages	1928.28	1.31	1462.50	39.42	< 0.000	0.58
Stages × Group	754.15	1.31	571.98	15.41	< 0.000	0.35
Group	1361.11	1	1361.11	5.39	0.028	0.16

Table 4 results show that the interaction of measurement stages with the experimental group in three measurement stages in resilience score (p=0.006) with an effect size of

0.23 and social adaptation (p=0.028) with an effect size of 0.16 was effective.

Table 5

Bonferroni Post Hoc Test Results at Pre-test, Post-test, and Follow-up Stages

Variable	Pre-test – Post-test			Pre-test – Follow-up			Post-test – Follow-up		
	Mean diff.	SE	p	Mean diff.	SE	p	Mean diff.	SE	p
Resilience	5.46	0.360	0.000	5.800	0.352	0.000	0.333	0.132	0.051
Social Adjustment	9.30	1.40	0.000	10.26	1.55	0.000	0.967	0.698	0.531

Table 5 results of the Bonferroni test indicate that the differences in resilience and social adaptation scores between pre-test, post-test, and follow-up stages are significant; however, the mean difference between post-test and follow-up in neither of the research variables is significant; indicating that the effects of the intervention were sustained and there was no regression in the follow-up results.

4. Discussion and Conclusion

The aim of the present research was to examine the effectiveness of the Luthans psychological capital intervention model on the resilience and social adaptation of Turkmen divorced women visiting counseling centers in Gonbad Kavous city. The findings demonstrated that the psychological capital intervention model training is effective in enhancing the resilience and social adaptation of divorced women. Given that no research was found on the impact of the psychological capital intervention model on the resilience and social adaptation in divorced women, this intervention falls under the category of positive psychology interventions. The results of this study are consistent with the previous research (Farhadi et al., 2016; Liao & Liu, 2016; Luthans et al., 2014; Luthans & Youssef-Morgan, 2017; Luthans & Youssef, 2004; Luthans et al., 2006;

Luthans et al., 2015; Mokhtari et al., 2020; Sadeghi & Karimi, 2019).

To explain these findings, it can be stated that interventions based on psychological capital enhance hope, optimism, resilience, and self-efficacy in divorced women; such that with increased psychological capital, an individual can set new goals in life and strive with higher motivation to achieve these goals, create more positive and optimistic attributions about themselves, their experiences, and the future. They can develop a more optimistic judgment about themselves and their capabilities and exhibit increased resilience in the face of hardships and challenges with tenacious feedback and strategies under stress conditions (Mokhtari et al., 2020). Furthermore, it can be said that beliefs and attitudes of divorced women play a significant role in their resilience. Therefore, one of the most important effects of the psychological capital intervention model is improving attitudes and personal interpretations of life. In fact, psychological capital, by targeting individual beliefs, affects cognitive evaluation in the coping process and helps individuals to assess events differently, creating a stronger sense of control and increasing resilience in individuals. Accordingly, the psychological capital intervention model can be used as an efficient model for enhancing mental health, focusing not on rectifying individual deficiencies but

on equipping the individual psychologically, which can empower the person against future life challenges.

On the other hand, training in psychological capital through increasing self-efficacy beliefs reduces passivity and enhances individual adaptation to problems, challenging the person to confront issues (Sadeghi & Karimi, 2019). Researchers believe that possessing psychological capital enables individuals to cope better with stressful situations, experience less tension in the face of problems, achieve a clearer self-concept, and be less affected by daily events, thereby having higher psychological well-being (Farhadi et al., 2016).

Explaining the effectiveness of the psychological capital intervention on the social adaptation of divorced women, it can be stated that individuals with high psychological capital have greater abilities for group interactions and social participation (Adler & Kwon, 2002). On the other hand, training in the psychological capital model with components such as hope, optimism, resilience, and self-efficacy helps individuals to find suitable social adaptation. Self-efficacy is a constructive power through which human cognitive, social, emotional, and behavioral skills are organized effectively to achieve various goals. Therefore, an individual with higher self-efficacy will benefit optimally from their emotional information in better and more effective social adaptation (Fatollahzadeh et al., 2017). Hope is a positive motivational state indicating an individual's prediction about the future and determines the individual's persistence towards goals, effort to realize them, and the ability to change the pathways to achieve those goals (Parsakia & Darbani, 2022). Optimistic individuals are more sociable than pessimistic ones; they have better interpersonal skills, are sociable, and can easily create a supportive social network around themselves (Poursardar N et al., 2013). Resilience indicates an individual's flexibility in regulating control levels under different conditions and efficient coping in facing stressors and challenges. Resilience encompasses human coping resources such as self-concept, optimism, coping strategies, and favorable social relations (Sahraee Darian et al., 2017).

5. Suggestions and Limitations

Considering the research findings on the impact of the psychological capital intervention model on resilience and social adaptation, it is recommended that private treatment centers and family clinics offer training courses based on psychological capital when working with divorced women and striving to improve their psychological condition. A

limitation of this research was its focus on divorced women in Gonbad Kavous city, and caution should be exercised in generalizing the results. It is suggested that similar research be conducted on other populations. Another limitation was the scarcity of research aligned or not aligned with the current study; researchers are encouraged to expand research in this area.

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Declaration of Interest

According to the authors, this article has no financial support and no conflicts of interest.

Authors' Contributions

All authors made substantial contributions to the research process, covering various aspects from study design to data handling and manuscript preparation.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

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