

Original Article

Prediction of Post-Traumatic Growth Based On Sensitivity to Rejection and Resilience in Adolescents with Divorced Parents

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Abstract

Background and Aim: Parental divorce is one of the most stressful events that teenagers face, and it leaves short-term and long-term economic, social, and emotional effects on teenagers. The purpose of this research is to predict the posttraumatic growth based on sensitivity to rejection and resilience in adolescents who have experienced parental divorce.

Materials and Methods: The research implementation method was correlation type. The sample studied were teenagers aged 13 to 17 in Kerman who had experienced the divorce of their parents and had referred to counseling centers (Jomhuri Blvd, EmamJomeh, and HezaroyekShab Street) in Kerman. After the screening and using the available method after visiting the counseling centers in Kerman, the researcher selected 100 people who met the inclusion and exclusion criteria. Data collection was based on Sarmad et al.'s sensitivity to rejection questionnaire, Connor and Davidson's resilience questionnaire, and Tedeschi and Kalon's post-traumatic growth questionnaire. The analysis and information obtained from the implementation of the questionnaire were checked through SPSS software version 26 and the data was analyzed using a simple regression inferential test.

Results: The value of the standardized regression coefficient (BETA) for sensitivity to rejection is equal to 0.165 and for resilience is equal to 0.911. According to the value of the t statistic obtained, which is significant at the alpha level of 0.01, the research hypothesis is confirmed.

Conclusion: The research results showed that sensitivity to rejection negatively and significantly predicts post-traumatic growth in teenagers with divorced parents, and resilience positively and significantly predicts post-traumatic growth in teenagers with divorced parents.

Keywords: Post-traumatic growth, Sensitivity to rejection, Resilience, Divorce.

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Introduction

Divorce is the termination of marriage under special legal and religious conditions, after which the obligations of the parties towards each other are lost and they have no rights or duties towards each other (1). Divorce is one of the most destructive social-relational injuries, which in addition to disrupting the functional health of couples and other family members, gradually disrupts social stability (2). The prevalence of divorce in Iranian society is at an alarming level. According to the official statistics of the Civil Registration Organization in 2019, the rate of divorce from 2010 to 2019 is higher than the previous year, respectively 0.6, 0.10, 0.13, 0.9, 0.5, 0.3, 0.5 and 0.3 percent have increased.

Apart from the fact that divorce has destructive effects on the functioning of the couple themselves, the children are also affected by this tragic event, and according to the results of the research conducted in this field, the occurrence of divorce causes various types of psychological, social, and behavioral damages in the children. It is also accompanied (3) by educational failure and impaired learning quality, a tendency to delinquent behaviors such as theft, bullying and coercion, depression, anxiety and worry, despair, behavioral problems, suicide, and addiction are among the most common consequences of parental divorce in children (4).

Although divorce as a stressful factor has a very destructive role on the mental health and overall functioning of the children of this group of parents, according to the research conducted in this field, this perceptual suffering can also have positive aspects and provide the opportunity for the growth of these children in different dimensions (5). Post-traumatic growth is a concept that has been considered in recent decades to explain the positive effects of unpleasant events (6).

The concept of post-traumatic growth was first introduced by Tedeschi and Calhoun (7). This concept refers to the positive and efficient developments that are realized in people during the experience of an unpleasant event such as divorce or

after it (8). Post-traumatic growth refers to the fact that after facing bitter and stressful events, people develop in various psychological, communicative, and social aspects and not only return to their initial conditions. but they can also move on the path of excellence (9).

Experiencing bitter events such as divorce can provide the basis for the growth of not only couples but also the children of this group (10). Tedeschi and Calhoun (7) believe that post traumatic growth and its realization depend on the amount of rumination and cognitive growth, the amount of perceptual support, spirituality, personality traits, and coping methods of people, and these five factors together are the quality They determine cognitive growth. The experience of divorce disturbs the mental and cognitive world of couples and children to a great extent and causes this group to re-evaluate their conditions and function to create positive changes in it (5). Rumination and re-evaluation of nature and cognitive structure play a big role in making growth possible after the accident (11). Children who experience a traumatic event such as their parents' divorce, in the shadow of rumination, while adapting more efficiently to bitter experiences, achieve favorable growth in cognitive, behavioral, and environmental fields (12).

Interpersonal relationships and perceptual support of people who have experienced a stressful event such as parental divorce also play a big role in their growth (13). Peripheral support for people caught in stressful events, such as children with divorced parents, creates a sense of understanding in them and makes them feel less lonely and hopeless (14). Divorced couples and children of this group, who have good social-emotional support, adapt and manage the situation more efficiently (12). Theoretical and experimental backgrounds show that spirituality can also be effective in determining growth after the accident (15). The spirituality of this group of people can facilitate the understanding of the event that happened and make coping with it faster (16).

Another factor influencing the growth after the accident of children with divorced parents is their personality traits. Possessing characteristics such as a positive outlook, self-esteem, and self-efficacy play a big role in determining the post-traumatic growth of

divorced children (12). Post-traumatic growth is achieved when the personality system of people is combined with positive traits such as self-worth and confidence in their inner capability. Among the personality traits and skills that can play a role in determining the post-traumatic growth of children with divorced parents is the resilience of this group of people and their sensitivity to rejection (17).

Resilience is an inner capability that people rely on to deal with life's problems and stressors. Resilience is a kind of ability that makes it possible for people to accept stressful situations and helps them to return their lives to a normal state more quickly (18). This ability helps people who have experienced stressful events such as divorce to adapt to the unpleasant situation and achieve their physical-psychological balance with better efficiency (19). Resilience, apart from helping a person to adapt to the stressful conditions of his life, helps him to achieve favorable growth in this direction as well (20).

A person who has high resilience, after analyzing the stressful conditions of his life, understands and then accepts it, and in this way realizes the possibility of going through it constructively (21). If the children who are facing the divorce of their parents have high resilience, it can be expected that they will bear this perceived stress with more strength and overcome it (22). High resilience is one of the internal items that prevent a person from psychological collapse when faced with problems and hardships in life (23).

Divorced couples or children whose parents are separated from each other experience various types of psychological distress (2). Mental discomforts are completely normal, and it takes a long time to get over them (24). However, many people are not able to accept this shock and every day their mental and psychological condition is getting worse compared to the past (3). One of the abilities that can explain the difference between the children of divorced parents with a favorable situation and the children of divorced parents with a disturbed situation is resilience (19). Resilience, while helping these children to better understand the situation, provides them with the possibility to go through this bitter event more quickly (25).

The important point that has been taken into consideration in this research is that resilience

facilitates and accelerates the adaptation of children with divorced parents to their parents' divorce (19); Can it also provide the reasons for their growth after the accident? Ambiguities are evaluated as a part of this research in a scientific framework. Another factor that can play a role in determining the post-traumatic growth of children with divorced parents is the sensitivity of these children to rejection (26).

Rejection means not being accepted and sensitivity to rejection also means how much a person is upset by rejection and being rejected and his psychologically safe world is shaken (27). Divorce of parents is a very bitter event and the children of this group of people feel rejected at a much higher level compared to other children. Children of divorce believe that they are not very important to their parents; Because if they were important, they would not have been rejected and left alone like this (28). The level of sensitivity of these people to the issue of rejection plays a very decisive role in determining how much they break down mentally and psychologically (29).

The more children of divorce are sensitive to being rejected by their parents and cannot understand why and how their parents separated from each other, the more they experience psychological distress and face more emotional, behavioral, and even social tensions. They become (10). Jafarzadeh et al (28), stated in their research that the higher the threshold of sensitivity to rejection in children of divorce, the higher the probability of destructive cognitive, emotional, and behavioral reactions from them and expressing their dissatisfaction. It will be on a higher threshold than life. In general, sensitivity to rejection, by making the psychological world of children with divorced parents insecure, increases their ability to cope with the current stressful situation and prevents them from overcoming this crisis at the right time (26).

Psychological tensions resulting from excessive sensitivity to rejection cause children with divorced parents to not be able to realize much growth after facing their parents' divorce. Although no research has been done in this field, theoretical analyzes have clarified the interaction between these two variables. However, in this research, how the sensitivity to rejection of children with divorced parents interacts with their post-traumatic growth is evaluated. The question that this research seeks to answer is, how much

resilience and sensitivity to rejection of children with divorced parents play a role in predicting their post-traumatic growth?

Methods

Inclusion criteria for this study were as following:

1. Teenagers 13 to 17 years' old
2. Teenagers with divorced parents
3. Not having an acute mental disorder according to the psychologist's diagnosis
4. Lack of dependence on drugs
5. Willingness to participate in research

Exclusion criteria for this study were as following:

1. Incomplete answers to questionnaire questions
2. Unwillingness to participate in research

The following questionnaires were used to collect data in this research:

Materials

Rejection Sensitivity Questionnaire (RSQ)

This questionnaire was designed to evaluate the sensitivity to rejection in people by Sarmad et al (30). This questionnaire contains 24 items and its answers are based on a five-point Likert scale from very low to very high and scored from one to five (very low: 1; low: 2; medium: 3; high: 4; very high: 5) (31). The range of scores is between 24 and 120. A score between 24 and 40 indicates that the sensitivity to rejection is at an unfavorable level, a score between 40 and 80 indicates that the sensitivity to rejection is at a relatively favorable level, and a score above 60 indicates that the sensitivity to rejection is at a relatively favorable level. Rejection is at a favorable level (32). Sarmad et al (30), reported the reliability of the questionnaire using Cronbach's alpha method of 0.70 and confirmed its validity.

B. Connor and Davidson Resilience Questionnaire(CD_RCS)

This questionnaire was prepared by Connor and Davidson (33) by reviewing the research sources of

1979-1991 in the field of resilience. The psychometric properties of this scale have been investigated in six groups, the general population, primary care patients, psychiatric outpatients, patients with generalized anxiety disorder and two groups of post-traumatic stress patients.

The producers of this scale believe that this questionnaire is well able to distinguish resilient from non-resilient people in clinical and non-clinical groups and can be used in research and clinical situations. Connor and Davidson Resilience Questionnaire has 25 items that are scored on a Likert scale between zero (completely false) and five (always true).

External reliability: Connor and Davidson reported the Cronbach's alpha coefficient of the resilience scale as 0.89. Also, the reliability coefficient obtained from the retest method in a week 4 interval was 0.87.

Iranian reliability: this scale has been standardized in Iran by Mohammadi (34) He used Cronbach's alpha method to determine the reliability of Connor and Davidson resilience scale and reported a reliability coefficient of 0.89.

External validity: Connor and Davidson resilience scale scores had a significant positive correlation with Kobasa's stubbornness scale scores and significant negative correlation with perceived stress scale scores and Sheehan's stress vulnerability scale, which indicates the concurrent validity of this scale.

Discriminant validity: Connor and Davidson Resilience Scale scores at baseline and termination were not significantly correlated with Arizona Sexual Experience Scale scores. This article indicates the differential validity of the test.

Iranian Validity: To determine the validity of this scale, first the correlation of each statement with the total score of the category was calculated and then the factor analysis method was used. Calculating the correlation of each score with the total score except term 3, showed coefficients between 0.41 and 0.64. Then, the scale expressions were subjected to factor analysis using the principal components method. Before extracting the factors based on the correlation matrix of expressions, two KMO indexes and Bartlett's sphericity test were calculated. The value of KMO was 0.87 and the value of chi-square in Bartlett's test was 5556/28 both of which indicated the sufficiency of the evidence for factor analysis. In the research conducted

by Samani, Jokar and Sahragard among students, they reported its reliability as 0.93 and the validity (using factor analysis and convergent and divergent validity) was verified by the creators of the test in different normal and at-risk groups.

Post-Traumatic Growth Questionnaire (PTGI)

This questionnaire was evaluated by Tedeschi and Calhoun to assess post-traumatic growth, and in Iran, it was translated and standardized by Seyed Mahmoudi, Rahimi, and Mohammadi Jaber (7,33). This questionnaire contains 21 questions, and its answers are based on a five-point Likert scale, ranging from 0 (I have not experienced any change) to 5 (I have experienced a lot of change). The range of scores is between 0 and 105, and the higher the score, the greater the post-traumatic growth. Tedeschi and Calhoun (7) reported the reliability of the instrument using Cronbach's alpha method for the overall scale of 0.90 and its subscales between 0.67 and 0.85, and its structural and content validity were also acceptable. announced in Iran, Seyed Mahmoudi et al (35). reported the reliability of the tool using Cronbach's alpha method for the overall scale of 0.92 and reported its structural and content validity as acceptable.

The data were analyzed using SPSS software version (26) in the form of descriptive and inferential tests. From tests of mean, standard deviation, etc., to describe research indicators, research objectives were investigated through the inferential tests of simple regression.

Results

Table 1 shows information about the frequency of gender of the members of the sample group Based on this Among the members present in the research, 61 are girls and 39 are boys.

Table 2 the descriptive information of the scores related to the sensitivity to rejection variable, including skewness and kurtosis, along with the mean and standard deviation of the scores are presented. Based on the obtained information, the

average sensitivity to rejection is equal to 57.35. Also, considering that the values of skewness and skewness of the data are between +2 and -2 the data have a normal distribution at the level of 0.05.

Table 3 the descriptive information of the scores related to the resilience variable, including the skewness and elongation, along with the average and standard deviation indicators of the scores are presented. Based on the obtained information, the average perception of individual competence is equal to 18.46, trust in individual instincts is equal to 15.07, negative emotion tolerance is equal to 10.14, positive acceptance of change and secure relationships is equal to 7.69, spiritual effects are equal to 5.15 and the average overall resilience score is 56.52. Also, considering that the values of skewness and skewness of the data are between +2 and -2, the data have a normal distribution at the level of 0.05.

Table 4 Descriptive information of post-traumatic growth variable scores. In Table 4 the descriptive information of the grades related to the post-traumatic growth variable, including skewness and elongation along with the average and standard deviation of the grades are presented. According to the obtained information, the average growth after the accident is equal to 63.86. Also, considering that the values of skewness and skewness of the data are between +2 and -2, the data have a normal distribution at the level of 0.05. To predict post-traumatic growth based on sensitivity to rejection in adolescents with divorced parents, a regression test was used. The results of this test along with Pearson's correlation coefficient and checking its assumptions are presented below.

Table 5 shows the results of the correlation between rejection sensitivity and post-traumatic growth. The calculated correlation coefficient is negative and significant at the alpha level of 0.01 ($p < 0.01$). The negativity of the obtained coefficient shows that there is an inverse relationship between rejection sensitivity and post-traumatic growth in teenagers with divorced parents.

Table 1.Frequency related to the gender of the members of the sample group.

Gender	Class	Parents' occupation	age	Abundance	Percent
Girl	7th, 8th, and 9th high school	10 housewives' mothers, 10 mother employees, 10 workers father and 10 retired fathers	13 to 15 years	61	61
Boy	10th, 11th, and 12th grade of secondary school	6 housewives mothers, 15 employees of the mother, 5 retired father and 10 workers father	15 to 17 years	39	39
Total				100	100

Table 2.Descriptive information of variable scores of sensitivities to rejection.

Sensitivity to rejection	The standard deviation	Crookedness	Elongation	Average
	0.135	0.738	57.35	9.473

Table 3.Descriptive information of resilience variable scores.

	Crookedness	Elongation	Average	The standard deviation
Perception of individual competence	0.288	0.093	18.46	3.603
Trust individual instincts	0.436	0.420	15.07	3.945
Tolerance of negative emotions	-0.379	-0.312	10.14	3.913
Positive acceptance of change and secure relationships	0.195	-0.613	7.69	1.950
Spiritual effects	-0.356	-0.540	5.15	2.010
Resilience	-0.053	0.204	56.52	12.534

Table6: The results of the linear regression test and the table below showed that 38% of the total variance of post-traumatic growth is predicted by resilience styles. The F ratio also shows that the regression of post-traumatic growth on all six resilience subscales is significant. That is, the relationship between post-traumatic growth and the linear combination based on resilience style subscales cannot be random. Significant results also showed that all six subscales can significantly predict post-traumatic growth ($p < 0.05$).

Table 6- Also, the results related to the power of sensitivity to rejection in predicting post-traumatic growth showed that 10% of the variance of post-traumatic growth predicts sensitivity to rejection. The F ratio indicates that the regression of post-traumatic growth on rejection sensitivity is significant. That is, the relationship between post-traumatic growth and the linear combination of rejection sensitivity probably cannot be coincidental. Also, a significant analysis shows that only t obtained from the category of anxiety ($t = 3.37$) can have a significant effect in predicting growth after the

Table 4.Descriptive information of resilience variable scores.

	Crookedness	Elongation	Average	The standard deviation
Posttraumatic growth	-0.415	1.518	63.86	11.119

Table 5.Correlation coefficient between rejection sensitivity and post-traumatic growth.

Variables	The correlation coefficient	The significance level
Rejection sensitivity and posttraumatic growth	-0.383	0.001

accident ($p = 0.007$).

Discussion

The effects and complications that divorce brings for the children of divorce are important because it can cause many behavioral and psychological disorders in them and endanger their future personal and social life. Incidence of depression in children and

Table 6.Relation of power of sensitivity to rejection in predicting post-traumatic growth.

Linear equation		P	t	β	SEB	B	Sig	F	R justified	R ²	R	predictor variable	Criterion variable
VIF	Tolerance												
1.43	0.88	0.002	7.54	-0.43	0.16	-1.77						General educational	
1.62	0.97	0.001	7.89	0.37	0.2	1.83						Forecast	
1.51	0.89	0.003	8.11	0.42	0.24	2.07	0.002	57.52	0.36	0.38	0.62	Family	Widisoncuttr
1.39	0.85	0.009	6.82	0.51	0.27	0.53						Social	
1.67	0.93	0.001	7.13	0.39	0.16	0.89						Resilience	
1.44	0.84	0.001	6.84	0.44	0.18	0.44						Anxiety	Posttraumatic Growth
1.00	0.98	0.007	3.37	0.32	0.081	0.37	0.004	5.84	0.08	0.1	0.31	Positive answer	
1.00	0.99	0.093	0.07	0.05	0.07	0.14							

adolescents, anxiety, aggression and rebellion in adolescents, jealousy, suspicion, and pessimism towards others, running away from home, dropping out of school, delinquency, and social deviations (murder, theft, prostitution, etc).

Early marriage, especially for girls, weak self-confidence, identity disorder, addiction, poverty, poor physical and mental health (insomnia, malnutrition, anorexia, or bulimia, etc.), feeling helpless and frustrated, experiencing inferiority complex. caused by the lack of access to a warm and emotional family environment compared to others and the internalization of negative and anti-social complexes, social isolation, tendency to all kinds of social deviations due to the weak behavioral and moral control by parents, anti-social behavior and harassment and the occurrence of all kinds of violence social, the family environment is the first environment in which the physical, emotional and personality patterns of a person are based and plays an important role in providing a person's physical and mental health. Marriage is one of the three milestones in human life. That is, birth, marriage and death, separation and divorce are a great stress for all family members and may lead to short-term and long-term adaptation reactions. affects socially and emotionally.

Yonsi and his colleagues(36), in a research with the aim of "comparing mental health, self-esteem and responsibility in middle school girls from divorced and normal families" showed: girls from divorced

families from responsibility, self-esteem and overall mental health and its subscales, such as symptoms Physical, anxiety and insomnia, social dysfunction, and depression are significantly different from girls in normal families, which is caused by the unpleasant effects of parental divorce on children.

The research of Reza Dadfar and his colleagues (37) showed that there is a significant relationship between "family factors" and "academic failure" in two groups of boys and girls. The investigated family factors are the economic and social base, the level of education in the family, having facilities, and disorder and problems in the family.

In the research of Robati and his colleagues (38), which was conducted with the aim of "investigating resilience and aggression in normal children", the findings of the research showed: resilience and aggression in the studied groups have a significant difference. This means that the resilience of normal children was higher than that of divorced children, and the aggression of normal children was less than that of divorced children.

The research of Shabani and his colleagues (39) with the aim of "comparative examination of the psychological profile of female high school students from normal and divorced families in Gorgan city in the academic year of 2014-2015" has shown that girls from divorced families have more symptoms of the mentioned disorders than girls from normal families. show According to the findings of this research, it can be stated that the divorce of parents does not only

affect their lives, but perhaps more than that affects the lives of their children.

The purpose of the present study was to predict post-traumatic growth based on sensitivity to rejection and resilience in teenagers who have experienced parental divorce. The present results regarding the prediction of post-traumatic growth based on sensitivity to rejection and resilience in divorced teenagers were significant. This means that the lower the level of sensitivity to rejection and the higher the resilience, the higher the post-traumatic growth.

The significance of predicting post-traumatic growth based on sensitivity to rejection in teenagers with divorced parents, research studies showed that this result is in line with the results of Westrick-Paini et al.'s research, Jafarzadeh, and colleagues, Bohrani et al (2,28,12) is consistent.

In explaining the significance of predicting post-traumatic growth based on sensitivity to rejection in teenagers with divorced parents, it can be said: one of the consequences of parental divorce in children is the feeling of rejection in them. When parents separate from each other, the children feel that there is no importance for the parties and a deep sense of rejection takes root in them. The feeling of rejection caused by the separation of parents from each other is one of the most destructive cognitive-emotional experiences that children face, especially at older ages. A factor that provides the basis for the emergence of a range of psychological discomforts and malfunctions in this group and greatly reduces the possibility of their adaptation to the existing conditions. Adolescents who face the divorce of their parents can adapt to the situation when they do not have feelings of rejection. When there is such a feeling in them, not only will they not be able to develop constructively after facing their parents' divorce, but they will not even be able to adapt to the situation. However, when destructive feelings such as rejection are at a low level, they can better accept their parents' divorce as a bitter experience and adjust to the situation. Adolescents who had divorced parents, but whose sensitivity to rejection was at a low level, were able to cope with this tragic event and experienced favorable growth. This group believed that a divorce is a bitter event that happened, and its negative effects will be reduced

only when they accept it. Therefore, accepting this bitter event made it easier for them to pass through it, and not only did they experience less psychological damage, but they also achieved favorable growth after facing this bitter event.

Regarding the significance of predicting post-traumatic growth based on resilience in teenagers with divorced parents, research studies showed that this result is in line with the results of Gilbert's research, Cox et al, Kiley, Shan, and Vogele(40,22,19,27)are consistent.

In explaining the significance of post-traumatic growth prediction based on resilience in teenagers with divorced parents, it can be said: Divorce is one of the most destructive experiences that children are likely to face in their lifetime. What they experience when faced with divorce and to what extent their mental health is disturbed depends on various components, one of the most important of which is resilience. Resilience refers to a person's ability to cope with difficult situations. For Children who have high resilience, their ability to cope with difficult situations is at a higher level. A group of teenagers whose resilience was higher had not only adapted to the circumstances but had also achieved favorable growth in various psychological dimensions, which had increased their ability to face various injuries in life. However, teenagers who could not adapt to the situation were usually the ones whose level of resilience was lower. Resilience allows this group to realistically analyze the incident and face it constructively after the analysis. This causes divorce to have less destructive effects on them and they can get through it better.

Conclusion

Teenagers who have experienced a lot of mental traumas after divorce and are taking steps towards social trauma are the ones who cannot bear this bitter experience and cannot get over it easily. The psychological inability to reconcile with the circumstances has gradually intensified the emotional and psychological tensions of this group and caused them to experience different types of psychological distress and behavioral problems in addition to the

resentment caused by divorce. Problems that take their life out of the normal state and lower their quality of life to a great extent.

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Conflict of Interest

The authors declare that they have no conflict of interest.

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