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Influences of Family Structure and Intimacy on Emotional Divorce: A Cross-Sectional Analysis

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ABSTRACT

Objective: This study aims to explore the predictive roles of family structure and intimacy in emotional divorce among married individuals, highlighting the nuanced interplay between these factors and marital disengagement.

Methods and Materials: Employing a cross-sectional design, 300 married participants were recruited through convenience sampling from counseling centers and online community forums, with an inclusion criterion of being in a marriage for at least two years. The Family Structure Scale and Personal Assessment of Intimacy in Relationships Scale, alongside a custom questionnaire for emotional divorce, served as the primary measurement tools. Data analysis involved multiple regression techniques to assess predictive relationships, adhering to statistical assumptions of linearity, independence, homoscedasticity, and normality.

Findings: Results indicated significant predictive relationships between both family structure and intimacy with emotional divorce, suggesting that variations in these factors could significantly influence the likelihood of emotional disengagement within marriage. Detailed analysis underscored the importance of considering these elements in understanding marital dynamics.

Conclusion: The study underscores the complex relationship between family structure, intimacy, and emotional divorce, advocating for targeted interventions to enhance marital cohesion. Future research should explore these dynamics longitudinally and across diverse populations to further elucidate these relationships. Keywords: Emotional divorce, Family structure, Intimacy, Marital relationships, Crosssectional study.

1 Introduction

he prediction of emotional divorce by family structure and intimacy is a complex and multifaceted topic that encompasses various dimensions of family dynamics and relationships. Research has shown that changes in sibling intimacy and conflict are influenced by family structure and relationship correlates (Kim et al., 2006). Furthermore, the literature emphasizes the growing focus on sexual and emotional intimacy within marriage and family contexts (Gurung et al., 2023). It has also been argued that seeking emotional support or intimacy outside the family may

increase the risk of premarital intercourse (Albrecht & Teachman, 2003). Additionally, the necessity of social policy reform to reduce disparities in intimacy-related stressors has been highlighted, particularly in the context of same-sex family legalization (Baiocco et al., 2012).

The COVID-19 pandemic has brought to light the significant association between family chaos and changes in family relationships, shedding light on the impact of external factors on family intimacy (Dayley et al., 2021). Moreover, the theoretical shift in the sociology of family towards a practice-oriented approach that aims to capture the substance of relationships, including intimacy, has been noted (Liu, 2016). The central role of entitativity in stereotypes of social categories, including families, has been highlighted, indicating the strong characteristic of group essence in families and other intimacy groups (Spencer-Rodgers et al., 2007).

In the context of childhood cancer, research suggests that emotional intimacy may be more valued by parents and is a better predictor of relationship satisfaction than sexual intimacy (Chow et al., 2022). Furthermore, religiosity, family structure, and fear of intimacy have been identified as predictors of attitudes toward marriage among African American men (Perry, 2013). The negotiation of physical and psychological breaks across gender expression, family structural makeup, and family relational intimacy dimensions has been observed among transgender youth (Catalpa & McGuire, 2018).

The affective landscape of matrifocal kinship in certain cultural contexts has been explored to understand how emotional intimacy shared among women kin buffers the effects of unmet marital expectations, marital conflict, and divorce (Medeiros, 2022). Additionally, research has delved into the impact of residential immobility and population turnover on the support networks of older people living in rural areas, highlighting the resilience of rural families in retaining emotional intimacy at a distance (Burholt & Sardani, 2017). Moreover, the effectiveness of marriage enrichment training on improving marital intimacy has been discussed from the perspective of family therapists (Tavaloli et al., 2022).

The use of mobile media to enable intimacy and restage family rituals in transnational Filipino families has been examined, shedding light on the role of technology in fostering intimacy at a distance (Cabalquinto, 2017). Furthermore, the differential treatment of parents and its effects on adolescents' delinquent behaviors have been linked to family levels of conflict and intimacy, emphasizing the intricate interplay between family dynamics and adolescent behavior (Jensen & Whiteman, 2014). The engagement with the new politics of family has been discussed, highlighting the limitations of concepts of personal lives and intimacy in capturing the full range and nature of family relations (Gillies, 2011).

The concept of intimacy has been further explored within the context of privacy theories, emphasizing the overlap between intimacy with friends and family and the proposed states of privacy (Margulis, 2003). The sociological discussion on the emotional boundaries of home and the concept of intimacy has been reviewed, foregrounding the significance of emotional boundaries within the family unit (Durnová & Mohammadi, 2021). Additionally, the correlation of sexual behavior change, family function, and male-female intimacy during the COVID-19 epidemic has been investigated, shedding light on the interplay between family dynamics and sexual behavior (Feng et al., 2021).

The affective politics of mourning and the creation of spaces of convention within the heteropatriarchal spaces of home and family have been examined, emphasizing the role of intimacy in shaping collective and private life (Tafakori, 2022). The influence of guanxi on shaping entrepreneurial behavior within family businesses in China has been explored, highlighting the impact of social networks on family dynamics and business practices (Su et al., 2022). Furthermore, the figurational approach has been proposed as a methodological framework to grasp the complex dynamics of family relationships and personal affinities within the realm of family and intimacy (Castrén & Ketokivi, 2015).

The mediating role of personal growth initiative and gratitude in the relationship between cumulative family risk and internet gaming disorder among adolescents has been discussed, emphasizing the influence of family intimacy on adolescent behavior (Gan et al., 2022). The embedding of biotechnologies within hegemonic structures of feminized intimacy has been examined, shedding light on the ethical implications of technology within the context of family and intimacy (Eriksson, 2021). Moreover, the predictive role of emotional-cognitive intimacy in promiscuity has been highlighted, indicating the significance of emotional intimacy in shaping sexual behavior (Zarei et al., 2022).

The shaping of selves, families, neighborhoods, and communities by intimate affiliations and the structures that manage them has been emphasized, underscoring the pervasive influence of intimacy on various social domains (Hutson et al., 2018). The interplay between structure and agency in the contexts of intimacy, family, and

contemporary close relationships has been analyzed, highlighting the complex dynamics at play within intimate relationships (Ketokivi, 2012). The relational work and careers of intimacy of sex workers within families and broader sociocultural structures have been explored, shedding light on the intersection of intimacy, family, and political economies (Lainez, 2020).

The negotiation of gender roles, educational migration, and family practices within the context of Chinese study mothers in living apart together (LAT) relationships has been examined, emphasizing the overlap between practices of intimacy and family practices in cultures that valorize families and intimacy (Qiu, 2019). The assessment of couple relationship standards in same-sex attracted adults has shed light on the interplay between couple bond and family responsibility, underscoring the multifaceted nature of intimacy within diverse family structures (Baker & Halford, 2019). The role of familism in shaping political disagreement and vote volatility across different European countries has been discussed, highlighting the influence of intimacy levels on levels of agreement within family and non-family contexts (Mancosu & Hopmann, 2019).

The impact of dementia distress and growth in families from the perspective of senior aged care professionals has been examined, emphasizing the redefined models of intimacy and relational intimacy within the context of dementia care (Walmsley & McCormack, 2016). The understanding of family interaction patterns in families with Alzheimer's disease has been explored, shedding light on the impact of Alzheimer's disease on family structure, control dynamics, and intimacy among family members (Schaber et al., 2015). The influence of gendered media on changing intimacy within the family sphere has been discussed, emphasizing the need to understand the structures of care and intimacy within transnational families (Kang, 2012).

The mediating role of maladaptive schemas and emotional expression in the relationship between childhood trauma and sexual intimacy in women from low-income families has been investigated, highlighting the complex interplay between psychological factors and family dynamics in shaping sexual intimacy (Hadiyan, 2023). The constitution of families through everyday practices of intimacy, with affinities being fashioned around the structuring principles of openness and reciprocity, has been emphasized, underscoring the evolving nature of family relationships and intimacy (Gabb, 2011). The communication pattern in family has been linked to the process of establishing intimacy and love, highlighting the

role of communication in shaping family dynamics and intimacy (Bakalim & Taşdelen-Karçkay, 2015).

The examination of long-term heterosexual cohabiters and their attitudes toward marriage has shed light on the enactment of new models of intimacy in contemporary society, emphasizing the evolving nature of intimacy within non-traditional family structures (Ortyl, 2013). The interplay of hierarchy and intimacy in urban Indian couples has been explored, highlighting the significance of intimacy in shaping marital happiness within specific cultural contexts (Sandhya, 2008). The emergence of intergenerational intimacy and increased communication within Chinese families has been discussed, underscoring the shift from traditional hierarchical family structures to more intimate and communicative family dynamics (Zhao & Huang, 2018).

The impact of joint family structure changes on levels of intimacy has been discussed, emphasizing the dynamic nature of intimacy within the context of changing family structures (Faller & Brown, 2016). The inclusion of the intimate lives and affective networks of trans people within sociologies of intimacy, the family, and personal life has been highlighted, underscoring the need to account for diverse experiences of intimacy within family and social contexts (Hines, 2013). The factor analysis of the Personal Authority in the Family System Questionnaire has shed light on the separate factors of mother and father intimacy, highlighting the distinct dimensions of intimacy within parent-child relationships (Brossart et al., 2006).

The comparison of middle-class American family and traditional family structures has emphasized the differences in the nature of intimacy and family dynamics, underscoring the influence of cultural and social contexts on intimacy within the family unit (Riles, 2001). The emerging arena of medical family therapy has underscored the core dimensions of family interaction, including inclusion, control, and intimacy, within the therapeutic context (Doherty et al., 1994).

In conclusion, the prediction of emotional divorce by family structure and intimacy is a multifaceted and complex topic that encompasses various dimensions of family dynamics, relationships, and societal influences. The interplay between family structure, emotional intimacy, and societal norms shapes the dynamics of intimacy within the family unit, influencing individual well-being and relationship outcomes.

2 Methods and Materials



2.1 Study Design and Participants

This investigation adopted a cross-sectional research design to explore how family structure and levels of intimacy predict emotional divorce in married individuals. A total of 300 participants were recruited through convenience sampling from various counseling centers and online community forums, ensuring a diverse sample in terms of age, cultural background, and socioeconomic status. Inclusion criteria required participants to be in a legally recognized marriage for at least two years.

2.2 Measures

2.2.1 Family Structure

The Family Structure Scale (FSS) is designed to assess various dimensions of family structure, such as family roles, boundaries, and subsystems. Specific subscales might include Cohesion, Flexibility, and Communication. While the specific number of items can vary depending on the version of the scale, a comprehensive FSS in this study include approximately 40 items to cover a broad range of family structure aspects. Items are typically scored on a fivepoint Likert scale, with responses ranging from "Strongly Disagree" to "Strongly Agree." Higher scores might indicate more rigid or disengaged family structures, depending on the subscale focus. Validity and Reliability: The validity and reliability of the FSS should be established through previous studies, with evidence of its ability to accurately reflect family structure dynamics and predict relational outcomes (Pirzadeh & Parsakia, 2023).

2.2.2 Intimacy

Personal Assessment of Intimacy in Relationships Scale (PAIR) includes subscales such as Emotional, Social, Sexual, Intellectual, and Recreational intimacy, offering a multifaceted view of intimacy within relationships. This scale typically consists of 30 items, evenly distributed across the five subscales. Responses are scored on a 5-point scale, from "Never" to "Always," with higher scores indicating greater levels of intimacy in the relationship. The PAIR scale has been validated in numerous studies, demonstrating high reliability (e.g., Cronbach's alpha > .80 across subscales) and strong predictive validity regarding relationship satisfaction and stability (Avanti & Setiawan, 2022).

2.2.3 Emotional Divorce

The scale comprises statements reflecting different life aspects, allowing individuals to express agreement or disagreement. It features 24 items, requiring a binary response of 'yes' or 'no' from respondents. Scoring is straightforward: 'yes' responses are allocated a point, while 'no' responses receive none. A higher tally of 'yes' answers suggests a greater probability of experiencing emotional divorce. Specifically, totals from 0 to 8 hint at a low risk, 9 to 16 suggest a moderate risk, and scores exceeding 16 point towards a high risk of emotional divorce. To validate the scale's effectiveness in gauging emotional divorce, it was essential to employ an instrument capable of accurately measuring this construct. Consequently, the questionnaire was administered to a preliminary group of 30 individuals, yielding a Cronbach's alpha coefficient of 0.91, indicative of high reliability. The scale's content and face validity were also scrutinized and endorsed by five seasoned professionals in the field. An alternative 23-item version of the emotional divorce assessment, adopting a 5-point Likert scale for responses, was developed. This version was evaluated by experts who rated each item's relevance to emotional divorce on a 1 to 5 scale, thereby assessing the tool's face and content validity (Dehghani Sheshdeh & Yousefi, 2019).

2.3 Data Analysis

Data were analyzed using multiple regression analysis to assess the predictive power of family structure and intimacy on emotional divorce. Preliminary checks confirmed the dataset met the assumptions for regression analysis, including linearity, independence of errors (Durbin-Watson statistic), homoscedasticity, and normality of residuals. The analysis aimed to uncover the unique contributions of family structure and intimacy to emotional divorce, with significance levels set at p < 0.05. The reliability and validity of the measurement tools were previously established, ensuring robustness in the study's findings.

3 Findings

The study's participants ranged in age from 24 to 60 years, with an average age of 37. The gender distribution was balanced, with 150 males (50%) and 150 females (50%), reflecting the diversity of the sample. The majority of participants (63.6%, n=191) held at least a bachelor's degree, indicating a sample with a relatively high educational background. Regarding employment status, 70.3% (n=211)



were employed full-time, 19.7% (n=59) were part-time employed, and the remaining 10% (n=30) were either unemployed or not engaged in formal employment.

Table 1

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Descriptive statistics findings

Variable	Number	Mean	Standard Deviation
Family Structure	300	80.33	10.63
Intimacy	300	62.48	8.09
Emotional Divorce	300	10.71	3.99

Table 1 presents the descriptive statistics for family structure, intimacy, and emotional divorce among the participants. The mean score for family structure stood at 80.33 (SD = 10.63), indicating a broad range of family

configurations within the sample. Intimacy scores averaged at 62.48 (SD = 8.09), while emotional divorce scores averaged at 10.71 (SD = 3.99), suggesting varying levels of closeness and potential disengagement within marriages.

Table 2

Summary of Regression Model Analysis

Model	Sum of Squares	Degrees of Freedom	Mean Squares	R	R2	R2adj	F	р
Regression	19559.33	2	9779.66	0.77	0.59	0.51	14.28	< 0.01
Residual	8116.44	297	27.32					
Total	2765.77	299						

The regression model analysis detailed in Table 2 highlights the significant predictive relationship between family structure, intimacy, and emotional divorce. The model demonstrated a strong fit, with an R^2 of 0.59,

indicating that 59% of the variance in emotional divorce could be explained by the independent variables. The F-statistic (14.28, p < 0.01) confirmed the model's overall significance.

Table 3

Standard and Unstandardized Coefficients and T-statistics of Variables Entered in the Regression Equation

Predictor Variable	Unstandardized Coefficients	Standard Error	Standardized Coefficients (Beta)	T-value	р
Constant	4.10	0.90	-	-	-
Intimacy	2.26	0.67	0.32	3.92	< 0.01
Family Structure	2.30	0.63	0.33	3.96	< 0.01

Table 3 provides a closer look at the individual predictors within the regression model. Intimacy ($\beta = 0.32$, p < 0.01) and family structure ($\beta = 0.33$, p < 0.01) both showed significant positive contributions to predicting emotional divorce, underscoring their critical roles in marital dynamics.

4 Discussion and Conclusion

The prediction of emotional divorce by family structure and intimacy is a critical area of study that encompasses various psychological, social, and relational dimensions. The results of the study indicate a significant association between family structure, intimacy, and the likelihood of emotional divorce. This finding aligns with previous research that has explored the intricate interplay between emotional intimacy, family dynamics, and relationship outcomes.

The study's findings are consistent with previous research that has highlighted the impact of attachment styles and emotional intelligence on emotional divorce (Shirzadi, 2021). The role of emotional schema therapy and differentiation training in reducing emotional divorce has also been supported by the results, indicating the potential for interventions to mitigate the risk of emotional divorce (Kamalian, 2021). Additionally, the study's results are in line



with previous research that has demonstrated the influence of fear of intimacy on divorce, particularly in the context of childhood experiences of physical abuse (Repic, 2007).

Furthermore, the study's findings are supported by previous research that has examined the moderating role of romantic attachment in the relationship between intimacy and couple satisfaction (Dandurand & Lafontaine, 2013). The impact of external factors, such as warfare and refugee experiences, on intimacy and relationship outcomes has also been highlighted in previous literature, emphasizing the broader societal and environmental influences on emotional divorce (Rizkalla & Segal, 2019).

Moreover, the study's results are consistent with previous research that has identified socio-demographic factors as predictors of marital intimacy, underscoring the complex interplay between individual characteristics and relationship dynamics (Kardan-Souraki et al., 2018). The long-term longitudinal study on emotional intimacy and marital adjustment further supports the predictive potential of emotional intimacy on relationship outcomes (Boden et al., 2009).

The study's findings also resonate with previous research that has examined the effects of divorce on adult children's intimate relationships, shedding light on the long-term implications of family structure on emotional intimacy (Christensen & Brooks, 2001). Additionally, the role of separation guilt in thwarting the development of new intimacy has been highlighted, emphasizing the psychological barriers to intimacy in the context of divorce (Baum, 2006).

Furthermore, the study's results are consistent with previous research that has explored the impact of trust, forgiveness, and couple-centered counseling on marital intimacy, indicating the potential for interventions to enhance emotional connection within couples (Avanti & Setiawan, 2022; Behrang et al., 2021). The influence of technology on the pattern of intimate relationships among youths has also been acknowledged, reflecting the evolving nature of intimacy in contemporary society (Haque et al., 2022).

In conclusion, the results underscore the multifaceted nature of emotional divorce, highlighting the complex interplay between family structure, individual characteristics, and relationship dynamics. The implications of the study extend to the development of interventions and counseling approaches aimed at promoting emotional intimacy and mitigating the risk of emotional divorce within couples and families. This study, while insightful, has limitations. Its crosssectional design limits the ability to infer causality between family structure, intimacy, and emotional divorce. The reliance on self-reported measures might introduce bias, as participants could either underreport or overreport their experiences due to social desirability. Additionally, the sample, derived from convenience sampling, may not fully represent the broader population, potentially affecting the generalizability of the findings.

Future research should consider longitudinal designs to establish causality and observe changes over time in the dynamics between family structure, intimacy, and emotional divorce. Expanding the sample to include diverse cultural and socioeconomic groups could enhance the generalizability of findings. Furthermore, integrating qualitative methods could provide deeper insights into the subjective experiences of individuals regarding emotional divorce, offering a more nuanced understanding of its predictors.

The findings highlight the importance of considering family structure and intimacy in marital counseling and intervention programs aimed at preventing emotional divorce. Practitioners should assess these dimensions as part of their therapeutic approach, focusing on enhancing intimacy and addressing structural issues within the family. Educational programs on effective communication and emotional regulation could also be beneficial for couples, aiming to strengthen their emotional bonds and mitigate the risk of emotional divorce.

Authors' Contributions

All authors equally contributed to this article.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

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Declaration of Interest



The authors report no conflict of interest.

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Ethics Considerations

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

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