

The Explanation of the relation Between Emotional Literacy and Dyadic Perfectionism with Emotional Divorce

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ABSTRACT:

The objective of this study was to elucidate the phenomenon of emotional divorce by examining the factors of emotional literacy and dyadic perfectionism. This study employed a descriptive-correlational methodology and took place in Rafsanjan city, Iran, during the year 2021. A sample of 300 individuals (150 males and 150 females) underwent the administration of the measures. The study utilized the emotional divorce scale, family psychological functional scale questionnaire, and dyadic perfectionism questionnaire (Shi et al., 2006). Results: The study revealed a significant correlation between emotional literacy and dyadic perfectionism, and emotional divorce. Furthermore, these factors were found to be predictive of emotional divorce. The results of the multiple regression analysis indicate that Emotional literacy has a negative correlation with emotional divorce ($r=-0.34$). Dyadic perfectionism has a positive correlation with emotional divorce, with a correlation coefficient of 0.18. Findings: It can be inferred that both emotional literacy and perfectionism have a substantial impact on the emotional separation of couples. The former should be enhanced and strengthened while the latter requires a significant decrease in a successful day-to-day relationship.

Keywords: Emotional Literacy, Dyadic Perfectionism, Emotional Divorce

INTRODUCTION:

The family is undoubtedly the most fundamental and primary human institution(1). The family unit is established through the marital union, and its longevity relies on the preservation and continuation of married life. An enjoyable marital union fosters the generation and exchange of favorable sentiments and emotions between the partners, and indeed, a functional household can ensure the vitality and welfare of the community(2). The family is widely regarded as the fundamental and universally prevalent social institution. Healthy relationships within the family contribute to healthy relationships within society, and the manifestation of strong family unity is evident in society. As a fundamental institution in society, the family plays a crucial role in the overall health of the community. The factors that either weaken or strengthen the family also have significant implications. The majority of social harms caused by the family have emerged. Divorce is widely regarded as one of the most significant disruptions to a family unit.(3)Divorce has the potential to result in the complete breakdown of an individual's personal, familial, and societal well-being. Several factors contribute to the incidence of divorce, encompassing social, economic, psychological, and cultural factors.

These include unemployment, addiction, violence, same-sex marriage, economic poverty, difference of opinion, interference from others, individual attitudes towards divorce, low income, and marriage age. Psychological and individual factors play a significant role in determining reproductive ability(4). According to family judicial experts, divorce can be attributed to four main factors: economic (such as the desire for financial independence, male unemployment, poverty experienced by women), cultural (including cultural and religious differences, infidelity between spouses, and various socio-cultural-religious biases that affect marriage, such as addiction, forced marriage, and family violence), and personal (such as neglect of the spouse, drug use, gambling, infertility, and mental disorders). This is attributable to individual and subjective factors(5). Nevertheless, certain couples are reluctant to separate despite the societal norms and negative perceptions surrounding divorce, particularly when children are involved, owing to the cultural framework of their society. Over the course of numerous years, they succumb to a life devoid of meaning and gradually deteriorate mentally and even physically. Emotional divorce occurs in this manner(6). In their private lives, they are intolerable for one another, despite their outward friendliness(7).

Emotional divorce entails a tumultuous choice between two alternatives: either relinquish one's dominance and retain self-loathing, or assert one's authority while harbouring self-loathing. During this process, spouses inflict harm upon each other as a result of their profound sadness and hopelessness. Emotional divorce refers to a clear emotional detachment between two spouses, where either one or both of them have not achieved emotional maturity, despite their denial and attempts to compensate through excessive responsibility(8). Emotional divorce appears to be highly impactful. The causes of legal divorce and breakdown of the family structure. The unique significance and prominence of the family necessitate a thorough examination and analysis of the determinants that predict emotional divorce(9). The extent of marital failure is not adequately captured in official divorce statistics, as they do not account for the significant number of emotional divorces that go unreported or unrecorded. Emotional divorce encompasses the participation of every member within the family. It depletes the vitality and significance of life and is the root cause of numerous abnormalities(10).

Several studies have demonstrated that emotional divorce can lead to various negative psychological and emotional outcomes, such as depression, anxiety, feelings of failure, psychosomatic diseases in women, aggression, insecurity, inferiority complex, isolation, and escapism(11). Hence, the focus is on addressing this phenomenon. Emotional divorce is a definitive indication of a troubled relationship between couples. This issue has the potential to propagate at both the familial and communal levels, causing disruption to interpersonal connections(12). Divorce is a complex phenomenon influenced by multiple factors, rather than being caused by a single factor. Psychoanalysts have proposed various theories, such as Freud's psychodynamic theory, Bandura's social learning theory, and Erikson's psychological theory. Psychologists and psychoanalysts face a challenge in applying these theories to real-life situations in our constantly evolving world. In order to demonstrate emotional development, it is necessary to possess a more profound comprehension of emotional learning or literacy. Emotional literacy is intricately connected to various elements including social proficiency, self-control, emotional consciousness, impulsiveness, emotional regulation, problem-solving aptitude, comprehension and empathy towards others' emotions, appropriate articulation and acceptance of emotions, and other interpersonal abilities(13). Emotional literacy is indeed a subset of individual potential abilities, but emotional literacy encompasses a broader range of individual, social, and personal experiences. Emotional literacy is a concept that is more flexible and adaptable compared to emotional literacy. It can be taught and learned at an early age with relative ease(14).

Upon analysing the conducted studies on emotional literacy, it becomes evident that the notion of

emotional literacy has never been identified as a trait of parents. Upon closer examination, it can be asserted that the present comprehension of neural plasticity reinforces the significance of emotional literacy as a fundamental basis for mental well-being in subsequent years. It is particularly crucial when considering the development of children's brains and the alterations that occur during early adolescence. A child who is emotionally invested in their daily experiences is more likely to develop a more robust neural pathway for effective emotion processing. Emotional literacy encompasses the intricate neural pathways that link the brain regions responsible for perception, cognition, memory, and emotion. These circuits are also utilised in creative activities that involve perception, cognition, memory, and emotion. Emotional experiences that activate these neural circuits promote their development when presented to an individual in a controlled or manageable manner. The growth and prevalence of neural circuits are contingent upon their utilization. During adolescence, the neural pathways that are not frequently utilized undergo a process of weakening. Therefore, it is imperative to enhance the neural circuitry associated with emotional literacy during the primary school years(15, 16). Emotional literacy aims to enhance individual well-being by fostering social-emotional skills through interpersonal interaction. Emotional literacy refers to the strategies employed to teach social-emotional skills. It is an educational process focused on imparting these skills (17-19). Comprehending and enhancing emotional literacy enhances one's self-assurance, effectiveness, and output. Prior research has demonstrated that a deficiency in emotional learning can result in adverse consequences, including the development of learning and behavioral disorders(20). The phenomenon of perfectionism can lead to communication problems and, as a result, emotional detachment in relationships. As stated by Zavada et al.,(21) The key attributes of perfectionism include a relentless pursuit of flawlessness, striving for utmost excellence in tasks, and engaging in rigorous self-evaluation to assess one's performance. Based on the three-dimensional categorization by Hewitt and Felt(22); Self-centered perfectionism is defined as the inclination to establish unattainable and morally upright criteria at a personal level, while magnifying one's own flaws and mistakes and subjecting oneself to severe self-criticism. Other-oriented perfectionism refers to the inclination to hold exceedingly high expectations and engage in critical evaluation of others. Conversely, society-oriented perfectionism refers to the act of striving to meet the expectations and aspirations imposed by others in order to gain validation. Stringent and individualistic standards contribute to frequent disagreements and diminish the overall contentment of couples in intimate relationships. Unreasonable beliefs and expectations in a bilateral relationship can heighten the likelihood of emotional turmoil and subsequent divorce during the initial years of marriage(23). Essentially, individuals behave based on

their anticipations within the relationship, which is contingent upon their degree of perfectionism. Perfectionism can be associated with various aspects of life, including the interdependent relationships between couples(24).

Dyadic perfectionism is an alternative term for relational perfectionism, where an individual holds perfectionistic beliefs and expectations towards their partner. This particular form of perfectionism is founded upon two individuals, and it holds significant importance within the realm of studying perfectionism and its impact on romantic relationships(24). This personality trait is characterized by a strong desire to achieve perfection and a tendency to set exceptionally high standards for oneself. It also involves engaging in rigorous self-evaluation and being highly critical of one's own performance. Perfectionists may become involved in a detrimental or toxic relationship due to their perceived inadequacies. Their partner takes advantage of this mindset to exert emotional control and humiliate them, exacerbating their already low self-esteem and placing them in an impossible situation. Conversely, a perfectionist may impose rigorous expectations on their partner within a relationship, scrutinizing their every action and imposing stringent standards for their lifestyle and appearance. This behavior, whether consciously acknowledged or not, can be considered abusive. An analysis of prior studies indicates that emotional literacy and dyadic perfectionism are capable of predicting emotional divorce, and these variables are correlated(25).

Multiple theoretical discoveries suggest that emotional literacy can play a significant role in the dynamics of couples' relationships. By its very nature, emotional literacy has the potential to positively influence couples' satisfaction with their daily interactions. However, perfectionism can positively impact individuals' level of contentment in their married life(26). Perfectionists enforce their expectations on their spouse and anticipate them to conform to their viewpoints, which can detrimentally impact the mutual relationship and result in a deterioration of the relationship's warmth.

Research tools

This study employed a quantitative research method to gather essential information from married individuals in Rafsanjan city during the summer of 1401. The survey technique was utilized to collect the data. The research's statistical population was determined to be a sample of 300 married individuals who were willing to participate in the study, specifically from Rafsanjan city, consisting of 150 men and 150 women.

Research implementation process

A questionnaire was distributed among the participants to gather information. The selection of this questionnaire was based on a thorough examination of relevant theoretical studies and the alignment of its variables with the conceptual framework of the

research. The model's variables were assessed using items presented in the form of a Likert scale, ranging from 1 (completely opposed) to 5 (completely agree). The research data was gathered through the administration of questionnaires and subsequently analyzed using SPSS software. The data was analyzed using descriptive statistics, which included central and dispersion indices, as well as simple relationships and multiple regression analysis.

FINDINGS

Since emotional divorce is the dependent variable in this study, it was initially introduced to provide a more precise definition of this concept using descriptive statistics. Next, the outcomes of the multivariate regression analysis are presented.

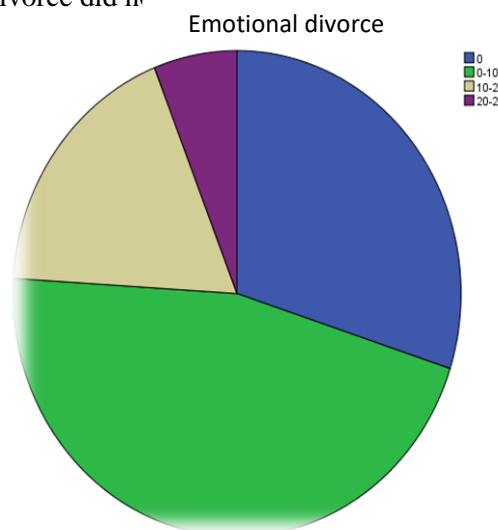
Emotional Divorce

The frequency distribution results for emotional divorce (Table 1) indicate that the average emotional divorce score among the subjects studied is 42.51. The lowest score observed is 27.00, while the highest score is 48.00. According to this study, a score of 36 is the average for emotional divorce. Therefore, the majority of participants in this study displayed emotional divorce levels that exceeded the average. The mean duration of marriage is 14.77 years, with a range of 5 to 38 years.

Table 1. Frequency distribution of emotional divorce in the studied subjects

	Mean	C	Minimum	Maximum
Emotional divorce	42.51	6.44	27.00	48.00

Displayed below is a chart depicting the frequency of different durations of marriage. It is evident that the prevalence is greatest among individuals aged 5 to 16 years. The group most impacted consisted of couples who had been in a relationship for a decade. Despite the length of their marriage, the rate of emotional divorce did not



Graph 1. Chart of years of marriage with emotional divorce

Analyzing the presence of multicollinearity and unicolonality among variables. The Tolerance and Variance Inflation Index (VIF) were employed to determine the presence of multicollinearity among the variables. A lower and closer value of VIF to 1 indicates a weaker linear relationship. When all the VIF values in the model are

close to 1, there is no collinearity. However, if a value exceeds 10, it indicates serious collinearity and undermines the reliability of the results. The results of both tests indicated that there was no breach of the criterion values, and the likelihood of multicollinearity was dismissed.

Table 2. Investigation of multiple collinearity using wave and tolerance test

		Standardized coefficients					Collinearity	
	Variable	B	SE	Beta	T	Sig.	tolerance	VIF
	Constant	24.28	4.63		5.23	0.000		
Model	Emotional literacy	-0.43	0.06	-0.34	6.28	0.000	0.97	1.03
	Dyadic perfectionism	0.51	0.18	0.16	3.27	0.001	0.96	1.03

Analysis of skewness and elongation. Skewness and kurtosis are fundamental prerequisites for any type of analysis. If the absolute value of these two indicators is less than 2, then the analyses conducted will not encounter any errors in the results (Garsen, 2002). To address skewness or stretching, it is recommended to employ scale conversion as a solution. The results, as shown in Table 3, indicate that the data in this study exhibit skewness and elongation values that are less than the absolute value of 2.

Table 3. Elongation curve for subscales of research questionnaires

Groups	Elongaion	Skewness	Std.Deveation	SE
Emotional literacy	-0.008	0.29	-0.35	0.28
dyadic perfectionism	0.07	0.14	-0.17	0.28
Emotional Divorce	-1.10	0.14	-0.07	0.28

An investigation into the correlation between emotional divorce in couples and their levels of emotional literacy and perfectionism.

The variables of emotional literacy, spousal perfectionism, and emotional divorce are all measured on an interval scale level. Therefore, the most effective method for examining the relationship between these variables is through multivariate regression analysis. The regression equation included emotional divorce as the criterion variable, and emotional literacy and dyadic perfectionism as predictor variables. The findings of this examination are displayed in Tables 4 and 5.

Table 4. Multiple correlation coefficient (regression coefficient) for predicting emotional divorce

Model	R	R ²	R ² modified	SE
Prediction of	0.35	0.127	0.121	6.04

Table 6. Standardized and unstandardized regression coefficients

emotional divorce based on predictor variables				

Table 5. Variance analysis of emotional divorce scores based on predictor variables

	Statistical index	sum of squares	Degrees of freedom	mean of square	F	Sig.
Model	regression	1581.50	2	790.75	21.65	
	residuals	10847.41	297	36.52		
	Sum	12428.91	299			

Variance analysis, along with its associated methods, is a statistical model used to examine and quantify the disparities between various groups or categories. By employing this method, it becomes feasible to assess the equivalence of the mean values across distinct groups. In regression models, one can assess the suitability of the model by decomposing the total variance into model variance and error variance. Based on the findings in Table 6, the adjusted coefficient of determination (2R) is 12%, suggesting that 12% of the variations in emotional divorce can be accounted for by the predictor variables. The significance level in this table for both models is below 100%, indicating that the influence of the predictor variables on the criterion variable is statistically acceptable. Given the significant value of the regression coefficient, it is now possible to determine the importance and significance of each component of the predictor variable in relation to the criterion variable. This can be done separately using the table of standardized and unstandardized regression coefficients.

	Variable	Standardized coefficients		Beta	T	Sig.		
		B	SE					
	Constant	26.01	4.51		5.76	0.000		
Model	Emotional literacy	-0.41	0.06	-0.34	6.23	0.000		
	Dyadic perfectionism	0.57	0.17	0.18	3.27	0.000		

Based on the results of Table 6 and the significant levels of emotional literacy, it can be concluded that dyadic perfectionism is a predictor of emotional divorce, with a significance level of 01%. Furthermore, based on the beta coefficient, it can be inferred that a one standard deviation increase in emotional literacy and dyadic perfectionism leads to a 34% and 18% standard deviation increase in the rate of emotional divorce, respectively. Emotions can be

depicted in the following manner. (57% x dyadic perfectionism) + (41% x emotional literacy) - 26.01 = emotional divorce The equation above demonstrates that possessing emotional literacy is associated with a reduction in the likelihood of experiencing emotional divorce. Conversely, perfectionism is associated with a higher likelihood of experiencing emotional divorce.

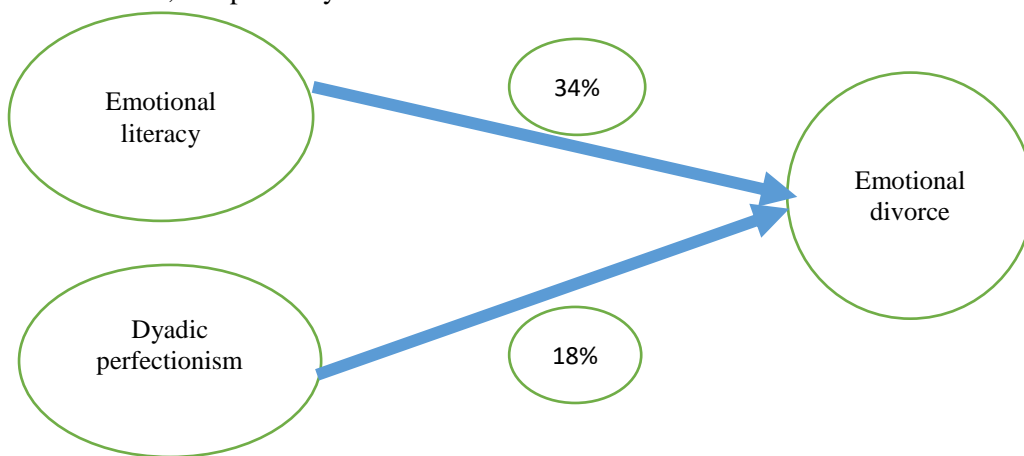


Chart 2. Prediction of emotional divorce based on standardized coefficients

Examining the correlation between emotional literacy and the dissolution of emotional connection in romantic partnerships Pearson's correlation analysis is utilized to analyze the hypothesis due to the significant distance between the variables. Table 7 displays the correlation coefficient results for the association between emotional literacy and emotional divorce.

Table 7. Results of correlation analysis between emotional literacy and emotional divorce

Predictor variable	criterion variable	r	N	Sig.
Emotional literacy	Emotional divorce	-0.45**	300	0.001<

** Significant correlation at the 0.01 level

Based on the data presented in the table above, the correlation between the two variables is -45%. The correlation between the two variables has a significance level of 0.00%, which is lower than the significance level of the criterion variable, which is 0.01%. Hence, there exists a substantial and robust correlation between these two variables. Consequently, the null hypothesis is rejected with a confidence level of 99%, confirming the presence of a significant

correlation between emotional literacy and emotional divorce. The presence of a negative sign indicates a connection, thus indicating that an increase in emotional literacy is inversely related to a decrease in emotional divorce. Examining the correlation between dyadic perfectionism and emotional detachment within couples.

Given the parametric nature of the variables in this hypothesis, Pearson correlation analysis is employed for analysis. Pearson's moment correlation coefficient quantifies the degree of linear association between quantitative variables. The correlation coefficient results for the association between dyadic perfectionism and emotional divorce are presented in Table 8.

Table8- The results of the correlation analysis between dyadic perfectionism and emotional divorce .

Predictor variable	criterion variable	r	N	Sig.
Dyadic perfectionism	Emotional divorce	0.31**	300	0.001<

** Significant correlation at the 0.01 level

The data presented in the table indicates a correlation of 31% between the two variables. The correlation between the two variables has a significance level of 0.00%, which is lower than the significance level of the criterion, which is 0.01%. Hence, the correlation between these two variables is substantial. Consequently, the null hypothesis is rejected with a 99% level of confidence, thereby confirming the research hypothesis that there exists a substantial correlation between dyadic perfectionism and emotional divorce. The level of perfectionism in a couple has a direct impact on the likelihood of emotional divorce, resulting in a decrease in the possibility of such a divorce.

DISCUSSION

The results of this study suggest that emotional literacy and dyadic perfectionism in relationships can be used to predict the occurrence of emotional divorce. The findings also indicated that emotional literacy has a mitigating impact on emotional divorce. Additionally, the presence of dyadic perfectionism exacerbates emotional detachment. This finding aligns with the outcomes of Mostafa (2021) and Tunany (2006)(25, 27).

Perfectionism has an impact on various aspects of life, including interpersonal relationships. Dyadic perfectionism, which refers to perfectionism within a couple's relationship involving two individuals, is a significant topic in the research on perfectionism and romantic partnerships(24). This type of perfectionism manifests when one partner has unreasonable expectations of the other and believes that the other cannot live up to those standards(28). When a wife perceives her partner as incapable of fulfilling her unrealistic expectations, she will gradually experience a feeling of detachment and hopelessness in both her life and the relationship. This sensation will serve as an indication that one is on the verge of experiencing the emotionally devastating process of divorce. According to the findings, emotional literacy is also capable of predicting emotional divorce. The findings indicated that emotional literacy, which refers to the capacity to effectively and appropriately express emotions, can mitigate emotional divorce. Specifically, the study revealed that higher levels of emotional intimacy and recognition between spouses are associated with greater satisfaction in their marital life and a decreased likelihood of experiencing emotional divorce.

The research findings demonstrate a clear and substantial negative correlation between emotional literacy and emotional divorce. Consequently, the research hypothesis proposing a significant association between emotional literacy and emotional divorce is validated. Increasing emotional literacy has a direct correlation with reducing emotional divorce. In other words, when individuals in a relationship have a better understanding of each other's emotions and feelings, the likelihood of emotional divorce decreases(29-31).

Emotional literacy refers to the capacity to comprehend and manage one's own emotions, effectively empathize with others, safeguard oneself from emotional harm, and adeptly navigate the realm of emotions. As learning is heavily influenced by one's ability to regulate their internal and external environments, couples who fail to manage their emotions will encounter challenges and be at a disadvantage in the learning process. Therefore, emotional development is crucial for the process of acquiring knowledge. Emotional literacy enables individuals to enhance their own quality of life and positively impact the lives of others. Emotional literacy encompasses various aspects that stem from love, such as being conscious of emotions, having deep empathy, effectively handling emotions, healing emotional wounds, and fostering emotional connection(32). Emotional literacy, being more fluid and adaptable than emotional literacy, can be effectively taught and acquired during childhood. Hence, it is imperative to acquire and apply this skill, whether through formal instruction or independent learning, not only in romantic partnerships but also in interpersonal connections within communities. Upon analysing the conducted studies on emotional literacy, it is evident that the notion of emotional literacy has never been identified as a parental trait. Upon closer examination, it can be asserted that the existing comprehension of neural plasticity reinforces the significance of emotional literacy as a fundamental basis for mental well-being in subsequent years. This is particularly crucial when considering the development of children's brains and the transformations that occur during early adolescence. A child who actively and deeply connects with their daily experiences is more prone to developing a more robust neural pathway for effectively processing emotions(33).

The research findings suggest that there is a positive correlation between the variables of dyadic perfectionism and emotional divorce, although the strength of this correlation is not very strong. Thus, the null hypothesis can be refuted, thereby confirming the research hypothesis that demonstrates a substantial correlation between dyadic perfectionism and emotional divorce. An elevation in dyadic perfectionism can result in a corresponding rise in emotional divorce, depending on the direction of the relationship. These findings are consistent with the outcomes of peeson(2017) and Bazdar and moosavi (2020)(34-36).

This finding suggests that when there is a discrepancy between one's actual married life and the idealised version, it can lead to feelings of failure and disappointment. This, in turn, can negatively impact one's relationship with their partner and cause them to view themselves as unsuccessful. The presence of issues in daily interpersonal connections prompts an individual to adopt perfectionism and unattainable high-level aspirations. An ideal that arose from a sequence of detrimental events now becomes the root

cause of family problems and conflicts. The energy that should be dedicated to cultivating and developing genuine relationships is now squandered in pursuit of an idealised version of relationships. By adapting and modifying the expectations that life partners have for each other, taking into account the principles of reality and considering each person's capacities, abilities, and interests, it is possible to transform perfectionism into realism over time.

Research ethics

Each participant provided their explicit consent to partake in the research and were guaranteed the confidentiality of their information.

Authorship Contribution: The primary author independently handled all aspects of the research process and is accountable for composing the article. The author has provided oversight and conducted a thorough evaluation of the research process.

Financial support: The authors affirm that they have not received any monetary assistance for the article.

Conflict of interest: The authors affirm that the results of this study are not influenced by any personal or organisational interests.

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