

Self esteem and Coping Styles Coping Styles among the Divorced People

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ABSTRACT

The current study aimed at finding out the relationship between self-esteem and coping styles among divorced working people. The sample consisted of 120 divorced working people, which was further divided into (n=60) men and (n=60) women from different public and private sectors. Purposive sampling technique was used. The age range of the participants was taken from 30 to 45 years. The educational level was from middle to B.A. Self-esteem questionnaire by Rifai (1991) (Urdu version) and coping responses inventory (Urdu version) by Mehmood and Sheraz (2012) were used. The results of this study revealed significant negative correlation between low level of self-esteem and avoidance coping styles and significant positive correlation between high level of self-esteem and approach coping styles. Many divorced people were unaware of their problems because they did not realize the actual reason of their problem. This study will activate psychologists, counselors and NGO's to work positively for divorced people. It will motivate to develop special skill and coping skills for divorced people. This research will develop awareness to the society, government and private agencies that will work effectively for the counseling, therapy or rehabilitation of the divorced people.

Keywords: Self-esteem, coping styles, working divorced people, awareness, rehabilitation

1. INTRODUCTION

The aim of the current study is to find out the relationship between self-esteem and coping styles among divorced working men and women who are working in different sectors of Faisalabad and Lahore. Self-esteem is a judgment of oneself as well as an attitude toward the self. When a person faces any trauma or stressful situation in life how he or she tries to deal with it, in this regard many people use different types of ways, known as coping styles. Coping style is a concept of attempts to capture the variety of ways in which individuals try to cope with the demands of the environment specifically stressful or traumatic events such as, when a person get divorced, he or she passes from a big tragedy, and feels rejected which effects his or her self-esteem. In the current study it is tried to find out the relationship between self-esteem and ways of coping as person uses. Self-esteem and coping styles have strong impact on each other. People who have high self-esteem mostly use approach coping styles and who have low self-esteem they use avoidance coping styles (Arthur, 2013).

Self-esteem describes a person's overall sense of self-value. Self-esteem is observed a trait, which is going to stable. It contains of variety of contents about self like emotions and attitudes. Self-esteem is a part of self, comprises of acceptance and reaction from the outer world (Guindon, 2000). It is connected with coping styles, It approach coping style is used, it means self-esteem is elevated or if avoidance coping styles is used, it means self-esteem is low.

Meyer (2013) studied on the topic of divorce conductor for men, his sample size was 120 divorced men, the results showed that divorce such rejection is a vast blow to a man's emotional equilibrium. His coping power becomes low, because it isn't easy to deal with the admission by a wife that she no longer. Same results also found by Farghadania and Navabinejad (2010). In the same way this topic was researched by Judith (2010).

To sum up, all the above mentioned researches conducted to address the avoidant and approach coping styles with their level of self-esteem, in the perspective of gender differences during divorce. Researchers have shown that divorced people who have low self esteem and use avoidant coping style, are unable to deal with the difficulties of lives whereas divorced people who have high self esteem and use approach coping style are relaxed and able to face the problems of their lives.

1.1 Hypotheses

Following hypotheses are formulated in the light of above mentioned objectives.

- There would be significant negative relationship between self-esteem and avoidance coping styles among divorced working men and women.
- There would be significant positive relationship between self-esteem and approach coping styles among divorced working men and women.

1.2 Methods

1.2.1 Participants

The sample of this study was consisted of 120 divorced people, who are working in different sectors of Faisalabad and Lahore. The sample was further divided into (n=60) men and (n=60) women. Divorced working men and women were selected from the different public and private sectors for example Darul-Amaan, Marriage Offices and personal sources in some major cities of Punjab province like Faisalabad and Lahore. Purposive sampling technique was used to select the sample.

1.2.2 Research design

The correlation research design /comparative group research, and within group design were used.

1.2.3 Instruments

Following instruments were used in this study to measure the variables.

Self Esteem Scale

To measure the level of self esteem, Self esteem scale by Rifai (1999) was used. It consists of 29 items four sub scales. It measures the level of Self esteem with its four dimensions. Five response options are given at the end of each statement. The response of self esteem scale ranges of Rifai. Self esteem is from extremely true to extremely false as a five items likert scale (Rifai, 1999). Dimensions of the self esteem are: In which Self acceptance the 11 items are included. Those are 1,5,8,10,11,13,16,17,19,21 and 25. This dimension these items stated negatively. So these items will be scored reverse. Self competence includes 6 items that are item number 2,6,9,14,22 and 27. These items are stated positively. 5 items are included in which academic self competence, that are 4, 15, 20, 24, and 28. Only one item which need to negative scoring, others is positively stated. Scores on Self Esteem Scale are calculates as follows: For items 1,5,8,10,11,13,16,17,19,21, and 25 (which are reversed in valence):Extremely true = 0. Somewhat true = 1,Neither true nor false = 2,Somewhat false =3 and Extremely false = 4.

The Coping Responses Inventory

The Coping Responses Inventory (CRI) by Moos (2002) is a brief self-report inventory identifies cognitive and behavioral responses the individual used to cope with a recent problem or stressful situation. The eight scales include approach coping styles (logical analysis, positive reappraisal, seeking guidance and support, and problem solving) and avoidance coping styles (cognitive avoidance, acceptance or resignation, seeking alternative rewards, and emotional discharge). The coefficient alpha values of the instrument for the eight scales ranged from .67 for logical analysis, .74 for positive reappraisal, .61 for seeking guidance and support, .68 for problem solving,.72 for cognitive avoidance, .64 for acceptance and resignation,.62 for emotional discharge. The eight scales are moderately inter correlated ($r = .29$ for men & $r = .25$ for women) (Moos, 1993).Individuals complete the self-report inventory, making answers on the answer sheet. The duration of filling the CRI form is 10 to 15 minutes. The carbonless bottom sheet contains a scoring grid for quick and easy calculation of raw scores. The back page of the answer sheet contains a profile for determining and plotting t-scores and examining patterns of coping. Scoring and profiling take almost 5 minutes. In the current study translated Urdu version of coping response inventory by Mahmood & Sheraz (2012) was used to assess the coping responses of the divorced men and women. The coefficient alpha value of the instrument was ($r = .51$) significant at the 0.01 level (2-tailed).

1.2.4 Procedure

In order to accomplish the requirements of the current research, 120 divorced working men and women were selected through purposive sampling technique from different working organizations and sectors. Then

informed consent was designed according to the ethics of research. The ethical standards of research were considered as the divorced working participants were given brief description about the research and were insured that information was kept confidential. Self Esteem scale by Rosenberg (1965) and the Coping Responses Inventory (CRI) by Moos (2002) (Urdu version) translated by Mahmood and Sheraz (2012) were used to measure the level of self esteem and coping styles among the divorced men and women.

1.2.5 Statistics

The Pearson's product moment correlation was used through SPSS for statistical analysis with the help of version 20 (SPSS 20).

1.3 Results

Self Esteem Questionnaire and Coping Response Inventory were used to measure self-esteem and coping styles among divorced people. Pearson product moment correlation and independent sample t-test were used for statistical analysis.

First hypothesis was that there would be a significant relationship between low level of self-esteem and avoidance coping styles among divorced working men and women.

Table 1

Correlation between low level of self-esteem and avoidance coping styles among divorced working people;

| Variables | Self-esteem |
|------------------------|-------------|
| Avoidance Coping Style | -.57** |

Note; ** $p < .001$,

Table 1 show that there is negative correlation between self-esteem and avoidance coping styles among divorced working people which means that those people who used Avoidance Coping Style have low self-esteem.

Second hypothesis of the study was that there would be a significant relationship between high level of self-esteem and approach coping styles among divorced working men and women.

Table 2

Correlation between self-esteem and approach coping styles among divorced working men and women

| Variables | Self-esteem |
|------------------------|-------------|
| Avoidance Coping Style | .62** |

Note; ** $p < .001$,

Table 2 show that there is significant positive correlation between self-esteem and approach coping styles which means that those people who used approach coping they have high level of self-esteem.

1.4 DISCUSSION

This present study examined the relationship between self esteem and coping styles among the divorced working people. Divorce is a trauma which effects life of both men and women. After divorce, men and women suffer a lot, their lives become change. Divorced not only affect men and women but also affect the people connected with them for example family, friends etc.

Divorced makes great changes in lives. The study revealed that divorce not only affect women but also effects the lives of the men. Self-esteem and coping capabilities can be different in divorced men and women. It

is because of the difference in nature and life styles of men and women (Shazia, 2011). First hypothesis was that there would be a significant relationship between low level of self-esteem and avoidance coping styles among divorced working men and women. The results show that there is a negative correlation between self-esteem and avoidance coping style. When self-esteem becomes high, the level of avoidance coping style decreases. when self-esteem becomes low, it is more likely to manifest avoidance coping style The results are in conformity with the already found information. Some of them are discussed here to provide support to our above mentioned hypothesis. Meyer (2013) studied that low self-esteem linked with avoidance coping style. After divorce, men revealed low self-esteem and avoidance coping style.

Second hypothesis of the study was that there would be a significant relationship between high level of self-esteem and approach coping styles among divorced working men and women. This hypothesis is supported by results which indicate significant relationship between high level of self-esteem and approach coping style. The obtained results are in line with many findings conducted before. Some of them are discussed here to provide support to our above stated hypothesis. When there is a high self-esteem, there would be used approach coping style. Heubeck (2012) divorced women easily cope with the difficulties of their life by making themselves strong, by seeing their rest of the life. They used approach copying strategy, their self-esteem become high after divorce. This shows self-esteem is positively linked with approach coping style. Women adjust better to an ending of a relationship or separation and their coping power became high and they gain more confidence. The women become relaxed after divorce.

1.4.1 Limitations and Suggestions

The current study has several limitations, which may have an effects on the findings of the study. Firstly, the sample size was small because there is unavailability to access the data. Sample size should increase will helpful for the generalization. Secondly, the study was done only in Lahore and Faisalabad, the results could be better generalize to the population, if others cities were included. Thirdly, two instruments are used, more than two instruments are better for data collection for better results.

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