A study of the psycho-social transition of separated and divorced men and women.

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THIS DISSERTATION HAS BEEN MICROFILMED EXACTLY AS RECEIVED
A STUDY OF THE PSYCHO-SOCIAL TRANSITION
OF SEPARATED AND DIVORCED
MEN AND WOMEN

by

FRANCES WIERICH

A research project
submitted to the School of Social Work
of the University of Windsor
in partial fulfillment of the requirements
for the degree of
Master of Social Work

Windsor, Ontario, Canada
1982
RESEARCH COMMITTEE

Professor R. G. Chandler, M.S.W., Chairman
Dr. G. Booth, Ph.D., Member
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ABSTRACT

The adjustment to singlehood following separation and divorce for many adults represents a prolonged restructuring period which constitutes a major psycho-social transition. The purpose of this study was to determine if there was an association between who decided to separate or divorce and the subsequent adjustment.

This research project is a quantitative-descriptive study of 89 women and 80 men who were members of two social clubs in Windsor, Ontario - Parents Without Partners and Liberated Women and Liberated Men (Lib, Lib).

The respondents completed a questionnaire designed to elicit their attitudes and feelings toward their adjustment to singlehood. Adjustment was operationalized by four variables: the degree of attachment or disengagement to the ex-spouse, self-esteem, satisfaction with dating, and involvement with social organizations.

The findings of this study indicate that women most frequently initiated the separation or divorce and made a favourable adjustment. The male initiators made an unfavourable adjustment.

The women initiators were less attached to their ex-spouse than the respondents who made a mutual decision to separate. The respondents who were age 34 years or less,
employed full-time prior to their separation or divorce; in a skilled occupation made a favourable adjustment when the decision was the husband's or a mutual one. The adjustment was unfavourable as the length of separation increased when the decision to separate was the wife's or a mutual one.

Ninety-four per cent of the respondents had problems with their self-esteem. The majority of the respondents were dissatisfied with their dating activities and were minimally involved with social organizations.

As a result of the research findings, recommendations were made in the areas of research and social work intervention.
ACKNOWLEDGEMENTS

The author of this study wishes to express appreciation to the Research Committee for their direction and support. Professor R. G. Chandler deserves special praise for his availability and guidance throughout the duration of this study.

I wish to thank Dr. Booth and Professor Moore for their many helpful suggestions and contributions. The optimistic encouragement and interest I received from my Research Committee sustained my determination to continue.

The Executive Committee of Liberated Women and Liberated Men, one of the social clubs utilized in this research project, deserve special recognition for their encouragement, interest and practical help. I also wish to thank the Executive Committee of Parents Without Partners for their cooperation and interest.

I recognize and sincerely thank my sister, Helen Atkinson, for her continuous encouragement to complete my education and this research project. She has always made her home and time available for me.

I sincerely thank my friends and associates for the loan of books and for their moral support.

I am most indebted to the research population, the members of Liberated Women and Liberated Men and Parents.
Without Partners for sharing their feelings, emotions and the intimate aspects of their lives. They were generous in their cooperation believing that their experience would benefit others. I am sincerely thankful for their belief in this project.

Finally, through this study, I have increased my own understanding of the transition to singlehood following separation and divorce, which I hope to be able to share with others.
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CHAPTER I

INTRODUCTION

Social work throughout its history has been concerned with marriage and the family. In Canadian society, marriage represents the most important legal and social dyadic relationship. The dissolution of marriage has widespread effects upon the family and the family’s sub-systems, the marital relationship, the parent-child relationship, and the sibling relationship.

Divorce represents the legal dissolution of the marital relationship. The period of separation that is inherent in divorce can be seen as a potential status passage to singleness. Few shifts in social position are likely to demand as many adjustments, due to the central role marriage plays in our society.

In the years between 1969 and 1979 there were approximately 1,500 to 2,000 divorces per year in Canada. During this period divorce increased by 128% (Statistics Canada, 1979). These 1,500 to 2,000 divorces also potentially represent the number of adults experiencing a major transition period of adjustment to singleness.

The persistent increase of separation and divorce addresses the need for a better understanding of this major
transition period. This challenges human services personnel and their interest in families to discover new and innovative programmes of intervention during this prolonged restructuring process of change.

In the Western world, before the establishment of marriage as a religious institution, marriage and divorce were considered to be private affairs. Divorce could be obtained by consent of the spouses. The indissolubility of marriage evolved with the spread of church influence and doctrine. The right to divorce was re-established by The Reformation (The Law Reform Commission of Canada, 1975, p. ii).

In Canada, the Divorce Act of 1968 liberalized the grounds for divorce to include fault or misconduct and marriage breakdown under Sections 3 and 4. The Act also requires a period of living separate and apart for three to five years under these sections (The Law Reform Commission of Canada, 1975, pp. 25-35). This is a prolonged waiting period which many have considered to be undesirable.

In 1976, the Advisory Council on the Status of Women proposed a divorce law reform to make marriage breakdown the sole criterion for divorce and a one year period of living separate and apart of the spouses, or if spouses are living together, a one year waiting period following the application for divorce by either spouse.

Reforms to the Divorce Act of 1968 have not been instituted. Consequently, many separating spouses, regard-
less of who initiated the divorce have an imposed three to five year period of singlehood before remarriage is possible. This study addresses itself to that adjustment or transition period of separated or divorced men and women to singlehood.

A further impetus for this project issued from a consideration of the effects of environmental influences. Windsor, Ontario, for the past five years, has been experiencing severe economic conditions and high unemployment rates. The purpose of this project was not to determine the causes of separation and divorce. However, the researcher believed this to be a unique opportunity to assess the adjustment to separation and divorce at a time when the adults may also be experiencing environmental influences of economic strain and employment pressures.

The study also emerged from the researcher's personal interest in transition states. The transition of maturation, "growing in size, growing older and changing in appearance" are viewed as normal and expected (Parkes, 1971, p. 102). The loss of a spouse and, in some cases, the unexpected loss of a spouse through separation and divorce can be viewed as a major transition (Parkes, 1971, p. 103). This major transition involves the individual's psychological state and the individual's broader social context. Each person attempts to accommodate a change in social status and role definition. This process can be viewed as a psycho-social transition.
A practical perspective for this study was to gain insight into how social workers could intervene more effectively during this transition. Separation and divorce viewed as a transition state suggests the necessity of planning a strategy of appropriate intervention over a prolonged period of time.

The setting for this research included the city of Windsor and Essex County, Ontario. In 1980, Windsor's population was 197,000 and Essex County had a population of 120,000. The city's geographical location promotes industry, agriculture, social and cultural growth (Windsor-Essex County Development Commission, 1980).

Windsor is situated on the Detroit River across from Detroit, Michigan on part of the St. Lawrence-Great Lakes System, and is the largest Canadian-American border city in Ontario. Due to this advantageous location and the varied far-reaching transportation services, Windsor developed into one of Canada's leading metropolitan centres for manufacturing.

The rapid expansion of Windsor's manufacturing base has been largely dependent upon the result of the Canada-United States Automotive Trade Agreement. As a result of the recent financial difficulties of the large automotive industries, Windsor has experienced an economic recession and high unemployment rates as production decreased.

The research believed that the combination of factors that prompted this study, such as the increased divorce
rates, the conditions under the Divorce Act of 1968, and
the economic conditions would provide the bases of a relevant
study. The challenge of the study was to gain more insight
and understanding of the prolonged restructuring period
which constitutes the major transition of separated and
divorced men and women.

To accomplish the goals of this research project, the
researcher reviewed the relevant literature and identified
the major concerns of men and women experiencing separation
and divorce. A research hypothesis was developed from the
review of the literature. The review of the literature and
the research hypothesis will be found in Chapter II. In
Chapter II the researcher will also present the nature of
transitions and the change process; Parkes' (1971) model of
a psycho-social transition and Weiss' (1975) concept of the
loss of the attachment bond in separation and divorce.
Finally, a description of Hudson et al.'s (1974) Index of
Self-Esteem which was utilized in this study is also pre-

In the third chapter of this study, the purpose of the
research, the research design, the rationale for its
selection, the research hypothesis, the assumptions, and
the operational definitions will be presented. Also in this
chapter, the population and sampling procedure, the develop-
ment of the data collection instrument, the statistical
analysis and the limitations of the research design will be
discussed.
In Chapter IV, the results of the data analysis will be presented. The results of the questionnaire were computer tabulated and analyzed using the Statistical Analysis System. The demographic characteristics of both men and women experiencing separation or divorce will be described statistically as well as the respondents' attitudes toward the questionnaire statements.

Finally, in Chapter V, the statistical findings with regard to the research hypothesis and in relation to the available literature will be presented. The summary of the major findings is also presented in Chapter V.

In Chapter VI, the final chapter, the limitation of the major findings of the research study will be presented. Implications of the research will be discussed and recommendations will be made for social workers involved in providing treatment for men and women experiencing separation and divorce. Finally, recommendations for further research will be suggested.
CHAPTER II

REVIEW OF LITERATURE

The Nature of Transitions and the Change Process

The term "transition" is derived from two Latin words meaning "to go across." Naomi Golan (1981) defines transition as "a period of moving from one state of uncertainty, to another, with an interval of uncertainty and change in between." This does not include the diversity nor the range of transitional phases.

As Golan (1981) explains, transitions have been categorized in many ways. One method is by the use of time periods; which means the passage from one chronological stage in the life cycle to another, including specific biological, psychological and social characteristics. Transitions have also been differentiated by role shifts, the relinquishment of one set of social roles and the taking on of a new set of social roles with each demanding a period of adjustment and adaptation. Transitions may be defined by marker events which serve as transformation points, which begin and also give shape to the period of change.

Transitions have been linked to maturational development such as "young adulthood," "middle adulthood," and
"late adulthood" (Levison, 1979; Golan, 1981). However, there are transitions which are not necessarily bound to maturation, such as separation and divorce, losing a job or a major move. Other characteristics, such as social class, culture, ethnicity, and economics may influence the change required during the transition.

Parkes' (1971) model of psycho-social transitions represents a departure from the traditional disease-oriented field of psychiatry. In an effort to develop a conceptual field of psycho-social transitions he adapted ideas from stress research, crisis studies and loss research. Parkes considers major changes which are "lasting in their effects, which take place over a relatively short period of time and which affect large areas of the assumptive world," to be psycho-social transitions (p. 103). He considered separation and divorce to be a major transition which fits within this model.

The assumptive world Parkes (1971) refers to is the "total set of assumptions which we build up on the basis of past experiences in carrying out our purposes" (p. 103). Included in the assumptive world are our expectations of the future, our plans and our prejudices. The interplay of changes in our life space are important or unimportant depending upon their influences on our assumptive world. Hence, there are two areas of change - internal change in the assumptive world and external change in the life space.
Parkes (1971) notes Kurt Lewin's use of life space as being those parts of the environment with which the self interacts and in relations to which behavior is organized; other persons, material possessions, the familiar world of home, and the individual's body and mind in so far as he can view these as separate from his self. (p. 103)

One can then assume in the transition following separation and divorce that changing roles and the adaptations to a new life style are, to some degree, dependent upon how severely one's assumptive world is disrupted. The degree of disruption may be linked to how sudden or unexpected the event is perceived by the individual. Parkes (1971) states:

If the change takes place gradually and the individual has time to prepare, little by little, for the restructuring, the chances that this will follow a satisfactory course are greater than they would be if the change was sudden and unexpected. (p. 103)

To extrapolate from Parkes, if the separation or divorce was anticipated and initiated by one of the marital partners, the event would not be considered sudden or unexpected. Consequently, the following change process or transition would be more satisfactory. The converse would also be true.

An application of Parkes' (1971) model to separation and divorce means the loss of a spouse and, in some cases, the loss of a home, a change in jobs, loss of friends, and a loss of a source of income. These changes in a person's life space correspond to expected changes in their assumptive world. In their assumptive world, attitudes about daily living change, sources of security and finances and the
ability to believe in effective functioning is likely to change. The individual's former sense of security in the world will change as well as future expectations for themselves and their family. A new life style will require adaptation. The assumptive world when altered introduces further changes in the person's life space and the inherent internal and external changes require an improvement of the "fit" between the person and their environment (Parkes, 1971, p. 103).

People are tied to their assumptive world and they create their own life space, hence, "my husband," "my home," "my job," "my wife" all become a part of themselves and these ties are called "affectional bonds" (Parkes, 1971, p. 104). These bonds resist severance and since change requires the person to give up part of their accustomed life space, there is a resistance to change.

Parkes does not view people as passive recipients of their life space. His view is that of creativity, that is, people create their assumptive world by reaching out to their environment, by exploring it, and by their actions and reactions to maintain it or change it. Status, roles, power and authority are given to an individual by society, to make use of their potentialities and obligations (Parsons, 1953, p. 258). Therefore, major changes in the individual's potentialities, roles or status require a major revision of their assumptive world.
External and internal change are inherent in the transition to separation and divorce. The forms these changes take define the purpose of this research. It is not the purpose of this research to investigate the dissolution of the marriage or the causes of the marital breakup.

It is important to consider a brief historical perspective of social change on marriage and divorce.

Levinger (1979) explains, in the mid 1960s, the durability of marriage was then popularly considered as an indicator of marital success. Fifteen years later, success in marriage is often viewed for its furtherment of both spouses' personal potential. He states that the changing role of women had an effect on their marital status. A wife's status is no longer entirely determined by her husband's education and occupation.

The feminist writers point out divorce has positive aspects as well as distress, and women can have greater control over their lives. They may also find a more attractive mate for affectional rewards or increased affiliation with one's kin who had opposed the marriage (Golañ, 1981).

Startz and Cohen (1980) explain this impact of social change in the nuclear family and self-actualization on practitioners. The authors find that in practice there is a shift of values from the traditional nuclear family
toward an increased acceptance of divorce, single-parent and reconstituted families. The frequency of divorce is well documented and occurs at every stage of the marital life cycle. In the past, divorce occurred within the first five years of the marriage. Today, marriages of 20 and 30 years duration are breaking up. The authors find the change in values is shifting toward greater "individualism and self-gratification" (pp. 400-406).

The social stigma of divorce has decreased, except for some circles, and divorce can also mean freedom and new opportunities. Women with children can receive assistance even though living separately may be more expensive. In spite of these social changes, Levinger (1979) explains that intimate relationships are not easily broken. When such a breakdown occurs, it usually means one or both partners find an alternate state more attractive. Attractions that help to cement a marriage derive from the partners "satisfaction of meeting each others' needs for physical subsistence and safety; for psychological security; love and respect; and for self-actualization" (p. 56). The barriers against a breakup are often tied to "each partner's personal feelings of obligation towards the other, toward the children and toward other members in the family's social network, as well as an adherence to abstract values and external normative pressure" (pp. 56-58). He sees a process of balancing rewards and costs.
Levinger (1979) explains that a marriage will not break up, despite low internal attractions and few barriers, unless there are sufficient "material, symbolic or affectional alternatives" (pp. 56-57).

Separation and Divorce: A State of Transition

Prior to 1970 there was a dearth of empirical or theoretical work done in the area of post-separation and post-divorce adjustment or transition. Due to the rising divorce rate, the consequences of separation and divorce are becoming an important social phenomenon for study in the various social science disciplines. Social work practitioners would benefit from a better understanding of the many stages and stressful peaks that appear to be inherent in the process of the separation.

Most of the early literature on marital disruption focused on divorced women (Goode, 1956; Schlesinger, 1969; Blair, 1970). This issued from the belief that women experienced more stress than men from the marital disruption. Women are most often the custodial parent and increased attention has been given to the changing roles of women.

Recent studies deal more systematically with the effects of marital disruption on both men and women (Weiss, 1975; Spanier & Casto, 1976; Wallerstein & Kelly, 1980). These studies suggest that both men and women experience distress in their post-separation adjustment. The researcher was
interested in exploring the association between the circumstances of the event, that is, who initiated the separation or divorce and the subsequent adjustment. The researcher assumed that the initiator would make the better adjustment to separation or divorce since this person would be in favour of the separation and have the desire to terminate the relationship. More importantly, the separation would not be sudden or unexpected as the initiator would have anticipated and expected the separation to occur.

The majority of the research on post-separation and post-divorce identifies at least two stages during the adjustment; the initial stage of the marital dissolution and living separately and its correlates, such as loss of the attachment bond, lowered self-esteem, anger, fear and depression (Weiss, 1975; Brown et al., 1980). The second stage represents the establishment of the new lifestyle, changing roles, and re-stabilizing overall psychological states, such as self-esteem. This stage includes the establishment of new friends, dating, involvement in social organizations and activities outside of the home, and increased or decreased feelings of contentment, enhancement, freedom and relief (Spanier & Casto, 1976; Wallerstein & Kelly, 1980).

This major division of the transition has also been viewed as containing many phases or stages. Bohannan (1970) viewed divorce as one stage in the process of marital dis-
solution and personal adjustment. The other stages include, "emotional divorce," which results from the loss of the love object; "economic divorce," whereby community property has to be divided; "coparental divorce," if children are involved; "community divorce," involving the attitudes and relationships with friends and relatives; and "psychic divorce," the process of becoming an "autonomous individual" (pp. 29-30). All of these stages must be dealt with at the time of the physical separation of the couple and well before the divorce is final.

Initiation of Separation and Divorce

The multiple phases of the transition to separation and divorce appear to be interdependent and due to the many correlates this researcher found it necessary to discuss the two major stages separately. The researcher was interested in who initiated the separation or divorce. The studies suggest this to be the initial phase of the transition. This phase also includes the loss of the attachment bond or loss of the love object and the early psychological states and emotions.

Goode's study (1956) dealt with women in the process of divorce. He found a measure of "trauma" which was highest and more traumatic overall at the final separation as the respondents moved through the stages of decision to divorce to the filing of the decree. He found high trauma associated
with the husband's first suggestion of the divorce. When the decision to divorce was mutual, the trauma was lowest. Goode found that women initiated the divorce more often than men. He believed, however, that the husbands had purposely driven the women to divorce (p. 154).

Hill, Rubin and Péplau (1976) showed that the breakup process is more likely to be initiated by women than men, and is perceived differently by each partner which suggests that had Goode interviewed the divorced husbands, he may have found similar discrepancies. There may be "his and her" divorces just as Bernard (1972, pp. 167-168) suggests there are "his and her" marriages.

Zeiss, Zeiss and Johnson's study (1972) of 133 cases found that women were more likely to initiate the separation and have more negative feelings toward their husbands than the men had toward their wives. Overall, the men seemed to have "more difficulty moving away from their marriage, and they experienced less improvement than the women in their general adjustment" (pp. 31-32). The problems for women centred around living on a reduced income and tensions associated with the loss of a stable life situation.

Bloom et al. (1978) comments on the research of Blair (1970) who found the post-divorce adjustment was more difficult for women when they divorced at the suggestion of their husbands. Blair studied 65 white, middle-class women and found the adjustment to be most difficult for
those women who were, "older, married longer and divorced for only a short period of time." These women had "low self-esteem, low income and their families had opposed their marriage" (p. 875).

Weiss (1975) found that being the one who initiated the separation helped only slightly in minimizing the distress (p. 64).

Spanier and Casto (1976) interviewed both men and women and found those respondents who initiated and expected the separation had a moderate to mild initial reaction as compared to the severe reactions of respondents who found the separation was sudden and unexpected. The authors found some of the respondents with unexpected separation took a long time to recover while others recovered rapidly. The degree to which their problems persist seems to be related to how well the individual made the adjustment to a new life style (pp. 247-248).

Brown et al.'s sample of 429 men and women (1980) found that women anticipated the separation for a longer period of time and were more likely to initiate the separation (p. 311). These authors comment on Mika's research (1980) which showed the non-initiator made a "poorer adjustment to relationships with ex-spouses and less utilization of interpersonal support networks" (p. 309).

Wallerstein and Kelly's (1980) longitudinal study of 58 families showed the decision to divorce was rarely mutual. Women took the initiative to divorce in three-
quarters of the cases, while nearly one-half of the husbands opposed their decision. However, one-third of the women bitterly opposed the divorce, including some who had filed for divorce out of anger and hurt pride (pp. 189-194).

Grove's (1972) research based on suicide rates and mental illness for married and divorced men and women suggests that marriage is more advantageous to men than women and that men are more distressed by divorce than women (p. 204). Earlier, Glick and Carter (1970) proposed a similar argument, that women are more likely to take care of themselves, while men needed to be taken care of.

There is a dearth of research which correlated the initiation of the separation and divorce to the subsequent adjustment. There also appears to be some controversy surrounding this association. The present findings suggest that women are more likely to initiate the separation and divorce.

Attachment

The Harvard Laboratory of Community Psychiatry (1970) did many projects on loss, bereavement and separation. This provided insight into marital ties, separation and divorce. Weiss (1975), from his seminars for the separated, found that most marriages begin with the partners believing that they love one another.
The couples' feeling of positive regard are composed of idealization, the projection onto the other of ones' own wishes for oneself, trust, the unquestioning belief in the other's commitment, identification, the sense that one's essential self is associated with the other, the sense of complementarity, the other's having capacities missing in oneself, and attachment, the bonding to the other that gives rise to the feelings of at-homeness and ease when the other is present or felt to be accessible. (Weiss, 1975, pp. 38-39)

When the marriage begins to dissolve, almost all of the couple's love and its components fail except for the sense of bonding to the spouse which persists long after everything else "fades and even after the marriage has formally ended" (p. 34).

Loss of Attachment

John Bowlby (1969) conceptualized the attachment bond in his work with children separated from their parents. An adult version of this attachment bond has been found to hold equally for the reactions of at least one spouse during the marriage breakdown (Weiss, 1975; Parkes, 1971). Separation distress is marked by a focusing of attention on the lost spouse and intense discomfort is felt because the person is inaccessible. Emotions of "unhappiness," "apprehension," "anxiety" or "panic" are experienced as expressions of the individual's vulnerability. This may give rise to feelings of "tension and vigilance, sleep difficulties, irritability, sudden anger or tears" (Weiss, 1975, pp. 49-52).
The person has a desire to hear about the spouse, to know how that spouse is doing and to seek out the spouse. A separated person may seek reassurance that the spouse is potentially available, and "visit and telephone" or have contact with the spouse. There may be periods of "deep sadness, regret and severe depression coupled with feelings of worthlessness, rejection and self-blame, which may lead to suicidal fantasies" (pp. 52-54).

At times, "the opposite feelings of euphoria" are felt with increased feelings of "self-confidence and self-esteem." They may insist that "the separation is for the best, that a new world has opened for them, and that their lives have become adventurous and exciting." This is usually "temporary" and even a small reversal can cause it to give way to the "underlying depression" (Weiss, 1975, pp. 53-55).

This response seems to characterize the initial phase of separation and involves feelings of self-esteem. According to Weiss (1975), gradually the person bonds themself to a more "trustworthy figure, themselves" and this results in "narcissistic attachment" (p. 53). Over time, these reactions give way to loneliness which Weiss (1975) differentiates from the "earlier distress," toward a more "generalized distress" (p. 54).

Weiss (1975) distinguishes between the loneliness of emotional isolation and social isolation. Emotional isolation, like separation distress, is marked by symptoms of
"anxiety, vigilance, sleep difficulties and loss of appetite" (p. 56). The world seems "desolate, barren, silent, dead" and the person feels hollow and depleted (p. 57). Childhood emotions of abandonment may be re-activated and a sense of "pervasive apprehension, a nameless fear" is experienced (p. 56).

Loneliness, arising from social isolation, has different symptoms, primarily feelings of "rejection and exclusion" (p. 66). Daily tasks tend to lose their meaning, become "burdensome rituals" because there is no one to share them with. The individual experiences almost "intolerable boredom or aimlessness." The person may feel "impelled to leave the home to be more among other people" and to engage in activities outside the home (pp. 56-66).

Loss of attachment may give rise to anger, usually directed at the spouse, even though the person initiated the separation. Some of the anger rises out of conflict of interest over issues of "property division, support payments, child custody and visitation rights." It may rise to "disproportionate heights and even turn to hate and murderous fantasies" (Weiss, 1975, pp. 102-112). Such expressions of hostility may be used at times as a way of maintaining proximity to the lost object. Weiss (1975) found that attachment once developed is sustained by "proximity and fades in response to absence and if meaningful relationships are not made, one is left with loneliness" (p. 56).
In his study, Weiss (1975) did not find "great differences in the level of postmarital distress" between the person who initiated the separation and the person "on whom separation is imposed" (p. 64). He did find distinct differences in the "kinds of distress the two groups experienced" (p. 64). The initiator tended to feel "guilty, even anguished, at the damage their departure inflicted on those they were pledged to cherish" (p. 64). These people may also "question their capacity to meet emotional obligations" (p. 64).

The person on whom separation was imposed felt "aggrieved and misused" by the partner and by the "entire human race" (p. 65). They felt that other people may also have "lost respect for them, which leads to a loss of self respect" (p. 65). This appears to affect the entire issue of "trust" in forming new relationships. The length of marriage was not a significant factor in these reactions.

A period of separation usually precedes divorce and is characterized by intense ambivalent feelings toward the ex-spouse (Bloom, 1978; Goode, 1956; Weiss, 1975), which suggests that separation distress is part of a human process involving the emotional dynamics of bonding in adult marriage. Weiss (1975) described this intense ambivalence as a syndrome of symptoms

anger, blame, continued pining for the spouse, a desire for rejoining, alternating positive and negative feelings towards the ex-spouse and quarrels alternating with closeness. (pp. 47-50)
These paradoxical feelings emerge and alternate between "depression and lessened self-esteem and when in each state believing the other state was temporary" (pp. 47-55).

Marris (1974) similarly to Weiss describes the grief generated by separation as a conflict between the desire to consolidate all that is still valuable and important in the past, and preserve it from loss, and at the same time, to establish a meaningful pattern of relationships in which the loss is accepted. (pp. 180-188)

A recent study by Brown et al. (1980) used Weiss's (1975) concept of attachment and interviewed 429 men and women who were separated and found a highly attached person was a man whose wife had initiated the separation, and who, himself, has only recently begun to consider divorce as a possible outcome of the difficulties in his marriage. (p. 315)

The authors designed an index of attachment based on the assumption that attachment is characterized by various degrees of "longing" for the spouse following separation; it was not conceived as an "all or nothing" phenomenon (p. 315).

The research by Zeiss et al. (1980) of 133 men and women measured attachment three ways, "contact with ex-spouse, feelings toward ex-spouse, and future expectations" (p. 25). The authors found that women were more "disengaged or felt less attachment" than the men (p. 26).

Interestingly, in their study more women initiated the divorce than did men. The males, however, reported stronger
positive feelings about their ex-spouse than females did and there was no significant difference between the men and women in terms of future expectations (pp. 25-26).

Spanier and Casto (1979) interviewed 50 men and women and found that 28% of the respondents who still had strong attachment were having serious problems adjusting (p. 248). Their findings were closer to Goode (1956) who found evidence of attachment in only two-thirds of his respondents. Weiss (1975), however, found feelings of attachment and distress to be nearly universal among his respondents. This may be explained in two ways, either such feelings are not universal or Weiss may have elicited deeper feelings because his interviews took place over several sessions.

The research on adult attachment in marital separation is limited and is largely descriptive. This researcher found Weiss's application of the adult concept of attachment to the process of marital separation laid the groundwork for future exploration of the interplay of both emotional and contextual factors in the dynamics of the separation transition.

Involvement with Social Organizations, Dating and Self-Esteem

The second major phase of the transition to separation and divorce theoretically represents the creation of a new lifestyle and follows the initial phase of initiation of the separation or divorce and the loss of the attachment
bond. These two phases are undoubtedly interdependent and overlapping as human emotions and behaviour frequently blend and flow.

Parkes (1971) describes the restructuring of the individual life space and assumptive world includes changes in roles, status and in the network of social relationships. Viewed from a systems perspective, there are many sub-systems which impinge upon and are influenced during the transition to separation and divorce. Support systems within the family's broader social network are critical to this transition (Parkes, 1971; Caplan, 1976; Golan, 1980).

Spicer and Hampe (1975) researched the relatively untouched area of kinship interaction after divorce. Their findings showed that mothers with custody of children were pushed toward kin contact in the following patterns:

Interaction with the family of origin was the same or increased, females and/or having custody of the children increased or maintained high levels of interaction with their family of origin and maintained lower levels of contact with parents-in-laws, kinship interaction with parents-in-law decreased, as one progresses outward from the parent-child relationship, interaction among the different kin in the kinship network decreases. (pp. 113-118)

The authors dispelled the myth that hostility toward one's in-laws is a reason for divorce and that decreasing interaction had a negligible effect (pp. 113-118). The lower sustained level of interaction one assumes to be a desire on the mother's part to allow her children to know their grandparents.
One can assume that women without children would not feel many family ties or obligations to maintain contact, thus these women would be without the benefit of in-law support during the separation transition. Goode (1963) was interested in the dissolution of the family and notes that divorce does break the bonds which united the two-family lives. Firth (1969) agrees that in divorce the strain seemed to sever the relations with kin on one side of the family. Bohannan (1970) suggests that divorce alters the way kin interaction is carried out.

Since the kinship interaction following separation and divorce is altered, this may cause the adults to look toward their broader social network for support, such as involvement with social organizations, sports clubs, social clubs, political parties and church activities and dating.

Wallerstein and Kelly (1980) found after 18 months of separation one-half of the men and women were "painfully lonely" as a result of the restructuring of the family. Their social life was largely ungratifying, especially for the women who felt they had no control over the absence of meaningful relationships.

Spanier and Casto (1976) also found the adults in transition felt "isolated and ostracized" by former friends and the lack of support within the social network increased the overall difficulties of adjustment. The respondents who were dating a variety of people even without having a
very close relationship seemed to be as helpful as having one close relationship. The respondents who were dating were fearful of being hurt again and fearful of too much intimacy. The respondents not dating wanted to, but had difficulties as to where to meet others and how to start dating after not dating for so long. Both sets of respondents dating and not dating appeared to have a set of expectations concerning dating and centered around a fear of "intimacy, standards and values" (pp. 251-252).

Raschke (1977), in her study of social participation with organizations and dating, found at six months after separation, such activities for both men and women were very low, at seven to 24 months the level of these activities rises for both men and women but more rapidly for males. At 25 to 36 months, it drops from the previous period and is the same for both sexes. At three years, the significant difference is that female participation drops to the same low level it was at six months, but males' social participation rises to the high levels of the 13 to 24 month period (p. 133).

Raschke (1977) hypothesized that "those who participate in activities with others outside the home perceive themselves as having less stress" (p. 131). Stress, in her study, is equated with handling problems. Overall, her study of 277 respondents showed that "males and older persons participated significantly more in activities outside the
home and experienced less stress, than females and younger persons" (pp. 131-132).

Self-Esteem

Despite the more recent lessened social stigma surrounding divorce, the individuals involved are still likely to have feelings of personal failure. The termination of the marriage is not always anticipated, since marriage is a state one enters with general expectations of its continuance. The partners are likely to invest a considerable amount of self-esteem in the marital relationship and its termination will result in considerable personal emotional distress with intense feelings of guilt, fear and/or anger and lowered self-esteem.

Rice (1977) explains an immediate impact to self-esteem is likely to be felt by the spouse who was left. The initiator or the partner to "leave" will also have to cope with a similar impact on their self-esteem. Both partners will perceive the loss during the transition as something that was "highly valued" (p. 121). He suggests that there is a "felt narcissistic" (self-esteem) injury in separation and divorce (p. 121). Brown (1976) and Fisher (1973) viewed the transition to separation and divorce in terms of temporarily lowering the individual's self-esteem.

Waller's (1967) research of 33 respondents explored the problems of post-divorce adjustment:
In the reorganization of sex life, coping with a loss of self-esteem from having failed in the marriage, adjustment to new daily routines, changes in interpersonal relationships with friends and relatives, economic adjustment and underlying personality conflicts. (p. 161)

His observations led him to believe that divorced persons suffered excessively making these adjustments and that this period was hampered by "irrational behavior" by the divorced individual. He saw divorce as a "crisis" that required the person to instigate "drastic change in their way of relating in and to the world in order to survive" (pp. 160-168).

Hunt's (1966) large sample of over 200 respondents found the individuals experienced a wide spectrum of feelings from positive to negative, many experienced deep depressions and disorientations with accompanying physical distress. Hunt's data also showed some divorced persons experienced "very positive feelings and great relief and many loss distressing physical symptoms" (pp. 280-299). There appeared to be no set behaviour pattern, but a combination of varying patterns that separated and divorced persons follow.

Wallerstein and Kelly's (1980) longitudinal study of 58 families showed that at 18 months the men and women were still "in transition and struggling" with their new status. The majority had legally completed the divorce, but not the emotional aspects: The average male was still "mildly depressed and lonely and had less sense of freedom than expected," but the regressive behaviour of "anger and wild outbursts" were gone (pp. 152-160). The average women had
an increase in their "overall wellbeing" and "general happiness." The rise in self-esteem was important in her adjustment and feelings of competence although she was not yet "totally secure and consolidated." Her sense of freedom was not totally achieved and was compromised by "hopeless feelings about her future and the responsibilities" (pp. 152-160).

Wallerstein and Kelly (1980) found that both sexes were more approving of the divorce although one-half of the women felt bitter. Earlier in the study, one-third of the men had favoured the divorce, now three-fifths of the men favoured it. The women had sustained economic difficulties, the majority of the women went to work and two-thirds of these women had increased self-esteem. One-fifth of the women enrolled in "vocational training or education up-grading and also worked part-time" (pp. 152-160). The authors also identified the persistence in both sexes of "depression, loneliness and anger." The men and women who were dating, but not in a steady relationship, expressed a weariness with the superficiality of the social scene and the succession of dates. At 18 months, the men and women who "had ceased to" rage and "experience depression" were giving evidence of adaptation. Divorce for them, more men than women, including some who originally opposed the divorce, became the opportunity to start anew. This marked the beginning of a new phase, learning from their "past failed
relationship they felt a new quality which enhanced their lives" (pp. 160-165).

This is one of the few studies that provided knowledge of the long-term adjustment to separation and divorce. After five years of divorce, Wallerstein and Kelly (1980) found two-thirds of the men and slightly more than one-half of the women viewed divorce as "beneficial and felt their life had been enhanced." The older men, age 43 and older, who had more often initiated the divorce and often had successful professional careers had "stabilized their psychological adjustment" within the first or second year. It took the average women about three years to stabilize psychologically. The strongest predictor of length of time for restabilization was the overall psychological states of the adults toward raised "self-esteem, enhancement and sense of contentment, regardless of who initiated the divorce" (pp. 189-194).

One significant finding at five years post-separation was that 30% of the men and 42% of the women had not achieved psychological or social stabilization. The more "intact" men and women restablized significantly earlier than the "more disorganized or disturbed individual" (p. 191). The factors which contributed to the prolonged period of unsettled living were, "poverty, excessive litigation and extreme anger" (pp. 191-192).
These authors found the absence of a reliable social life created ongoing loneliness for many men and women. More women than men were affected by "social isolation," in part because they had "little control over initiating social engagements." These women were disillusioned by their experiences with the "singles" scene and "dating" (p. 193).

Finally, in reference to dating and involvement with social organizations and psychological states, Arnold et al.'s (1980) longitudinal Canadian study of 277 separated women with children found, at four months, 36% had begun "to do some dating," at one year, 38% to 70% had begun to date and at two years 70% to 80% were dating. They found that women under age 30 began to date sooner than those over 30 years of age. At the end of three years, 55% of the sample had a steady boyfriend (pp. 199-201).

Arnold et al. (1980) found that membership in organizations was associated with women who were "over 25 years old, who were employed and who had post-secondary training" (p. 202). At four months, 22% were involved with social organizations, at one year, 34%, and at two years, 33%. Overall, the authors did not find an association with these activities and psychological states. They did find, however, that the women who "attended church one or more times per week were less likely to be depressed than those who attended less often" (p. 203). Interestingly, the employed
women had "low anxiety and high identity and were less depressed" at each round of interviews (pp. 202-203).

Arnold et al. (1980) found that "all women showed improvement in mental health over time"; depression declined dramatically at one and two years but was still persistent, anxiety did not decline sharply but more gradually and a sense of identity rose substantially (p. 206).

In conclusion, the majority of the studies indicate that more women than men initiate the separation or divorce. However, it is only since the 1970s that both men and women have been systematically examined and these studies suggest that both sexes experience fluctuating psychological states, such as heightened and lowered self-esteem.

The transition or adjustment to separation or divorce suggests at least two major stages that are interdependent. The initial stage relates to the event or who initiated the separation or divorce, heightened or lowered self-esteem and the ambivalent reactions to the loss of the attachment bond. The research on the loss of the attachment bond in marital separation is limited and it is uncertain as to whether it is felt universally or only by some persons. The second major stage concerns the establishment of a new lifestyle which involves dating and involvement with social organizations.
The researcher believed that this project would contribute toward a clearer understanding of the relationship between the dynamics of the initiation of the stressful event of separation or divorce and the subsequent adjustment period for both men and women.

The researcher discovered sufficient ambiguity in this dynamic to warrant this project. There is also a dearth of literature involving both men and women experiencing separation and divorce.

Consequently, the researcher hypothesized that there is a relationship between the locus of decision to separate or divorce and the subsequent adjustment.

A series of questions were devised by the researcher to measure the loss of the attachment bond, dating and involvement with social organizations. A standardized questionnaire devised by Hudson et al. (1974) was used to measure self-esteem, known as the Index of Self-Esteem (ISE). Hudson et al. developed a package of nine scales, each containing 25 items which were easily administered and cover a range of problem areas. The nine scales collectively are referred to as the Clinical Measurement Package (CMP). Each scale has a reliability of .90 or greater and has good face content, construct and discriminant validity (Grinnell, 1981, pp. 151-155).

The following chapter describes the research design and methodology used in this study of a psycho-social transition of separated or divorced men and women.
CHAPTER III

METHODOLOGY

This chapter discusses and explains the research design and methodology that was used in this study. Specific topics to be discussed are: the purpose of the research, classification, the research hypotheses, assumptions, operational definitions, the sample, the development of the instrument and its administration and the limitations of the study.

Purpose

In Canada, the Divorce Act of 1968, sections 3 and 4, imposes a three to five year waiting period of living separate and apart before the divorce is finalized regardless of who initiates the divorce.

The purpose of this research was to determine if there was an association between who initiated the separation or divorce and the subsequent adjustment to singlehood for men and women. The adjustment to singlehood in this research is viewed as a psycho-social transition.

The aim of the research was to provide a descriptive analysis of the individual's psychological transition such as self-esteem and attachment to the ex-spouse and the individual's social transition such as dating and involvement with social organizations.
The study also intended to identify some demographic and socioeconomic characteristics of the men and women experiencing this transition period.

Macdonald (1960) discussing social work research stated:

The objectives of the social work practitioner and the research worker are the same, simply, the improvement of practice. (p. 1)

By assessing the attitudes of both men and women experiencing separation and divorce, the practitioner's understanding of this stressful period can be heightened to better serve this population of clients. Ripple (1960), speaking of social work research, stated:

Research is a method, applicable in certain circumstances for achieving the object of transforming the indeterminate situation into a determinate one. (p. 24)

This study is an attempt to remove the uncertainty or ambiguity of the practitioner's approach to intervention and treatment of adults in transition following separation or divorce. The transition implies a prolonged period of time. Therefore, it is important to determine a strategy of effective intervention during stressful peaks over a period of time.

Research Hypothesis

To accomplish the goals of this research project, the researcher reviewed the relevant literature and identified the major concerns of adults during their adjustment to singlehood following separation or divorce. One major hypothesis was developed from this review, namely:
There is an association between the locus of decision to separate or divorce and the subsequent adjustment.

Assumptions

The more recent research on separation and divorce indicates that both men and women experience distress during their post-separation transition to singleness. Separation and divorce has been recognized as a traumatic period of change (Parkes, 1971; Weiss, 1975; Golan, 1981). The researcher assumed that the initiator of that change which is involved in separation or divorce would make the better adjustment since that person would be in favor of the separation and have the desire to terminate the relationship.

The initiator, more importantly, would not experience the separation or divorce as a sudden or unexpected event. The event would have been anticipated and expected.

These major assumptions and the rational for examining the locus of decision to separate or divorce issues from the theory that anticipated change is more likely to be satisfactory than change that is sudden and unexpected (Parkes, 1971).

The literature on separation and divorce was the basis for the assumption that the subsequent adjustment or transition to singleness for men and women involves both their psychological states and their social situation. The individual's realization of the loss of the marital partner
as a social reality involves adjusting to the loss of attachment to the ex-spouse, self-esteem and establishing a new lifestyle through activities such as dating and involvement with social organizations.

**Operational Definitions**

An operational definition consists of "steps, actions, 'operations' one performs in order to relate the concepts to events in the real world" (Polansky, 1975, p. 23). The following definitions will make explicit the meaning of the terms used within the context of this study.

**Locus of decision to separate or divorce.** This involves husband initiation, wife initiation and mutual initiation of the decision to leave and live separate and apart from one's spouse or to obtain a legal dissolution of the marriage.

**Subsequent adjustment involves:**

1. **Self-esteem,** a five-item scale known as the Index of Self-Esteem (ISE) devised by Hudson et al. (1974).
2. **Attachment.** The researcher developed three subscales which collectively provided a measure of attachment: (a) contact with the ex-spouse, contained five items; (b) negative feelings toward the ex-spouse and no desire for reconciliation, contained ten items; (c) future expectations of living without the ex-spouse, contained seven items.
3. **Dating.** The researcher developed a five-item scale
to measure satisfaction with dating, meaningfulness, similar or dissimilar values and expectations.

4. Social organizations. The researcher developed a five-item scale to measure maintenance of former involvement and newly acquired involvement with recreational, political, religious and social organizations.

A total score of these four variables provided an overall adjustment score, to separation and divorce.

Classification of the Research

Within the classification system developed by Tripodi, Fellin and Meyer (1969) for research, this study meets the requirements set for a quantitative-descriptive study, subtype, hypothesis testing.

Quantitative-descriptive studies are empirical research investigations which have as their main purpose . . . the isolation of key variables. . . . All of these studies use quantitative devices for systematically collecting data from populations . . . or samples of populations or programs. (p. 38)

This study utilized hypothesis testing sub-type to accomplish its objective. Tripodi et al. (1969) have defined hypothesis testing studies as

those quantitative-descriptive studies which contain in their design of research explicit hypotheses to be tested. The hypotheses . . . may be . . . statements of association between two or more variables without reference to a causal relationship. (p. 39)
Population

The total population of men and women who were separated or divorced within the city of Windsor, and Essex County, Ontario was undetermined and unavailable to the researcher due to the changable nature of this phenomenon. The population used for this study was obtained from two social clubs for separated or divorced men and women called Liberated Women and Liberated Men (Lib, Lib) and Parents Without Partners. The researcher believed that these clubs would typify separated or divorced men and women in this geographic area who were attempting to restructure their lives. These men and women would be adapting to singlehood. Their presence at these clubs would indicate their attempts to develop new interpersonal relationships such as, friendships and dating. It would further indicate an attempt to establish outside social contacts with organizations.

Frank Baker (1977) states:

In most communities there exists a network of individuals who band together to help each other in dealing with a variety of problems in living. Such groupings which provide attachments among individuals or between individuals and groups such that adaptive competence is improved in dealing with short-term crisis and life transitions are referred to as natural support systems. (p. 139)

The researcher believed that these social clubs could be viewed as natural support systems and a means of change during the adjustment process. Furthermore, these clubs are a link or part of the societal community to which these people are expected to relate.
Permission for the project was obtained from the executive committee of both clubs by the researcher. It was agreed that the researcher would share the results of the project with the membership of both clubs upon completion. The only criteria for the study was that the respondents be separated or divorced.

Sample

The sample consisted of 149 separated or divorced men and women, 60 men and 89 women.

The sampling procedure used in this study was purposive. According to Sellitiz et al. (1976):

A common strategy of purposive sampling is to pick cases that are judged to be typical of the population in which one is interested, assuming that errors of judgements in the selection will tend to counterbalance each other. (p. 521)

The selection of the two social clubs, Liberated Women - Liberated Men and Parents Without Partners as a purposive sample permitted the researcher to choose the cases which meet the criteria of being separated or divorced.

Instrumentation and Data Collection

The Questionnaire

The questionnaire, as a data collection instrument, was selected for several reasons:

1. It is relatively inexpensive.
2. It gathers required information quickly.
3. Because of anonymity, respondents feel freer to express views.

4. The questionnaire places little pressure on the respondents for immediate response. (Selltiz et al. 1976)

The questionnaire collected demographic data regarding the respondents' age, age at marriage, length of separation and/or divorce, religion, custody of children, number and ages of children, income, disposition of income, adequate income, employment prior and post-separation, return to school, education, occupation, if the respondent wanted to remain married, if the respondent had lived on their own prior to marriage and who initiated the separation or divorce.

The researcher used a standardized questionnaire to measure self-esteem (Hudson et al., 1974) which used a Likert-type scale. The researcher developed questionnaires using Likert-type scales to measure attachment, dating and involvement with social organizations.

Selltiz et al. have suggested several advantages to the Likert-type scale:

It permits the use of items that are not manifestly related to the attitude being studied ... it is simple to construct ... it is generally reliable ... it permits the expression of several degrees of agreement/disagreement and it provides precise information. (1976, p. 419)

The questionnaire was grouped into four categories as follows:

1. Statements directed at respondents' self-esteem.
2. Statements directed at respondents' reactions and attitudes towards attachment to ex-spouse.
3. Statements directed at respondents' reactions and attitudes towards dating.

4. Statements directed at respondents' past or present involvement with social organizations.

The questionnaire was standardized with a series of structured questions where respondents answered the same questions in the same order. The questionnaire permitted only fixed alternative responses.

Selltiz et al. (1976) state that:

A 'fixed alternative' (or 'closed') question is one in which the responses of the subject are limited to stated alternatives. These alternatives may be simply yes or no, or they may provide for indicating various degrees of approval or agreement. (p. 310)

The alternatives which the respondents could select were rarely or none of the time, a little of the time, sometimes, a good part of the time, and most or all of the time.

When completed, the preliminary questionnaire was pre-tested on nine members of the group from the social clubs. Selltiz et al. (1976) have suggested that pre-tests should ideally be in the form of personal interviews. The researcher administered the pre-test and was able to make the appropriate changes, additions and deletions from the feedback received.

The questionnaires were administered by the researcher at both social clubs during their regular meetings. The questionnaire included a covering letter with an explanation of the social utility of the research and an appeal to help
the researcher conduct and complete the study. Confidentiality and anonymity was stressed and permission to do the study from the clubs' executives was stated.

**Instrumentation**

The questionnaire was designed so that statements could be scored on a five-point scale. The five possible responses weighed 1-2-3-4-5 or 5-4-3-2-1. A score of five consistently represented a favourable attitude toward attachment to ex-spouse dating and involvement with social organizations. The continuum was reversed in approximately one-half of the statements. That is, approximately one-half of the statements were worded so that a strongly agree response indicated a favourable or positive attitude toward these three categories. The other half of the statements were worded so that a strongly agree response indicated an unfavourable or negative attitude.

The Index of Self-Esteem (Hudson et al., 1977) is scored with a range from 0 to 100, with lower scores indicating less serious problems and higher scores indicating a higher degree of the problem being measured. The Index has a clinical cutting score of 30, that is, respondents who score above 30 are generally found to have a significant problem in the area being measured. The respondents who score below 30 are generally found to be free of the problem being measured.
In the Index of Self-Esteem, some items are positively worded and some items are negatively worded. The simplest scoring method is to subtract the item score from 6 on all of the positively worded items. Thus, a score of 1 becomes 5 (6-1); 2 becomes 4 (6-2); 3 becomes 3 (6-3); 4 becomes 2 (6-4); 5 becomes 1 (6-5). Any item that is omitted or scored outside the range of 1 to 5 is omitted or given a score of 0.

Analysis of the Data

The data obtained by the questionnaires were computer analyzed using the Statistical Analysis System. In the following chapter, the demographic characteristics of the separated and divorced men and women will be described using frequency distributions.

The hypothesis was tested using the Chi-square test of statistical independence. The chi-square test was used because it was appropriate for nominal level data and it had been frequently used in social science research (Malec, 1977). A level of significance of .05 was used in testing the hypothesis.

Limitations of the Research Design

In any research study, there are inherent limitations. In this research design several limitations have been identified. In the setting of this study, Windsor and Essex
County, Ontario, the total population of separated and divorced men and women were undetermined and unavailable due to the changable nature of this social phenomenon.

In utilizing the purposive sampling method, the representativeness of the selected sample is determinant only to the extent that separated and divorced men and women of the two social clubs, Liberated Women - Liberated Men and Parents Without Partners, approximate the separated and divorced men and women of the total population for this geographic area. Since these two social clubs are organized and operated by local residents and provide a community service, it is assumed that the membership would be representative of the local men and women who are experiencing separation and divorce.

Therefore, the external validity or the extent to which the results can be generalized beyond the specific sample is also relative to these assumptions. A larger sample allowing more such social clubs or organizations would have allowed freer generalizations of the findings. A comparative sample from other Ontario cities would also have allowed freer generalizations.

Since the questionnaire was constructed of fixed alternatives, respondents were not able to explain their answers or to introduce new ideas. In using this type of data collection instrument, the respondents may have been forced to choose a response that may not conform to their actual opinion.
Selltiz et al. (1976, p. 303) discusses the influences of "social desirability" tendencies which may affect the respondents even though the questionnaire was anonymous. Questionnaires aimed at mainly ascertaining feelings are subject to emotional reactions which are too complex for a simple phrase. Also, the words may have different meaning for different people. Finally, respondents may not be willing or able to complete a closed questionnaire.

Finally, only one covering letter signed by the President of Liberated Women - Liberated Men was used for both social clubs. This was based on a decision made by the President and Executive of Parents Without Partners due to a time factor involving the scheduling of their club's regular meeting. The President found this letter to be acceptable and explained this to the membership prior to the administration of the questionnaire.

Summary

This chapter examined the components of the research design and methodology used in this study.

The following chapter presents an analysis of the data.
CHAPTER IV

ANALYSIS OF DATA

In this chapter the data are presented in two major sections. In the first section, the characteristics of the research population of separated and divorced men and women are described. In the second section, the associations between the respondents' locus of decision to separate or divorce and the subsequent adjustment are described. The incidental findings are also described in the second section.

Description of Separated and Divorced Men and Women

Status by Sex

The sample population was almost evenly divided between the separated and the divorced respondents, as shown in Table 1.

<table>
<thead>
<tr>
<th>Status</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>Separated</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>41</td>
<td>27.55</td>
<td>33</td>
</tr>
<tr>
<td>Divorced</td>
<td>48</td>
<td>32.22</td>
<td>27</td>
</tr>
<tr>
<td>Total</td>
<td>89</td>
<td>59.77</td>
<td>60</td>
</tr>
</tbody>
</table>

48.
Age by Sex

The age of the population ranged from 22 to 64 with a mean age of 22 years, sd (89) = 7.94, for females and 40 years, sd (60) = 6.90, for males. Table 2 shows the distribution of age of the total population.

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>22-30</td>
<td>18</td>
<td>4</td>
<td>22</td>
</tr>
<tr>
<td>31-40</td>
<td>35</td>
<td>23</td>
<td>58</td>
</tr>
<tr>
<td>41-50</td>
<td>31</td>
<td>30</td>
<td>61</td>
</tr>
<tr>
<td>51-60</td>
<td>4</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>61-64</td>
<td>1</td>
<td>-</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>89</td>
<td>60</td>
<td>149</td>
</tr>
</tbody>
</table>

Education by Sex

The level of education ranged from grade eight or less to graduate work beyond university as shown in Table 3. The median level of education for females was graduated from high school and for males was some technical school. It is interesting to note that the females generally had a higher level of education.
Table 3

<table>
<thead>
<tr>
<th>Level</th>
<th>Female n</th>
<th>Female %</th>
<th>Male n</th>
<th>Male %</th>
<th>Total n</th>
<th>Total %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 8 or less</td>
<td>6</td>
<td>4.03</td>
<td>5</td>
<td>3.36</td>
<td>11</td>
<td>7.38</td>
</tr>
<tr>
<td>Some high school</td>
<td>22</td>
<td>14.77</td>
<td>16</td>
<td>10.74</td>
<td>38</td>
<td>25.50</td>
</tr>
<tr>
<td>Graduated high school</td>
<td>20</td>
<td>13.42</td>
<td>7</td>
<td>4.70</td>
<td>27</td>
<td>18.13</td>
</tr>
<tr>
<td>Some technical school</td>
<td>6</td>
<td>4.03</td>
<td>6</td>
<td>4.03</td>
<td>12</td>
<td>8.05</td>
</tr>
<tr>
<td>Graduated technical school</td>
<td>11</td>
<td>7.38</td>
<td>10</td>
<td>6.71</td>
<td>21</td>
<td>14.09</td>
</tr>
<tr>
<td>Some university</td>
<td>11</td>
<td>7.38</td>
<td>7</td>
<td>4.70</td>
<td>18</td>
<td>12.08</td>
</tr>
<tr>
<td>Graduated university</td>
<td>11</td>
<td>7.38</td>
<td>5</td>
<td>3.36</td>
<td>16</td>
<td>10.74</td>
</tr>
<tr>
<td>Graduate work beyond university</td>
<td>2</td>
<td>1.34</td>
<td>4</td>
<td>2.68</td>
<td>6</td>
<td>4.03</td>
</tr>
<tr>
<td>Total</td>
<td>89</td>
<td>59.73</td>
<td>60</td>
<td>40.27</td>
<td>149</td>
<td>100.00</td>
</tr>
</tbody>
</table>

Occupation by Sex

A wide variety of occupations were reported by the respondents. These were collapsed into seven categories as shown in Table 4. The mode for females was the clerical category and for males was the skilled category.

Table 4

<table>
<thead>
<tr>
<th>Type</th>
<th>Female n</th>
<th>Female %</th>
<th>Male n</th>
<th>Male %</th>
<th>Total n</th>
<th>Total %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clerical</td>
<td>19</td>
<td>13.67</td>
<td>1</td>
<td>0.72</td>
<td>20</td>
<td>15.03</td>
</tr>
<tr>
<td>Homemaker</td>
<td>4</td>
<td>2.88</td>
<td>-</td>
<td>-</td>
<td>4</td>
<td>3.00</td>
</tr>
<tr>
<td>Managerial</td>
<td>11</td>
<td>7.91</td>
<td>5</td>
<td>3.60</td>
<td>16</td>
<td>12.03</td>
</tr>
<tr>
<td>Professional</td>
<td>9</td>
<td>6.47</td>
<td>8</td>
<td>5.76</td>
<td>17</td>
<td>12.79</td>
</tr>
<tr>
<td>Skilled</td>
<td>16</td>
<td>11.51</td>
<td>27</td>
<td>19.42</td>
<td>43</td>
<td>32.33</td>
</tr>
<tr>
<td>Unskilled</td>
<td>17</td>
<td>12.23</td>
<td>16</td>
<td>11.51</td>
<td>33</td>
<td>24.82</td>
</tr>
<tr>
<td>No response</td>
<td>13</td>
<td>-</td>
<td>3</td>
<td>-</td>
<td>16</td>
<td>-</td>
</tr>
<tr>
<td>Total</td>
<td>89</td>
<td>58.99</td>
<td>60</td>
<td>41.01</td>
<td>149</td>
<td>100.00</td>
</tr>
</tbody>
</table>
Income by Sex

The level of income ranged from $10,000.00 or less, to $50,000.00, as shown in Table 5. The median income for females was less than $10,000.00 and for males was $21,000.00 to $25,000.00. It is noteworthy that the males generally had a higher level of income than the females.

Table 5
Income by Sex

<table>
<thead>
<tr>
<th>Level of Income</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>Less than $10,000</td>
<td>45</td>
<td>30.20</td>
<td>3</td>
</tr>
<tr>
<td>$11,000 - 15,000</td>
<td>22</td>
<td>14.77</td>
<td>3</td>
</tr>
<tr>
<td>16,000 - 20,000</td>
<td>6</td>
<td>4.03</td>
<td>14</td>
</tr>
<tr>
<td>21,000 - 25,000</td>
<td>5</td>
<td>3.36</td>
<td>16</td>
</tr>
<tr>
<td>26,000 - 30,000</td>
<td>6</td>
<td>4.03</td>
<td>11</td>
</tr>
<tr>
<td>31,000 - 40,000</td>
<td>3</td>
<td>2.01</td>
<td>10</td>
</tr>
<tr>
<td>41,000 - 50,000</td>
<td>1</td>
<td>0.67</td>
<td>2</td>
</tr>
<tr>
<td>Over 50,000</td>
<td>-</td>
<td>-</td>
<td>1</td>
</tr>
<tr>
<td>No response</td>
<td>1</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Total</td>
<td>89</td>
<td>59.07</td>
<td>60</td>
</tr>
</tbody>
</table>

Disposition of Income Post-Separation or Divorce by Sex

The disposition of income after separation or divorce ranged from considerably decreased to considerably increased on a five-point Likert-type scale. The median for females was, income somewhat decreased (22%), and for males was, income remained the same (28%).
Income Perceived as Adequate

An adequate income was rated on a two-point scale (yes, no). Sixty-nine per cent of the females and 38% of the males perceived their income as not adequate enough to meet their needs.

Religious Affiliation by Sex

Table 6 illustrates the distribution of religious affiliation of the total population. The category designated as "other" religious included Baptist, Jewish, Lutheran, Methodist, Orthodox, Pentecostal and Presbyterian which represented 10.73% of the population.

<table>
<thead>
<tr>
<th>Religion</th>
<th>Female</th>
<th></th>
<th>Male</th>
<th></th>
<th>Total</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
<td>%</td>
<td>n</td>
<td>%</td>
</tr>
<tr>
<td>Anglican</td>
<td>12</td>
<td>18.05</td>
<td>9</td>
<td>6.04</td>
<td>21</td>
<td>14.09</td>
</tr>
<tr>
<td>Roman Catholic</td>
<td>36</td>
<td>24.16</td>
<td>21</td>
<td>14.09</td>
<td>57</td>
<td>38.26</td>
</tr>
<tr>
<td>United</td>
<td>11</td>
<td>7.38</td>
<td>9</td>
<td>6.04</td>
<td>20</td>
<td>13.43</td>
</tr>
<tr>
<td>Other</td>
<td>12</td>
<td>8.04</td>
<td>4</td>
<td>2.69</td>
<td>16</td>
<td>10.73</td>
</tr>
<tr>
<td>No response</td>
<td>18</td>
<td>12.08</td>
<td>17</td>
<td>11.41</td>
<td>35</td>
<td>23.49</td>
</tr>
<tr>
<td>Total</td>
<td>89</td>
<td>59.73</td>
<td>60</td>
<td>40.27</td>
<td>149</td>
<td>100.00</td>
</tr>
</tbody>
</table>

Ethnicity by Sex

A wide variety of ethnicity were reported by the respondents. These were collapsed into seven categories as shown in Table 7. The British Isles category included
the English, Irish, Scottish and Welsh respondents and was the largest category representing 44.2% of the total population. The category designated as Central European included the Danish, Swedish, Dutch, German, Italians and the Spanish respondents. The Eastern European category included the Armenian, Czechoslovakian, Estonian, Hungarian, Polish, Romanian and Ukrainian respondents. The Middle East category represented a Lebanese respondent and the West Indies category represented a Jamaican respondent.

### Table 7

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Female n</th>
<th>%</th>
<th>Male n</th>
<th>%</th>
<th>Total n</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>British Isles</td>
<td>41</td>
<td>27.88</td>
<td>24</td>
<td>16.32</td>
<td>65</td>
<td>44.20</td>
</tr>
<tr>
<td>Canadian (none specified)</td>
<td>6</td>
<td>4.08</td>
<td>5</td>
<td>3.40</td>
<td>11</td>
<td>7.49</td>
</tr>
<tr>
<td>Central European</td>
<td>8</td>
<td>5.44</td>
<td>7</td>
<td>4.76</td>
<td>15</td>
<td>10.20</td>
</tr>
<tr>
<td>Eastern European</td>
<td>15</td>
<td>10.20</td>
<td>5</td>
<td>3.40</td>
<td>20</td>
<td>13.60</td>
</tr>
<tr>
<td>French Canadian</td>
<td>19</td>
<td>12.93</td>
<td>15</td>
<td>10.20</td>
<td>34</td>
<td>23.13</td>
</tr>
<tr>
<td>Middle East</td>
<td>-</td>
<td>-</td>
<td>1</td>
<td>0.68</td>
<td>1</td>
<td>0.69</td>
</tr>
<tr>
<td>West Indies</td>
<td>-</td>
<td>-</td>
<td>1</td>
<td>0.68</td>
<td>1</td>
<td>0.69</td>
</tr>
<tr>
<td>No response</td>
<td>-</td>
<td>-</td>
<td>2</td>
<td>-</td>
<td>2</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>89</strong></td>
<td><strong>60.53</strong></td>
<td><strong>60</strong></td>
<td><strong>39.44</strong></td>
<td><strong>149</strong></td>
<td><strong>100.00</strong></td>
</tr>
</tbody>
</table>
Number of Children by Sex

The respondents had a total of 132 children with a range of 1-8 children, as shown in Table 8. The median number of children for both males and females was two children.

Table 8

<table>
<thead>
<tr>
<th>Children</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>None</td>
<td>8</td>
<td>12.12</td>
<td>9</td>
</tr>
<tr>
<td>1</td>
<td>16</td>
<td>12.12</td>
<td>12</td>
</tr>
<tr>
<td>2</td>
<td>25</td>
<td>18.94</td>
<td>24</td>
</tr>
<tr>
<td>3</td>
<td>20</td>
<td>15.15</td>
<td>8</td>
</tr>
<tr>
<td>4</td>
<td>9</td>
<td>6.82</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>5</td>
<td>3.79</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>2</td>
<td>1.52</td>
<td>-</td>
</tr>
<tr>
<td>7</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>8</td>
<td>4</td>
<td>3.03</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>89</td>
<td>61.36</td>
<td>60</td>
</tr>
</tbody>
</table>

Custody of Children

It is interesting to note that seven of the respondents had joint custody of their children. Table 9 shows the distribution of custody of the children for the entire population.
Table 9
Custody by Sex

<table>
<thead>
<tr>
<th>Custody</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Husband</td>
<td>11</td>
<td>8.34</td>
</tr>
<tr>
<td>Joint</td>
<td>7</td>
<td>5.30</td>
</tr>
<tr>
<td>Wife</td>
<td>113</td>
<td>85.61</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
<td>0.75</td>
</tr>
<tr>
<td>Total</td>
<td>132</td>
<td>100.00</td>
</tr>
</tbody>
</table>

Age at the Time of Marriage by Sex

The age at the time of marriage ranged from 15 to 46 years with a mean age of 21.4 years, sd (89) = 5.47, for the females and a mean age of 24.4 years, sd (60) = 5.21, for the males. Table 10 shows the distribution of age at the time of marriage for the total population.

Table 10
Age at the Time of Marriage by Sex

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>15-20</td>
<td>50</td>
<td>33.57</td>
<td>14</td>
</tr>
<tr>
<td>21-26</td>
<td>29</td>
<td>19.46</td>
<td>30</td>
</tr>
<tr>
<td>27-34</td>
<td>6</td>
<td>4.02</td>
<td>12</td>
</tr>
<tr>
<td>35-46</td>
<td>4</td>
<td>2.68</td>
<td>4</td>
</tr>
<tr>
<td>Total</td>
<td>89</td>
<td>59.73</td>
<td>60</td>
</tr>
</tbody>
</table>
Length of Marriage by Sex

The length of marriage ranged from one month to 35 years with a mean length of marriage of 11.6 years, sd (89) = 7.33, for females and 11.8 years, sd (60) = 6.95, for males. Table 11 shows the distribution of the length of marriage of the respondents.

Table 11
Length of Marriage by Sex

| Marriage in Years | Female | | | | | Male | | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | n | % | n | % | n | % | | | | | | | |
| 0-5 | 22 | 14.76 | 14 | 9.41 | 36 | 24.17 | | | | | | | |
| 6-10 | 24 | 16.10 | 15 | 10.06 | 39 | 26.17 | | | | | | | |
| 11-15 | 18 | 12.08 | 13 | 8.71 | 31 | 20.80 | | | | | | | |
| 16-20 | 12 | 8.04 | 11 | 7.37 | 23 | 15.44 | | | | | | | |
| 21-25 | 11 | 7.37 | 5 | 3.35 | 16 | 10.74 | | | | | | | |
| 26-35 | 2 | 1.34 | 2 | 1.34 | 4 | 2.68 | | | | | | | |
| Total | 89 | 59.69 | 60 | 40.24 | 149 | 100.00 | | | | | | | |

Length of Separation by Sex

There was a range in the length of separation of 2 months to 11 years with a mean length of separation 2.9 years, sd (89) = 2.68, for the females and 2.2 years, sd (60) = 2.61, for the males. Table 12 shows the distribution of the length of separation of the respondents.
### Table 12
Length of Separation by Sex

<table>
<thead>
<tr>
<th>Separation in Years</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>0-2</td>
<td>21</td>
<td>51.22</td>
<td>23</td>
</tr>
<tr>
<td>2.5-3.5</td>
<td>8</td>
<td>19.51</td>
<td>5</td>
</tr>
<tr>
<td>4-6</td>
<td>8</td>
<td>19.51</td>
<td>3</td>
</tr>
<tr>
<td>7-11</td>
<td>4</td>
<td>9.75</td>
<td>2</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>41</td>
<td>100.00</td>
<td>33</td>
</tr>
</tbody>
</table>

### Length of Divorce by Sex

Table 13 shows the distribution of the length of divorce for the entire population. The length of divorce ranged from 3 months to 30 years with a mean length of divorce 5.2 years, sd (89) = 5.73, for females and 4.1 years, sd (60) = 3.53, for the males.

### Table 13
Length of Divorce by Sex

<table>
<thead>
<tr>
<th>Divorce in Years</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>0-2</td>
<td>17</td>
<td>35.40</td>
<td>10</td>
</tr>
<tr>
<td>2.5-4</td>
<td>11</td>
<td>22.90</td>
<td>6</td>
</tr>
<tr>
<td>5-8</td>
<td>8</td>
<td>16.70</td>
<td>6</td>
</tr>
<tr>
<td>9-12</td>
<td>8</td>
<td>16.70</td>
<td>5</td>
</tr>
<tr>
<td>13-30</td>
<td>4</td>
<td>8.30</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>48</td>
<td>100.00</td>
<td>27</td>
</tr>
</tbody>
</table>
Length of Separation Prior to Divorce

Table 14 shows the length of separation prior to divorce ranged from 2 months to 10 years with a mean of 2.5 years, sd (89) = 2.04, for the females and a mean of 3.5 years, sd (60) = 2.61, for the males.

Table 14
Length of Separation Prior to Divorce

| Separation in Years | Female | | | Male | | | Total | | |
|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|
| n | % | n | % | n | % | n | % |
| 0-2 | 29 | 60.42 | 9 | 39.13 | 38 | 53.52 |
| 2.5-4 | 13 | 27.08 | 7 | 30.44 | 20 | 28.17 |
| 5-6 | 4 | 8.33 | 4 | 17.39 | 8 | 11.27 |
| 8-10 | 2 | 4.17 | 3 | 13.04 | 5 | 7.04 |
| No response | - | - | 4 | - | 4 | - |
| Total | 48 | 100.00 | 27 | 100.00 | 75 | 100.00 |

Intention to Divorce if Separated

The intention to divorce was rated on a two-point scale (yes, no). Thirty-three per cent of the females and 70% of the males intended to divorce.

Desire to Remain Married

Of the total population, 28% of the females and 70% of the males had a desire to remain married. The responses were rated on a two-point scale (yes, no).
Respondents Who Lived on Their Own Prior to Marriage

Of the total population, 42% of the females and 68% of the males lived on their own prior to marriage. The responses were rated on a two-point scale (yes, no).

Steady Boy or Girl Friend

Seventy per cent of the males and 69% of the females of the total population did not have a steady boy or girl friend. The responses were rated on a two-point scale (yes, no).

Employment Prior to Separation or Divorce

The distribution of employment prior to separation or divorce is illustrated in Table 15.

Table 15
Employment Prior to Separation or Divorce

<table>
<thead>
<tr>
<th>Employment</th>
<th>Female n</th>
<th>Female %</th>
<th>Male n</th>
<th>Male %</th>
<th>Total n</th>
<th>Total %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full time</td>
<td>40</td>
<td>44.94</td>
<td>39</td>
<td>65.00</td>
<td>79</td>
<td>53.02</td>
</tr>
<tr>
<td>Part time</td>
<td>28</td>
<td>31.46</td>
<td>20</td>
<td>33.33</td>
<td>48</td>
<td>32.22</td>
</tr>
<tr>
<td>None</td>
<td>21</td>
<td>23.60</td>
<td>1</td>
<td>1.67</td>
<td>22</td>
<td>14.76</td>
</tr>
<tr>
<td>Total</td>
<td>89</td>
<td>100.00</td>
<td>60</td>
<td>100.00</td>
<td>149</td>
<td>100.00</td>
</tr>
</tbody>
</table>

Employment Post-Separation or Divorce

It is noteworthy that full-time employment increased for both males and females as illustrated in Table 16.
Table 16

Employment Post-Separation or Divorce

<table>
<thead>
<tr>
<th>Employment</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full-time</td>
<td>47</td>
<td>52.80</td>
<td>42</td>
</tr>
<tr>
<td>Part-time</td>
<td>18</td>
<td>20.23</td>
<td>16</td>
</tr>
<tr>
<td>None</td>
<td>24</td>
<td>26.97</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>89</td>
<td>100.00</td>
<td>60</td>
</tr>
</tbody>
</table>

Return to School Post-Separation or Divorce

It is interesting to note that more women than men returned to school, as shown in Table 17.

Table 17

Return to School Post-Separation or Divorce

<table>
<thead>
<tr>
<th>School</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full-time</td>
<td>16</td>
<td>17.98</td>
<td>4</td>
</tr>
<tr>
<td>Part-time</td>
<td>25</td>
<td>28.09</td>
<td>6</td>
</tr>
<tr>
<td>No</td>
<td>48</td>
<td>53.93</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>89</td>
<td>100.00</td>
<td>60</td>
</tr>
</tbody>
</table>
Self-Esteem

The Index of Self-Esteem (ISE) (Hudson, 1976) had a cutting point of 30 and a range of 1-100, with lower scores indicating a less serious problem and higher scores indicating serious problems. Of the total population, 94.4% of the women and 93.3% of the men had serious problems with their self-esteem.

The Association Between the Locus of Decision to Separate or Divorce and the Subsequent Adjustment

Locus of Decision to Separate or Divorce

Table 18 shows that the decision was most frequently made by the wife.

Table 18

Locus of Decision to Separate or Divorce

<table>
<thead>
<tr>
<th>Decision</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Husband</td>
<td>37</td>
<td>24.83</td>
</tr>
<tr>
<td>Mutual</td>
<td>37</td>
<td>24.83</td>
</tr>
<tr>
<td>Wife</td>
<td>75</td>
<td>50.34</td>
</tr>
<tr>
<td>Total</td>
<td>149</td>
<td>100.00</td>
</tr>
</tbody>
</table>
Decision to Separate or Divorce and Adjustment

The adjustment scores were divided by the median (152) with high scores representing satisfaction with dating, involvement with social organizations, less attachment or more disengagement from the ex-spouse and low scores, positive self-esteem. When the wife decided to separate or divorce, she made a relatively favourable overall adjustment \( \chi^2 (75) = 8.225, \text{df} = 1, p = .0041 \). When the husband decided, he made a relatively unfavourable adjustment \( \chi^2 (37) = 7.825, \text{df} = 1, p = .0052 \). Therefore, there is an association between the locus of decision to separate or divorce and the subsequent adjustment. There was no association when the decision was a mutual one.

The population of this project belonged to a social club. When the variable (involvement with social organizations) was excluded, the associations remained significant.

Decision to Separate or Divorce and Attachment

Attachment contained three sub-sections: negative feelings toward the ex-spouse and no desire for a reconciliation, infrequent contact with the ex-spouse and positive expectations for a future without the ex-spouse. The total attachment score was divided into high and low scores by the median (79) with high scores representing less attachment and more disengagement from the ex-spouse.
When the wife decided to separate or divorce, she was less attached or more disengaged from her ex-spouse $\chi^2 (75) = 7.321$, df = 1, $p = .0068$. When there was a mutual decision, there was attachment to the ex-spouse $\chi^2 (37) = 3.783$, df = 1, $p = .00518$. There was no significance when the husband decided to separate or divorce.

**Decision to Separate or Divorce and Feelings Toward the Ex-Spouse**

The scores were divided into high and low scores by the median (35). High scores represented negative feelings and no desire for a reconciliation. When the wife decided, she had no desire for a reconciliation and negative feelings toward the ex-spouse $\chi^2 (75) = 5.675$, df = 1, $p = .0172$.

**Decision to Separate or Divorce and Contact with the Ex-Spouse**

The scores were divided by the median (15) into high and low scores. High scores represented no desire for contact or to be with the ex-spouse. When the wife decided she had no desire for contact with the ex-spouse $\chi^2 (75) = 14.864$, df = 1, $p = .0001$. There was a desire for contact when the decision was mutual $\chi^2 (37) = 11.352$, df = 1, $p = .0008$.

**Dating, Involvement with Social Organizations and Self-Esteem**

There was no significance between the locus of decision to separate or divorce and dating, involvement with social organization nor self-esteem.
Wife’s Decision and Adjustment by Length of Separation Prior to Divorce

The sample was divided by the quartiles in relation to the length of separation prior to divorce. The lower quartile included respondents who had been separated 1.5 years or less; the second quartile, respondents separated 2 years or less; the third quartile, respondents separated 4 years or less; and the upper quartile, respondents separated 10 years or less. The adjustment scores were divided by the median (152).

When the women were the initiators and they had been separated prior to divorce for 4 years or less, they made an unfavourable adjustment $\chi^2 (75) = 3.738, \text{df} = 1, p = .05$.

Husband’s Decision and Adjustment by Age and Adequate Income

The sample was divided by the quartiles in relation to the age of the respondents. The lower quartile included respondents who were 34 years or less; the second quartile included respondents who were 40 years or less; the third quartile included respondents who were 44 years or less; and the upper quartile included respondents who were 64 years or less. The adjustment scores were divided by the median (152).

When the husband was the initiator and he was 34 years or less, he made a favourable adjustment $\chi^2 (37) = 8.800$. 
df = 1 p = .0030. When the husband perceived his income was adequate and he was the initiator, he made an unfavourable adjustment $\chi^2 (37) = 6.878$, df = 1 $p = .0087$.

Mutual Decision and Adjustment by Age, Length of Separation, Length of Separation Prior to Divorce

When the respondents were 34 years or less, which represented the lower quartile and the decision was mutual, they made a favourable adjustment $\chi^2 (37) = 6.739$, df = 1 $p = .0094$. When the decision was mutual and they had been separated prior to divorce for 4 years or less, they made an unfavourable adjustment $\chi^2 (37) = 4.260$, df = 1 $p = .0390$.

The sample was divided by the quartiles in relation to the length of separation. The lower quartile included respondents who had been separated 1 year or less; the second quartile included respondents separated for 2 years or less; the third quartile included respondents separated for 4 years or less; and the upper quartile included respondents separated for 11 years or less. When the decision was mutual and they had been separated for 2 years or less, they made an unfavourable adjustment $\chi^2 (37) = 4.630$, df = 1 $p = .0314$.

Mutual Decision by Employment Prior to Separation or Divorce and Occupation

Employment was divided into full-time, part-time, and no employment. When the respondents were employed full-
time and the decision was mutual, they made a favourable adjustment \( \chi^2 (37) = 6.459 \), \( df = 2 \) \( p = .0396 \). Occupation was divided into seven categories. When the decision was mutual and they had a skilled occupation, they made a favourable adjustment \( \chi^2 (37) = 15.590 \), \( df = 6 \) \( p = .0161 \).

Findings Related to Dating and Social Organizations

Dating and Age of Respondents

The dating scores were divided by the median (14) into high or low scores with high scores indicating satisfaction with their dates. The respondents who were 44 years or less, 80.9% of the females and 71.6% of the males, were not satisfied with their dates \( \chi^2 (115) = 5.522 \), \( df = 1 \) \( p = .0188 \).

Social Organizations by Age and Length of Marriage

Involvement with social organizations was divided by the median (8) into high and low scores with high scores indicating a high degree of involvement. The respondents who were 44 years or less had a low involvement with social organizations \( \chi^2 (115) = 7.464 \), \( df = 1 \) \( p = 0.0063 \).

The respondents who had been married for 10 years or less, 51.7% of the females and 48.3% of the males, had a low involvement with social organizations \( \chi^2 (75) = 8.887 \), \( df = 1 \) \( p = 0.0029 \).
Summary

This chapter presented the analysis of the data. The descriptive characteristics of the research sample were described. The association between the locus of decision to separate or divorce and the subsequent adjustment were described. The incidental findings were also described in this chapter.

The following chapter will discuss, interpret and summarize the research findings.
CHAPTER V

DISCUSSION AND SUMMARY OF THE FINDINGS

The purpose of this chapter is to discuss, interpret and summarize the research findings based on the data presented and analyzed in the previous chapter and the available literature. The purpose of this research was to determine if there was an association between who decided to separate or divorce and their subsequent adjustment.

Descriptive Characteristics of the Separated and Divorced Men and Women

The population sample was about evenly divided in status between the separated and the divorced. The majority of the 149 respondents were between the ages of 31 and 50 years of age, had a high school education and were employed in clerical and skilled occupations. There was a predominance of Roman Catholics and respondents whose ethnic origins were English, Irish and Scottish.

Seven couples had joint custody of their children, however, more women (113) had custody than men (11). This finding is similar to the majority of the studies and in particular Wallerstein and Kelly (1980) and Spanier and Casto (1979).
The women earned a lower income than the men, experienced a decrease in their income and felt it was inadequate to meet their needs. This was a universal finding in the literature.

Fewer women lived on their own than men and were slightly younger at the time of their marriage than the men. The average length of marriage and separation was 11.5 years and approximately 2 years, respectively.

The combined lengths of separation prior to divorce and the divorce was approximately 5 years for both sexes. These findings were similar to Wallerstein and Kelly (1980), Spanier and Casto (1979), and Zeiss et al. (1980).

Comparatively, more of the men than the women had a desire to remain married. This tends to support Grove's (1977) conclusion that men view marriage as being more advantageous than women do.

Prior to separation or divorce, approximately 20% more men than women were employed full-time. Post-separation or divorce employment increased 12% for both sexes and more women (11%) than men returned to school.

It is difficult to interpret employment and a return to school as this may have been influenced by layoffs as well as a change in status due to the prolonged economic recession in Windsor, Ontario, which is in part related to the major auto industry. The finding regarding women is comparable to Wallerstein and Kelly's (1980) research. They found women sustained economic difficulties and the
majority of the women returned to work while one-fifth enrolled in school. Two-thirds of these women had increased self-esteem. In this project, the vast majority of both sexes had lowered self-esteem. Wallerstein and Kelly's research was longitudinal whereas this project was not.

The lowered levels of self-esteem found in this project were undoubtedly influenced by a multitude of factors related to separation and divorce and is interpreted in this manner. The majority of the research (Weiss, 1976; Rice, 1977; Waller, 1967; Hunt, 1966) found fluctuating and lowered levels of self-esteem post-separation and divorce.

**Locus of Decision to Separate or Divorce and Adjustment**

The women, 50.4%, most frequently decided to separate or divorce and they made a favourable adjustment. The opposite was true for the males. The male initiators made an unfavourable adjustment. These findings are similar to Hill, Rubin and Peplau (1976), Zeiss et al. (1972), Brown et al. (1980) and Wallerstein and Kelly (1980). A mutual decision showed no association to the respondents' overall adjustment.
Wife's Decision to Separate or Divorce

The dynamics between who initiated the separation and their subsequent adjustment were somewhat controversial in the literature. Weiss (1975), who conceptualized attachment or separation anxiety, found that being the "leaver" or the one who left, helped only slightly in minimizing the distress. Brown et al. (1980) found that when the women were the initiators, they made a better adjustment. The man whose wife initiated the separation was more attached. Zeiss et al. (1980) had a similar finding. Spanier and Casto's (1979) findings associated strong attachment in both sexes with difficulties and serious problems in their adjustment. Their findings were similar to Goode's (1956) study of women. He found evidence of attachment in women whose husbands urged them to divorce.

Blair (1970) reported that women had difficulty with their adjustment when the husbands were the initiators. Grove (1972) suggested that men are more distressed by divorce than women and alludes to the concept of attachment.

This study found that women who were the initiators were less attached. There was no significance between attachment and the male initiators. When the decision was mutual, the respondents were attached, and in particular, in their wish for frequent contact with the ex-spouse.
The majority of the studies which addressed both men and women (Brown et al., 1980; Zeiss et al., 1980; Wallerstein & Kelly, 1980; Weiss, 1976) found the decision to separate was usually centred on one partner more than the other and most frequently on the women. Therefore, it is difficult to interpret and discuss these findings on a comparative basis. The researcher suggests that since the respondents of this project perceived their decision to be a mutual one, interviews would elicit deeper feelings and more contextual factors.

The wish for frequent contact may be influenced by a desire to be with the children. However, Wallerstein and Kelly (1980) found that the children were frequently used as a vehicle for the expression of the partner's personal feelings.

The women who initiated the separation and had been separated for four years or less prior to their divorce made an unfavourable adjustment. This was also true when the decision was a mutual one.

The average length of separation prior to divorce was two to three and a half years. This suggests a stressful peak during the adjustment and may be related to the litigation process of the final divorce. This suggestion is somewhat tenuous as this was not a longitudinal study. Bohannan (1970) viewed the litigation process as one of the many stressful peaks and stages during the transition period. Wallerstein and
Kelly (1980), Brown et al. (1980), Weiss (1975) and Spanier and Casto (1979) found the adjustment period was fraught with stressful peaks for both sexes and in particular at the time of finalizing the divorce.

**Husband's Decision to Separate or Divorce**

The husbands who initiated the separation made an unfavourable adjustment. The men who perceived their income was adequate to meet their needs made an unfavourable adjustment.

The male initiators who were 34 years of age or less made a favourable adjustment. Brown et al. (1980), Zeiss et al. (1980) and Wallerstein and Kelly (1980) found that husbands whether they initiated the separation or not tended to make an unfavourable adjustment and age was not a significant factor.

One exception was Wallerstein and Kelly's (1980) longitudinal study. These authors found that after one to two years of separation the professional males who had initiated the separation and were age 43 and older began to psychologically stabilize.

This study suggests younger males who were the initiator made a favourable adjustment, but having an adequate income was not an indicator of a favourable adjustment.
Mutual Decision to Separate or Divorce

There were a number of associations between the adjustment and the description variables when the decision was a mutual one. The indicators of a favourable adjustment when the decision was mutual were, age, 34 years or less; employment prior to separation or divorce; and having a skilled occupation. The negative indicators and an unfavourable adjustment were, length of separation, two years or less; and length of separation prior to divorce, four years or less.

Decision to Separate and Self-Esteem, Dating and Involvement with Social Organizations

The majority of the respondents had difficulties with their self-esteem. Independently, the variables self-esteem, dating and involvement with social organizations were not associated with who decided to separate or divorce.

Findings Related to Dating and Social Organizations

Regardless of who initiated the separation, the respondents who were 44 years or less, 51.9% of the women and 48.3% of the men, were dissatisfied with their dates and were minimally involved with social organizations. The respondents who were married for 10 years or less, 51.9% of the women and 48.3% of the men, were not involved with social organizations.
Wallerstein and Kelly (1980) found both sexes were weary and dissatisfied with their dates. Spanier and Casto (1979) found that dating seemed to help but in general dating was problematic because of a fear of intimacy and not knowing how to begin to date again. This was linked to feelings of social isolation. Raschke (1977) found that dating and involvement with social organizations varied with the length of separation. These activities fluctuated and leveled out after three years of separation with males being more actively involved. The average length of separation in this study was two to five years.

Arnold et al. (1980) found that women under age 30 dated sooner than those over 30 and after three years of separation, 55% of the women had a steady boyfriend. In this study, the majority of the respondents did not have a steady. While dating and involvement with social organizations appears to help with the adjustment, all of these authors found lowered self-esteem in their subjects.

Weiss (1976) found that as a result of the loss of the attachment bond, the subjects experienced separation anxiety. This anxiety diminished as the proximity to the ex-spouse decreased. When meaningful relationships were not established, the subjects experienced emotional and social isolation which led to a deep loneliness.

The findings of this research project suggest that the majority of the respondents, in their attempt to create a new lifestyle, were experiencing some degree of social isolation.
Summary of the Findings

The Respondents

A total of 149 respondents, 89 women and 60 men, completed a questionnaire which was administered by the researcher to the members of Parents Without Partners and Liberated Women and Liberated Men (Lib, Lib). The respondents were Caucasian with the exception of one male from the West Indies.

The majority of the respondents had a high school education, were Roman Catholics and of English, Irish and Scottish origins. The women more often had custody of their children, had a lower income and experienced more of a decrease in their income than the men.

The age of the respondents ranged from 22 to 64 years. The average respondent had been married for 11.5 years and separated for approximately 2 years. The combined length of separation prior to divorce and the length of the divorce was approximately 5 years for both sexes.

Prior to separation or divorce, more men than women were employed full-time. Post-separation and divorce full-time employment increased for both sexes and more women returned to school than did men. Ninety-four percent of the population had problems with their self-esteem.
Locus of Decision to Separate or Divorce and Adjustment

The women most frequently were the initiators and they made a favourable adjustment. The opposite was true for the males. They made an unfavourable adjustment. There was no significance when the decision was a mutual one.

The adjustment was operationalized by four variables: attachment, self-esteem, dating, and involvement with social organizations. The concept of the loss of the loss of attachment bond or separation anxiety (Weiss, 1975) provided a format for examining the emotional and contextual factors involved in the dynamics of separation and divorce.

The women were less attached when they were the initiators. There was attachment when the decision was mutual. The indicator of an unfavourable adjustment when the wife was the initiator was when the separation prior to divorce was four years or less. When the decision was mutual, there was a similar finding.

The indicator of a favourable adjustment when the men were the initiators was when they were 34 years or less. When the decision was mutual, there was a similar finding.

When the respondents had a skilled occupation and were employed full-time prior to separation or divorce, they made a favourable adjustment.

The literature suggests that the decision to separate or divorce tended to centre on one partner more than the other and usually on the wife. Since the respondents of
this research perceived their decision to be a mutual one, the researcher suggests that interviews would elicit deeper feelings and more contextual factors.

Regardless of who initiated the separation or divorce, the majority of the respondents did not have a steady boy or girl friend, were dissatisfied with their dating activities and were minimally involved with social organizations. This suggests some degree of social isolation.

The findings of this study suggest that the initiation of the separation or divorce is associated with the subsequent adjustment period or transition. The degree of attachment or disengagement from the ex-spouse is associated with the initiation of the separation or divorce. Finally, the respondents in their transition to singlehood were experiencing some degree of psychology (lowered self-esteem) and social isolation.

Summary

This chapter discussed, interpreted and summarized the research findings in relation to the available literature. The last chapter will present the limitations of the research findings and several recommendations will be suggested.
CHAPTER VI

LIMITATIONS AND RECOMMENDATIONS

This chapter is divided into two sections. In the first section, the limitations of the research findings will be presented. In the second section, the recommendations for further studies and for social workers involved in the treatment of separated or divorced men and women will be presented.

Limitations

The external validity was restricted since this study involved individuals who belonged to a social club for the separated and divorced. The researcher decided to use the median of the adjustment scores to interpret a favourable or unfavourable adjustment. Therefore, this may be a limitation.

Involvement with social organizations was one of the variables utilized in this study as a measure of adjustment. This may represent a bias as the respondents belonged to a social club.

Although the questionnaire was anonymous, the influence of "social desirability" tendencies may have affected the respondents.
The questionnaire was constructed with fixed alternatives, which may have forced the respondents to choose a response that may not have conformed to their actual opinion. The respondents were unable to explain their answers or to introduce new ideas.

**Recommendations**

The researcher has recognized the need for knowledge in the dynamics involved in who initiates the separation or divorce and the subsequent adjustment. This research project found evidence of attachment and disengagement which involves issues of negative feelings, anger, guilt and blame which are juxtaposed to positive feelings of caring and a desire for contact with the ex-spouse and future expectations. These paradoxical feelings were found as the length of separation increased.

**Further Studies**

If the researcher were to plan future research, it would concentrate on the concept of attachment.

It is recommended that future study address the concept of attachment in greater depth. Individual interviews are recommended to elicit deeper feelings surrounding the contextual circumstances of these issues.

A longitudinal study is also recommended to investigate the prolonged transitional process.
For Social Workers

The major findings of this study indicate detailed knowledge of who initiated the separation or divorce and the degree and quality of the attachment to the ex-spouse would be necessary.

It is recommended that social workers involved in the treatment of separated or divorced men and women recognize the need for a grieving period to mourn the loss of their ex-spouse. A period of mourning and grieving would provide clients with an opportunity to ventilate their paradoxical feelings of anger and caring for their ex-spouse.

Although this study did not address the role of children during the adjustment period, the literature identified the turmoil they experience. Children are often used as a vehicle whereby the expressions of anger or pining for the adult's loss is allowed to be vented.

It is recommended that an innovative group therapy approach, such as the developmental or self-help approach be used to allow mutual sharing, mutual support and identification with others who are experiencing similar difficulties. Group therapy would address the issues of self-esteem, dating and social isolation.

It is recommended that demographic information, such as age, length of separation, employment and occupation be considered in a treatment plan.
Finally, the treatment plan should accommodate the prolonged psycho-social transition to separation and divorce and emphasize the opportunity for growth that exists in transition.

Conclusion

This research project found the adjustment to singleness following separation or divorce for these men and women was fraught with difficulties which involved their emotional and psychological states and their social situation. The persistent increase in the rate of divorce, the conditions under the Divorce Act of 1968 and the economic circumstances suggests that this social phenomenon does, indeed, challenge the helping professions to gain more insight and understanding of this prolonged restructuring period which constitutes a major psycho-social transition.
APPENDIX A

Covering Letter
Dear Club Member:

One of our club members has returned to the University of Windsor. A part of the requirements for her Masters of Social Work degree is to do a research thesis.

Since the numbers of separated and divorced men and women has dramatically increased, the helping professions need to understand what this means to the persons involved.

This research concerns the attitudes of separated and divorced men and women. We have agreed to cooperate in this worthwhile study because we believe it will be helpful in offering services to men, women and their families.

We guarantee that no names or any other identifying information will be kept or made available to anyone. Your responses will be completely anonymous and confidential.

Your help in aiding her to complete this study will be greatly appreciated.

Thank you for your time and cooperation.

Yours sincerely,

(Signed) Pat Bensette
President Lib. Lib.
APPENDIX B

Questionnaire
There are no right or wrong answers. Please answer each question carefully and accurately. This is not a test.

Instructions:

(1) If you have been divorced more than once, please answer the questionnaire as it relates to your most recent divorce.

(2) Please place a check mark or a number in the blank space provided, for example, 5 years.

1. What is your sex? ___ Male  ___ Female
2. What is your age? __________
3. What is your present status? ___ separated ___ divorced
4. How old were you when you got married? ___ years
5. How long were you married? ___ years
6. If you are not divorced, how long were you separated? ___ years ___ months
7. If you are separated, do you intend to divorce? ______
8. If divorced, how long have you been divorced? ___ years ___ months
9. If divorced, how long were you separated prior to divorce? ___ years ___ months
10. Who initiated or decided to separate or divorce? ___ Husband ___ Wife ___ Mutual (both)
11. Did you want to remain married to your spouse? ___ yes ___ no
12. How many children do you have? __________
13. What ages are your children? ___, ___, ___, ___, ___
14. Who has custody of your children? ___ Husband ___ Wife ___ Other ___ Joint
15. Are you affiliated with any of the following religions? ___ Roman Catholic ___ Jewish ___ Anglican ___ United Methodist ___ None ___ Other (please specify)
16. Did you return to school after your separation or divorce? ___ no ___ yes, part-time ___ Yes, full-time
17. Did you return to work after your separation or divorce?
   ___ no ___ yes, part-time ___ yes, full-time
18. Did you work prior to your separation or divorce?
   ___ no ___ yes, part-time ___ yes, full-time
19. What is your present, or most recent occupation: for example, office manager, secretary
20. How far have you gone in school?
   ___ 8th grade or less ___ graduate technical, trade school
   ___ some high school ___ some university
   ___ graduated high school ___ graduate university
   ___ some technical, trade school ___ graduate work beyond university
21. What is your present income:
   ___ less than $10,000.00 ___ $26,000 - 30,000.00
   ___ $11,000 to 15,000.00 ___ $31,000 - 40,000.00
   ___ $16,000 to 20,000.00 ___ $41,000 - 50,000.00
   ___ $21,000 to 25,000.00 ___ over $50,000.00
22. What happened to your income since your separation or divorce?
   ___ considerably increased ___ somewhat decreased
   ___ somewhat increased ___ considerably decreased
   ___ remained the same
23. Do you believe your present income is adequate to meet your needs? ___ yes ___ no
24. What is your ethnic or cultural background? For example, Irish, French, Italian
25. Did you live on your own prior to your marriage?
   ___ yes ___ no
26. Generally speaking are you satisfied with your dates?
   ___ rarely or none of the time ___ a good part of the time
   ___ a little of the time ___ most or all of the time
   ___ sometimes
27. Do you find that you do not have a lot in common with your dates, such as similar ideals, values, standards, etc.
   ___ rarely or none of the time ___ a good part of the time
   ___ a little of the time ___ most or all of the time
   ___ sometimes
28. Are your dates meaningful or significant to you?
   ___ rarely or none of the time ___ a good part of the time
   ___ a little of the time ___ most or all of the time
   ___ sometimes

29. Do you have certain expectations of your dates? Such as education, attitudes, appearances, etc.
   ___ rarely or none of the time ___ a good part of the time
   ___ a little of the time ___ most or all of the time
   ___ sometimes

30. At the present time do you have a steady boyfriend or girlfriend? ___ yes ___ no

31. Before your separation or divorce did you participate in clubs or organizations, such as sports clubs, social clubs, lodges, local political parties, charities and the like?
   ___ yes ___ no

32. Do you participate more or less often since your separation or divorce in these clubs?
   ___ much more often ___ a little less often
   ___ a little more often ___ much less often
   ___ about the same

33. Before your separation or divorce did you participate in church activities? ___ yes ___ no

34. Since your separation or divorce do you participate in church activities more or less often?
   ___ much more often ___ a little less often
   ___ a little more often ___ much less often
   ___ about the same

35. Since your separation or divorce did you join any new sports clubs, social clubs, lodges, local political parties, charities and the like? ___ yes ___ no

36. Are you willing to do favours for your ex-spouse?
   ___ rarely or none of the time ___ a good part of the time
   ___ a little of the time ___ most or all of the time
   ___ sometimes
37. Do you desire a reconciliation with your ex-spouse?
   __ rarely or none of the time  __ a good part of the time
   __ a little of the time  __ most or all of the time
   __ sometimes

38. Do you feel anger towards your ex-spouse?
   __ rarely or none of the time  __ a good part of the time
   __ a little of the time  __ most or all of the time
   __ sometimes

39. Do you have guilt feelings in regards to your ex-spouse?
   __ rarely or none of the time  __ a good part of the time
   __ a little of the time  __ most or all of the time
   __ sometimes

40. Are your thoughts about your ex-spouse generally negative?
   __ rarely or none of the time  __ a good part of the time
   __ a little of the time  __ most or all of the time
   __ sometimes

41. Do you have caring feelings towards your ex-spouse?
   __ rarely or none of the time  __ a good part of the time
   __ a little of the time  __ most or all of the time
   __ sometimes

42. Do you tend to blame your ex-spouse when things go wrong?
   __ rarely or none of the time  __ a good part of the time
   __ a little of the time  __ most or all of the time
   __ sometimes

43. Do you feel deserted by your ex-spouse?
   __ rarely or none of the time  __ a good part of the time
   __ a little of the time  __ most or all of the time
   __ sometimes

44. Are your thoughts about your ex-spouse generally positive?
   __ rarely or none of the time  __ a good part of the time
   __ a little of the time  __ most or all of the time
   __ sometimes
45. Do you have a sense of loneliness without your ex-spouse?  
   ___ rarely or none of the time ___ a good part of the time  
   ___ a little of the time ___ most or all of the time  
   ___ sometimes

46. How often do you contact your ex-spouse?  
   ___ daily ___ weekly ___ monthly ___ yearly ___ never

47. Would you like more contact with your ex-spouse?  
   ___ much more often ___ a little more often  
   ___ a little less often ___ much less often  
   ___ about the same

48. Do you have arguments or disagreements during your contacts with your ex-spouse?  
   ___ rarely or none of the time ___ a good part of the time  
   ___ a little of the time ___ most or all of the time  
   ___ sometimes

49. Would you like less contact with your ex-spouse?  
   ___ rarely or none of the time ___ a good part of the time  
   ___ a little of the time ___ most or all of the time  
   ___ sometimes

50. Do you feel relaxed and comfortable during your contacts with your ex-spouse?  
   ___ rarely or none of the time ___ a good part of the time  
   ___ a little of the time ___ most or all of the time  
   ___ sometimes

51. Do you feel you have put your past marriage behind you and you are looking forward to a new future?  
   ___ rarely or none of the time ___ a good part of the time  
   ___ a little of the time ___ most or all of the time  
   ___ sometimes

52. Do you feel empty inside, like an important part of you is missing?  
   ___ rarely or none of the time ___ a good part of the time  
   ___ a little of the time ___ most or all of the time  
   ___ sometimes
53. Do you feel free and relieved, like a weight has been lifted off your shoulders?
   ___ rarely or none of the time  ___ a good part of the time
   ___ a little of the time        ___ most or all of the time
   ___ sometimes                  ___ sometimes

54. Is your past marriage always on your mind?
   ___ rarely or none of the time  ___ a good part of the time
   ___ a little of the time        ___ most or all of the time
   ___ sometimes                  ___ sometimes

55. Do you feel like a new person, changing for the better all the time?
   ___ rarely or none of the time  ___ a good part of the time
   ___ a little of the time        ___ most or all of the time
   ___ sometimes                  ___ sometimes

56. Do you feel in a rut, and your life isn't going anywhere?
   ___ rarely or none of the time  ___ a good part of the time
   ___ a little of the time        ___ most or all of the time
   ___ sometimes                  ___ sometimes

57. Are you looking forward to a free and independent future?
   ___ rarely or none of the time  ___ a good part of the time
   ___ a little of the time        ___ most or all of the time
   ___ sometimes                  ___ sometimes

Please answer each of the following items as carefully and accurately as you can by placing a number by each one as follows:

1. Rarely or none of the time  4. A good part of the time
2. A little of the time        5. Most or all of the time
3. Sometimes

58. I feel that people would not like me if they really knew me well.

59. I feel that others get along much better than I do.

60. I feel that I am a beautiful person.

61. When I am with other people, I feel they are glad I am with them.

62. I feel that people really like to talk with me.
63. I feel that I am a very competent person.
64. I think I make a good impression on others.
65. I feel that I need more self-confidence.
66. When I am with strangers, I am very nervous.
67. I think that I am a dull person.
68. I feel ugly.
69. I feel that others have more fun than I do.
70. I feel that I bore people.
71. I think my friends find me interesting.
72. I think I have a good sense of humour.
73. I feel very self-conscious when I am with strangers.
74. I feel that if I could be more like other people I would have it made.
75. I feel that people have a good time when they are with me.
76. I feel like a wallflower when I go out.
77. I feel I get pushed around more than others.
78. I think I am a rather nice person.
79. I feel that people really like me very much.
80. I feel that I am a likeable person.
81. I am afraid I will appear foolish to others.
82. My friends think very highly of me.
83. Do you feel depressed?
84. Do you feel lonely?

Thank you for completing the questionnaire.
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ARTICLES


**UNPUBLISHED MATERIAL**


VITA AUCTORIS

Frances Wierich was born on July 16, 1934 in Brantford, Ontario. She received her elementary and secondary education in the same city. After two years of training at the Brantford General Hospital, she received her Registered X-Ray and Laboratory Technician qualifications in 1956.

Mrs. Wierich then moved to San Francisco, California, and was employed by Sick Children's Hospital for five years. She completed a one-year training program in management and merchandising in 1964 in San Francisco. In 1965 she managed a Ski Chalet and Boutique in Aspen, Colorado for two years.

In 1967 Mrs. Wierich returned to London, Ontario. She trained for one year in Human Genetics which included genetic counselling and laboratory techniques at Children's Psychiatric Research Institute where she was employed for five years.

In 1973 Mrs. Wierich moved to Kingston, Jamaica, where she re-established and supervised the Human Genetic Laboratory at the University of the West Indies, Mona Campus. She was employed there for three years.

She returned to the University of Western Ontario in London and earned her B.A. in Sociology in 1977. During this time, Mrs. Wierich was involved in the organization of a volunteer program in Probation and After Care. In 1978 she earned her B.S.W. at the University of Windsor. She
was employed by the Roman Catholic Children's Aid Society as an Adoption Caseworker for three years.

Mrs. Wierich returned to the University of Windsor to pursue her M.S.W. in September, 1981, where she expects to graduate in October, 1982.

During her undergraduate work, her practicum was at the Roman Catholic Children's Aid Society. Her placement during her graduate work was at Glengarda, a residential and day school for exceptional children.