

## **Investigate Relation of Attributive Style, Adaption with Stress Style with Quality of Applicants' Life of Divorce and Compare it with Ordinary People of Zanjan City**

Leila Ajally, Afasaneh Sobhi

### **Abstract**

Today, knowing factors effective on quality of applicants' life of divorce and ordinary people is important, in particular. So, the present research has been constructed with aim to investigate relation of attributive style, adaption with stress style with quality of applicants' life of divorce and compare it with ordinary people of Zanjan city. For this purpose, 70 people of applicants of divorce have been chosen in available sampling method and 70 people of ordinary people in random sampling method. To gather data, questionnaires of life quality, attributive style (ASQ) and adaption with stress style of Nadler and Parker have been used and the research is of type of correlation. To analyze data and investigate hypotheses of the research, Pearson's correlation coefficient and regression have been used by using SPSS computer software. Findings of the research show that there is a positive and meaningful relation between attributive style, adaption with stress style with quality of life in applicants of divorce and ordinary people. And in micro-scales of positive internal attribution, positive general attribution in ordinary people, and in micro-scale of negative sustainable attribution in applicants of divorce, there is a positive and meaningful correlation and in micro-scales of negative general attribution in ordinary people and in micro-scale of positive general attribution in applicants of divorce, there is a negative and meaningful correlation and in micro-scales of adaption with stress style of distraction and social business in applicants of divorce, there is a positive and meaningful correlation and in micro-scale of distraction in ordinary people, there is a negative and meaningful correlation. And we conclude that attributive style and adaption with stress style in quality of people's life are determinant.

**Keywords:** attributive style, quality of life and adaption with stress style.

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### **Introduction**

Family is social and natural system that has its features. In such system, people with powerful, old and mutual emotional interests and attachments are connected with each other (Goldenberg, 2007). Marriage as one of the most important human communications is formed based on interaction of both genders to reach to happiness and meet physical, mental and emotional needs. Notwithstanding, some of these relations cannot sometimes respond to all peoples' needs and marriage that has been begun with enthusiasm and love and interest, leads to anger, hatred and loneliness and finally, divorce (Faghirpour, 2004). Divorce and separation are the most important factor of disconnecting structure of the most fundamental part of society, i. e., family (Malek Mahmoudi, 2002). Young and Longber believe that in one of intimate conjugal relation, couple should learn that how they set communication together. Conflict of couple is made when couples find difference in their joint cooperation's and decisions together that these differences can be classified on a connection of small conflict to complete conflict (Afkhani and others, 2007). Knowing factors that provide field to make conjugal differences and separation of couples, has an important role in reducing conjugal problems and statistics of divorce in society. Personality can have sustainable effects on conjugal relations. Also, some of personality features and mental disorder increase tensions and conflicts between couples and threaten continuing conjugal life. On the other hand, individual differences may also be product of personality and genetic attributes that have much effect on thoughts and feelings and behaviors such as tendency to stress and concern (Finches, 2003). Attribution has been defined as process of tying events to their infrastructure condition. People through attribution can state their and others' behaviors (Seligman, 1997; translation of karma and Sadatafzar, 2009). In Winer's opinion, most of peoples' statements of their failures and successes have three dimensions: internal against external, stable against instable, and controllable against uncontrollable (Seif, 2000). Hider believes that personal attributions become clear when environment provides possibility of a series of various and possible behaviors. When regarding a person, personal attribution is deduced, these attributions can be used to predict his /her behavior. From Hider's view, environmental and internal forces have incremental or decremented relation together; they may be complementary, reducer or remover of each other (Azerbaijani, 2008). Quality of life is person's mental attitude than cultural, social and environmental economical that in which, he/she lives and is not simply explainable. Quality of life has six dimensions, physical, psychological, independence levels, social, environmental and spiritual relations (Lee, 2008; cited by Shabanzadeh, 2013). According to Shabanzadeh, Testa and Simonson (1996) have defined quality of life such: attitude to physical, mental and social aspects of health as separate dimensions of each other that are affected by person's expectations, beliefs, experiences and imaginations. Various factors affect quality of life that for example, confrontation methods can be indicated. How to confront against stressful

factors of life affects quality. For example, style of problem – based confrontation causes to increase quality of life. Strategies of confrontation are classified into three main types: problem – based, excitement – based, and avoided. Ability of controlling negative excitements and correct confrontation with stressful factors in daily performance is noticeable and also, plays an important role in mental, physical health and quality of life (Ander and Parker, 1990; cited by Shabanzadeh, 2013). Family, basically is focus of help, relief, healing and curative, a focus that should mitigate mental pressures induced on its members and smooth way of their growth and flourishing. If environment of family is healthy and constitutive for its members and it meets their physical and mental needs, tomorrow it fills of natural source of help. Family as the first focus that in which, a person is placed, has noticeable importance. The first environmental effects that a person receives, are from environment of family and even effectiveness of a person from other environments can be derived from the same environment of family. Family is founder of an important part of human's fate and in determining style and policy of future life, morality, health and performance of a person in future, it undertakes a much role (Sanai, 1991). Identifying factors effective on couple's quality of life can be an effective step for firmness and sustainability of families and on the other hand, awareness of these factors for young who want to form family, can have a basic role in ensuring stability and prosperity of their marriage as a result of growing effective and useful people for situation of society (Javanmard, 2006). Bahari (2000) showed that about- divorcing couples have weaker performance in triple structures of efficiency of family, i.e. stating emotions, family roles and solving problems than ordinary couples. Bahari and Saberi (2004) in a research reached these results that there is a meaningful difference between family's performance of about - divorcing couples and ordinary couples, it is , family performance of about – divorcing couples is lower than ordinary couples . Haffarian , Aghaei , Kajbaf and Kamkar (2007) in a research reached to these results that average numbers of all dimensions of quality of life ( physical , psychological health , social relations and life environment) of divorced women is lower than non – divorced women meaningfully. Moradi, and Yousefi (2013) have investigated 5 personality and quality of life factors in about – divorcing couples . based on done results , there is converse and meaningful relation between sick – temperedness and quality of life and there is a direct and meaningful relation between extroversion and quality of life, flexibility and quality of life, and responsibility accepting and quality of life but no meaningful relation was obtained between pleasantness and quality of life . Hashemi and Safarzadeh (2014) by comparing quality of life between divorced women and ordinary women of Mahshahr city, obtained these results that there is a meaningful relation for quality of life between divorced, about – divorcing and ordinary women of Mahshahr city. Varing, et al (1981) in a research showed that disorder of marriage and dissatisfaction in conjugal life has a relation with outbreak of emotional, exciting disorders in general population meaningfully while satisfied marriages cause to promote spouses' health and prevent negative events of life and psychological problems in them . Problems and disorders of conjugal life have negative consequences for emotional, and physical health of spouses (Ameri, 2003). Mitchell (2003) in a research showed that there is a positive relation between positive attribution style with dimensions of order, activity, excited stability and extroversion and there is a negative relation between negative attribution style with dimensions of extroversion and excited stability. Matod (2004) in a research about gender differences in stress and confrontation strategies obtained these results that women in comparison with men used excited and avoided confrontation more and problem – based confrontation less. Also, women reported physical signs and psychological distresses more. Avoided confrontation in women had a relation with anthropological variables and number of children and older women used style of problem – based confrontation more. Christina, Gordon, Mitchell, Freedman, Lawel, Miller and Gardner supported this hypothesis that conjugal irritation is a mediator of communication between attributions and depression and also, negative attributions are mediator of relation between their dissatisfaction, a powerful correlation between conjugality and depression. However, attributions are not sustainable. Especially, they are conjugal dissatisfaction and depression. Goal of the present research is to investigate relation of attributive style and adaptation with stress style with divorce applicants' and ordinary peoples' quality of life.

#### **Hypotheses of the Research**

- There is a relation between attributive style and quality of divorce applicants' and ordinary peoples' quality of life.
- There is a relation between adaptation with stress style and divorce applicants' and ordinary peoples' quality of life.

#### **The Research Method**

In this research , in view of investigating relation of attributive style and adaptation with stress style with divorce applicants' and ordinary peoples' quality of life , the present research is of correlative type and since it compares both groups , the research is of causative and comparative type, too. Statistical community of the present research included 15- 45 years-old divorce applicants in three third months of 2015 in Zanjan city who referred to justice office and consultative center and are ordinary people in Zanjan city. To choose sample of the first group, i.e. , divorce applicants whom have been chosen from available sampling of 70 couples and for sampling of second group, i.e. , ordinary people, random sampling of 70 couples has been chosen. Used tools in the present research are questionnaire of quality of life, attributive style questionnaire and adaptation with stress style questionnaire. Durability and justifiability of questionnaire of quality of life: Var, et al, for the first time investigated durability and justifiability of this scale. Durability of this scale was calculated in re-testing method. Calculated Crownbach's  $\alpha$  was reported for 12 questions of physical dimension as 9 / 98 and for 12 questions of mental dimension as 0 / 67, too that showed rate of desired durability of questions of this questionnaire . Var , et al investigated justifiability of this questionnaire from experiential justifiability method (Contodimopolos, et al, 2007) through structural justifiability that any one of researches has reported evidences of desired justifiability (Montazeri, et a, 2009). Also, they investigated justifiability and durability of this scale in Iran. To investigate durability, they used re-testing method. Durability of 12 questions of physical and mental components was reported as 0/37 and 0/27, respectively. To investigate justifiability of this scale in this research, they used

convergence method. Correlation between questions of 4 micro-scales of physical component with total score of physical component was high. Questions of 3 micro-scales of mental component with total score of mental dimension showed high correlation, too. Justifiability and durability of attributive style questionnaire (ASQ): in a study out of Iran (Brich, 2001), coefficient of Crownbach's  $\alpha$  of this questionnaire was reported as 0/80 (Soleimani, 2002). Also, Crownbach's  $\alpha$  was reported for all questionnaire as 0/74 (Rajabi, 2002; cited by Heidari, et al, 2012). Justifiability of questionnaire was obtained by using factorial analysis that in the first factor, i.e., positive attributive style, factorial loads of materials had fluctuation from 0/55 to 67 and in second factor, i.e., negative attributive styles from 0/40 to 0/68. Justifiability and durability of adaptation with stress style questionnaire of Andler and Parker (Andler and Parker, 1994): they reported Crownbach's  $\alpha$  coefficient for problem-based confrontation style as 0/92, excitement-based style as 0/82, and avoided style as 0/85 for male teenagers that indicates validity of scale. Also, justifiability of structure of this scale in research of Andler and Parker has been approved. In Iran, justifiability of structure of this scale has been approved in research (Ghoraish; cited by Shokri, et al, 2008). Also, in a research (Shokri, Taghilougaravand, Molaei, Abdollahpour, Akbari, 2008) reported Crownbach's  $\alpha$  coefficient below scale of problem-based confrontation as 0/75, excitement-based confrontation as 0/82 and scale of avoided confrontation as 0/73. in order to analyze research data, descriptive statistical method like average standard deviation and deduced statistics like t-test, Pearson's correlation coefficient, multivariate regression have been used by using SPSS software.

**Findings of the Research**

**Hypothesis 1**

There is a relation between attributive style and divorce applicants' and ordinary peoples' quality of life.

**Table 1- correlation between attributive styles with quality of life**

		Attributive style	
Divorce applicant	Quality of life	Pearson's correlation	0/149**
		Meaningfulness level	0/018
		number	70
Ordinary people	Quality of life	Pearson's correlation	0/459**
		Meaningfulness level	0/048
		number	70

\*\* Correlation in 0/05 meaningfulness level.

In view of table 1, as taken, there is a positive meaningful correlation between variable of attributive style with quality of life in divorce applicants and ordinary people ( $\text{sig} < 0/05$ ) and zero hypothesis, i.e., lack of relation between both variables is rejected. So, the first hypothesis is approved.

**Table 2- step - by -step regression coefficients of scale of attributive style with quality of life**

Attributive style	Statement coefficient	F	B	B	t	Meaningfulness	Degree of freedom
	Ordinary people	0/022	43/743	0/425	0/603	0/000	69
	Divorce applicant	0/210	30/364	0/406	0/364	0/000	69

Table 2- value of variance of variable of quality of life that is stated by independent variable of attributive style. In ordinary people, it is 2% and in divorce applicants, 21%. These values show that variable of attributive style has a little effect on variable of quality of life in ordinary people and divorce applicant. Also, effect of this variable is meaningful and obtained result is generalizable to all the given society.

**Table 3- correlation between micro-scales of attributive style with quality of life**

Micro-scale	Quality of life	
Positive internal attribution	Ordinary people	0/332**
	Divorce applicant	0/005
Positive sustainable attribution	Ordinary people	0/093
	Divorce applicant	0/442
Positive general attribution	Ordinary people	0/210
	Divorce applicant	0/081
negative internal attribution	Ordinary people	0/143
	Divorce applicant	0/237
negative sustainable attribution	Ordinary people	0/535*
	Divorce applicant	0/015
negative general attribution	Ordinary people	-0/238*
	Divorce applicant	0/047
negative sustainable attribution	Ordinary people	-0/212*
	Divorce applicant	0/049
negative general attribution	Ordinary people	0/067
	Divorce applicant	0/580
negative sustainable attribution	Ordinary people	-0/167
	Divorce applicant	0/168
negative general attribution	Ordinary people	0/831*
	Divorce applicant	0/048
negative sustainable attribution	Ordinary people	-0/827*
	Divorce applicant	0/027
negative general attribution	Ordinary people	0/860*
	Divorce applicant	0/022

\*correlation in 0/05 level\*\*correlation in 0/01 level

Table 3 shows correlation between micro-scales of features of attributive style with quality of life. according to results of this table in micro-scales of positive internal attribution, positive general attribution in ordinary people and in micro-scales of negative sustainable attribution in divorce applicants, there is a meaningful positive correlation and in micro-scales of negative general attribution in ordinary people and in micro-scale of positive general attribution in divorce applicants, a meaningful negative correlation. But in other micro-scales, there is no meaningful correlation.

**Table 4- step - by -step regression coefficients of scale of attributive style and quality of life**

		Statement coefficient	F	B	β	t	Meaningfulness	Degree of freedom
Positive internal attribution	<b>Ordinary people</b>	<b>0/110</b>	<b>8/439</b>	<b>0/230</b>	<b>0/332</b>	<b>2/905</b>	<b>0/005</b>	<b>69</b>
Positive general attribution	<b>Ordinary people</b>	<b>0/396</b>	<b>7/223</b>	<b>0/535</b>	<b>0/149</b>	<b>2/688</b>	<b>0/015</b>	<b>69</b>
Positive general attribution	<b>Divorce applicant</b>	<b>0/057</b>	<b>4/085</b>	<b>0/347</b>	<b>0/238</b>	<b>2/021</b>	<b>0/047</b>	<b>69</b>
negative sustainable attribution	<b>Divorce applicant</b>	<b>0/747</b>	<b>14/418</b>	<b>0/536</b>	<b>0/179</b>	<b>3/797</b>	<b>0/038</b>	<b>69</b>

Table 4 value of variance of variable of quality of life criterion that is stated by independent variable of features of attributive style (internal attribution) and, positive general attribution is in ordinary people as 11%, and 28% respectively. Also, feature of general attribution and negative sustainable attribution in divorce applicants is 5% and 69%, these values show that variable of features of attributive style has a little effect on variable of quality of life in both groups. Also, effect of this variable is meaningful and obtained result is generalizable to all the given society.

**Hypothesis 2**

There is a relation between adaption with stress style and quality of life of divorce applicants and ordinary people.

**Table 5- correlation between adaption with stress with quality of life**

		Adaption with stress	
Divorce applicant	Quality of life	Pearson's correlation	<b>0/358**</b>
		Meaningfulness level	<b>0/018</b>
		number	<b>70</b>
Ordinary people	Quality of life	Pearson's correlation	<b>0/496**</b>
		Meaningfulness level	<b>0/048</b>
		number	<b>70</b>

\*\*correlation in 0/05 meaningfulness level

In view of table 5, as taken , there is a positive meaningful correlation between variable of adaption with stress with quality of life in divorce applicants and ordinary people (sig<0/05) and zero hypothesis , i.e., lack of relation between both variables is rejected .so hypothesis 2 is approved .

**Table 6- step - by -step regression coefficients of scale of attributive style with quality of life**

		Statement coefficient	F	B	β	t	Meaningfulness	Degree of freedom
Attributive style	<b>Ordinary people</b>	<b>0/247</b>	<b>25/567</b>	<b>0/497</b>	<b>0/222</b>	<b>5.056</b>	<b>0/001</b>	<b>69</b>
	<b>Divorce applicant</b>	<b>0/128</b>	<b>394/298</b>	<b>0/914</b>	<b>1/053</b>	<b>19/856</b>	<b>0/001</b>	<b>69</b>

Table 6 , value of variance of dependent variable of quality of life that is stated by independent variable of adaption with stress, is 24% in ordinary people and 12% in divorce applicants. These values show that variable of adaption with stress has a little effect on variable of quality of life in ordinary people and divorce applicants. Also, effect of this variable is meaningful and obtained result is generalizable to all the given society.

**Table 7- matrix of correlation of micro-scales of adaption with stress style with quality of life**

Micro-scale		Quality of life
Problem- based	Ordinary people	170 0/159
	Divorce applicant	0/207 0/085
Excitement – based	Ordinary people	0/067 0/601
	Divorce applicant	0/086 0/477
Distraction	Ordinary people	-0/264* 0/027
	Divorce applicant	0/096* 0/047
Social business	Ordinary people	-0/156* 0/196
	Divorce applicant	0/690 0/049

\*correlation in 0/05 level\*\*correlation in 0/01 level

Table 7 shows correlation between micro-scales of adaption with stress style with quality of life. According to results of this table, in micro-scales of adaption with stress style, distraction and social business in divorced applicants, there is a positive meaningful correlation and in micro-scale of distraction in ordinary people, a negative meaningful correlation but in other micro-scales, there is no meaningful correlation .

**Table 8- step – by –step regression coefficients of micro-scale of adaption with stress style with quality of life**

		Statement coefficient	F	B	β	t	Meanfulness	Degree of freedom
disraction	Ordinary people	0/069	5/079	0/465	0/264	2/254	0/027	69
	Divorce applicant	0/059	9/706	0/243	0/549	3/116	0/000	69

Table 8 value of variance of variable of quality of life criterion that is stated by variable of scale of adaption of distraction is 6 % in ordinary people. Also, scale of adaption of social business in divorce applicants is 5%. These values show that variable of micro-scales of adaptive style has a little effect on variable of quality of life in ordinary people and divorce applicants. Also, effect of this variable is meaningful and obtained result is generalizable to all the given society.

### Discussion in framework of findings of the research

There is a relation between attributive style and quality of life of divorce applicants and ordinary people.

Based on findings of the present research, by complying with statistical suppositions and by using test of analysis test of Pearson's correlation coefficient and regression analysis and t-test, these results were obtained that there is a positive meaningful correlation between variable of attributive style with quality of life in divorce applicants and ordinary people in level of (sig<0/05). In micro-scales of positive internal attribution, positive general attribution in ordinary people and micro-scale of negative sustainable attribution in divorce applicants, there is a positive meaningful correlation and in micro-scales of negative general attribution in ordinary people and in micro-scale of positive general attribution in divorce applicants, negative meaningful correlation. But in other micro-scales, there is no a meaningful correlation. Shahmoradi, Fatehizadeh and Ahamdi (2011) in a research with title of predicting conjugal conflict through personality, mental and anthropological features obtained these results that there is a meaningful difference between exposed-to-divorce couples and ordinary ones in features of psychoneurotic – temperedness , experience accepting and duty knowing. Obtained results in this research are consistent and aligned with results of the present research. Varing, et al (1981) in a research showed that disorder of marriage and dissatisfaction in conjugal life have a relation with outbreak of emotional, excited disorders in public population, meaningfully while satisfied marriages cause to promote couples' health and prevent negative events of life and psychological problems in them. problems and disorder of conjugal life have negative consequences for emotional, and physical health of couples (Ameri, 2013). Obtained results in this research are consistent and aligned with results of the present research. Moradi and Yousefi (2013) have investigated 5 personality factors and quality of life in about-divorce couples. Based on done results, there is a converse and meaningful relation between psychoneurotic – temperedness and quality of life and there is a direct and meaningful relation between extroversion and quality of life, flexibility and quality of life and responsibility accepting and quality of life but no meaningful relation was obtained between pleasantness and quality of life. Obtained results in this research are consistent and aligned with results of the present research. There is a relation between adaption with stress style with quality of life of divorce applicants and ordinary people . There is a positive meaningful between adaption with stress variable with quality of life in divorce applicants and ordinary people (sig<0/05 ) and zero hypothesis , i.e., lack of relation between both variables is rejected and also, in micro-scales of adaption with stress style of distraction and social business in divorce applicants, there is a positive meaningful correlation and in micro-scale of distraction in ordinary people, a negative meaningful correlation but in other micro-scales, there is no meaningful correlation. Matod (2004) in a research about gender differences in stress and confrontation strategies, obtained these results that women in comparison with men used excited and avoided confrontation more and problem-based confrontation less .also , women reported more physical signs and psychological distresses . Avoided confrontation in women had a relation with anthropological variables and number of children and older women used style of problem-based confrontation more. Obtained results in this research are consistent and aligned with results of the present research. Safavi , Mousavi Lotfi, Lotfi (2003) in a research obtained no relation of confrontational strategies and quality of life. Obtained results in

this research are consistent and aligned with results of the present research. Filazglu and Griu (2008) in investigating confrontation styles and social support and quality of life in women suffering from breast found , confrontation styles related to quality of life and problem-based confrontation style had a positive relation with quality of life. Obtained results in this research are consistent and aligned with present results.

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Leila Ajally, Master in General Psychology, Department of Education and Psychology, Zanjan Branch, Islamic Azad University, Zanjan, Iran

Afasaneh sobhi, Assistant professor, Department of Education and Psychology, Zanjan Branch ,Islamic Azad University, Zanjan, Iran