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Predicting Hope to Life Based on Early Maladaptive Schemas and Cognitive Regulation of Emotion with The Mediation of Resilience

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Abstract

Purpose: The purpose of this study was to predict Hope to life based on early maladaptive schemas and cognitive regulation of emotion mediated by resilience.
Materials and methods: This research was applied in terms of purpose and descriptive and correlational in nature. The statistical population of the study was all divorced women covered by the Welfare Organization in Karaj in 2018. More than 178 were selected using the convenient method and Plant formula, and questionnaires on Hope to life, early maladaptive schemas, cognitive regulation of emotion, and resilience were distributed among them.
Results: The results of Pearson correlation and path analysis showed that Hope to life is negatively predicted by early maladaptive schemas in divorced women. Also, Hope to life is positively predicted by cognitive regulation of emotion in divorced women. The results indicated that Hope to life is positively predicted by resilience in divorced women. Resilience is negatively predicted by early maladaptive schemas in divorced women. Finally, in other words, Hope to life is positively predicted by cognitive regulation of emotion in divorced women. These results showed that early maladaptive schemas can mediately predict Hope to life in divorced women.
Conclusion: Using this type of adaptive strategies may reduce negative emotions and, as a result, improve cognitive and emotional functioning, enabling the individual to confront problems and increase their resilience.

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Introduction

One of the greatest dangers that threatens society and family life is divorce. Unfortunately, in our society, women's lives after leaving their husbands (due to the death of their husbands or divorce) often face uncertainties and dangers, including raising children alone and sometimes with difficulty, economic problems, living alone and accompanied by depression and despair (1). Unfortunately, in recent years, with the increasing number of divorces, this issue has become a trend and a social problem (2). As one of the most stressful sources, this phenomenon can disrupt people's cognitive structures and make them unable to use stress coping methods. One of the issues that can be examined in divorced women is Hope to life. Snyder's Hope to life theory has been proposed with an emphasis on cognitive schemas. Hope is described as a necessary and necessary component for life (3). According to statistical methods, the characteristics of Hope to life include: situational or dynamic nature, objectivity described by real probabilities, focus on the future, affecting human decisions and choices (4). Through hope , a person creates connection, which is one of the components of psychological well-being. In another definition, Hope to life means the length of a person's life in a given society, given the mortality pattern of that society. Thus, Hope to

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life is considered one of the most important known indicators of human survival and health (5).

One of the factors influencing Hope to life is the structure of early maladaptive schemas. Since schemas serve as a framework for information processing and determine individuals' emotional reactions to life situations and interpersonal relationships, they have been said to be related to life satisfaction and Hope to life (6). This was proven by a study by Yavari et al. (2014). They investigated the relationship between Hope to Life and early maladaptive schemas in mothers of mentally impaired children in Kermanshah. Another schema of disturbed orientation and limitations, and rejection and abandonment in mothers with mentally damaged children has a significant relationship with their hope for life. In fact, the more prominent the mother's schema of other orientations and disrupted limitations, rejection, and abandonment, the more hope for life is predicted in them (7). Maladaptive schemas are self-destructive emotional and cognitive patterns in an individual that are formed in the mind at the beginning of development and development and are repeated throughout life (8).

Another factor affecting hope for life is cognitive regulation of emotion, as experts believe that people who are unable to properly manage their emotions in the face of life events are more likely to suffer from psychological trauma than others (9). Emotion regulation is considered a fundamental principle in initiating, evaluating, and organizing adaptive behavior, as well as preventing negative emotions and maladaptive behaviors. Abundant evidence proves that people who have emotional skills, that is, those who know and manage their own emotions well and understand and deal effectively with the emotions of others, are distinguished in every area of life (10). Troy & Mauss (2011) believe that since stressful events are inherently very emotional, individuals' ability to regulate their emotions can be a very important factor in determining their resilience (11).

Resilience is also one of the factors that can affect schemas and cognitive regulation of emotion and play a prominent role in Hope to life. In explaining this issue, it can be said that resilience means the ability to cope with difficult situations and respond flexibly to the pressures of daily life (12). In other words, resilience does not limit stress, does not eliminate life's problems, but rather gives people the strength to deal healthily with the problems they face, overcome hardships, and move with the flow of life. Resilience is the capacity to resist stress. Psychologists have always tried to increase this human ability to adapt and overcome danger and hardship. It is the ability of an individual to establish biological, psychological, and spiritual balance in the face of risky conditions. In general, this ability and these issues increase hope in individuals (13). Considering the many harms that divorced women suffer, all the social, cultural and economic costs that divorce places on society, and this issue reduces their Hope to life. . Therefore, the question arises whether Hope to life can be predicted based on early maladaptive schemas and cognitive regulation of emotion with the mediation of resilience in divorced women?

Materials and methods

This research was applied in terms of purpose and descriptive and correlational in nature. The statistical population of the research was all divorced women covered by the Welfare Organization in Karaj in 2018. The convenient method was used to select the sample in this study. The required sample size is calculated from the Plant formula as follows:

(8×16) +50=178

Considering that the number of independent variables and their subscales in this study is 16 in total, the sample size should be more than 178 people. Also, the analysis method of this study is that in descriptive statistics, central tendency indices (mean) and dispersion tendency indices (variance, standard deviation) were used. Assumptions were measured using the Kumulov-Sempronov test and... In the inferential statistics section, Pearson correlation and path analysis were used. Kolmogorov-Smirnov test was used to test the hypotheses. SPSS-23 and Lisrel 8.8 statistical software were used to analyze the data.

Information gathering tools

Young Schema Questionnaire Short Form (YSQ-SF): The original version of the schema questionnaire was developed by Young (1994) to measure early maladaptive schemas. Also, the short form of Young's Schema Questionnaire has 15 primary maladaptive schemas (Young, 1998) prepared based on the original form. The long form has 205 questions and the short form has 75 questions. Each question is scored on a 6-point scale: completely false, almost false, more true than false, slightly true, almost true, completely true. In the short form, each schema is measured by five questions. In this questionnaire, a high score indicates early maladaptive schemas. The reliability of the Young Schema Questionnaire with 75 items by Sadoughi et al. (2008), Waller, Meyer, and Ohanian (2001), Ahi et al. (2006), Rijkboer, Vandenberg, and Van den Berg and Van den Boot (2005), Welborn et al. (2002), and Glasser et al. (2002) was 0.94 to 0.96 on the overall scale and 0.62 to 0.93 on the subscales (14). Cronbach's alpha in this study was 0.89.

Hope to Life Questionnaire by Snyder et al. (1991): This questionnaire has 12 statements and is

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administered as a self-assessment and includes a range of options from completely true to completely false. This questionnaire has an 8-point Likert scale from completely disagree, score 1, to completely agree, score 8. The agentic thinking subscales include four questions 2, 10, 9, and 12, and the pathways subscale includes four questions 1, 4, 7, and 8, and questions 3, 5, 6, and 11 as deviant questions. Snyder reported a test-retest reliability of 0.85 after 3 weeks, 0.81 for the agentic thinking subscale, and 0.74 for the pathways subscale. In a study, the validity of this scale was obtained through Cronbach's alpha of 0.70 and through retesting after one month of 0.74, and the internal consistency through Cronbach's alpha of 0.62 for the paths subscale and 0.74 for the factorial thinking subscale (15). The alpha coefficient in this study is 0.71.

Connor and Davidson Resilience Questionnaire (CD-RISD)

The resilience questionnaire was developed by Connor and Davidson (2003) to measure the ability to cope with pressure and threat, and Mohammadi (2005) adapted it for use in Iran. This questionnaire has 25 five-choice items, the options of which are scored from 0 to 4. Thus, the completely incorrect option is assigned a score of zero, the rarely correct option is assigned a score of 1, the sometimes correct option is assigned a score of 2, the often correct option is assigned a score of 3, and the always correct option is assigned a score of 4. The sum of the scores of the 26 items constitutes the total score of the scale. In a study conducted by Samani, Jokar, and Sahragerd (2007), the reliability of this scale was found to be 0.87 using Cronbach's alpha coefficient. Connor and Davidson reported a Cronbach's alpha coefficient of the resilience scale of 0.89. Also, the reliability coefficient obtained from the test-retest method at a 4-week interval was 0.87 (16). Cronbach's alpha in this study was 0.81.

Cognitive Emotion Regulation Questionnaire (CERQ)

This questionnaire was developed by Garnevsky, Kraij, and Spinhauen (2001) in the Netherlands and has two versions: English and Dutch. The Cognitive Emotion Regulation Questionnaire (CERQ) is a multidimensional questionnaire that can be used for individuals aged 12 years and older (both normal individuals and clinical populations) and consists of 9 subscales. The subscales assess nine cognitive strategies: self-blame, acceptance, rumination, positive refocusing, refocusing on planning, positive reappraisal, perspective-taking, catastrophizing, and blaming others. The scale scores range from 1 (almost never) to 5 (almost always). Each subscale consists of 4 items. The total score for each subscale is obtained by adding the item scores. Therefore, the range of scores for each subscale will be between 4 and 20. High scores in each subscale indicate greater use of the aforementioned strategy in coping with stressful and negative events. The range of Cronbach's alpha coefficient was from 0.76 to 0.89 with a mean of 0.83. The results of the research show that there is a strong correlation between the subscales of the Cognitive Emotion Regulation Questionnaire (CERQ-P) and the Coping Inventory for Stressful Situations. There is also a direct relationship between the self-blame, catastrophizing, and blame-other subscales and the neuroticism subscales of the Five-Factor Personality Inventory (17). The Cronbach's alpha of this study is 0.72.

Results

Descriptive statistics of the study are presented as follows:

Table 1. Frequency table of subjects by education

Education	Abundance	Percentage
Under Diploma	94	52.81%
Diploma	23	12.92%
Associate	29	16.29%
Bachelor's Degree	21	11.80%
No Answer	10	5.62%
Total	178	100%

The results of Table 1 indicate that most of the subjects, equivalent to 94 people (52.9%), have a *under diploma* education, while only 21 people (11.9%) have a bachelor's degree.

Table 2. Frequency table of subjects by age range

Age Range	Abundance	Percentage
Up to 25 years	88	4.49%
26 to 30 years	42	6.23%
31 to 35 years	31	5.17%
Over 35 years	17	0.59%
Total	178	100%

The results of Table 2 indicate that in terms of age range, most of the subjects, 88 (49.4%), are up to 25 years old, while only 17 (9.5%) are over 35 years old.

The following is a test of the research hypotheses:

Examination of the fit indices resulting from the structural model test of the research showed that, as expected, the obtained chi-square indicated that the model did not fit the data(N=178, X2 =255.29, P<0.01). However, due to the sensitivity of the square root index to sample size, other fit indices were examined (X2 /df =2.48, CFI=0.9, GFI=0.89, AGFI=0.88, and RMSEA=0.075) and it was observed that the path coefficients between early maladaptive schemas and cognitive regulation of emotion with Hope to life show the mediation of resilience in the structural model.

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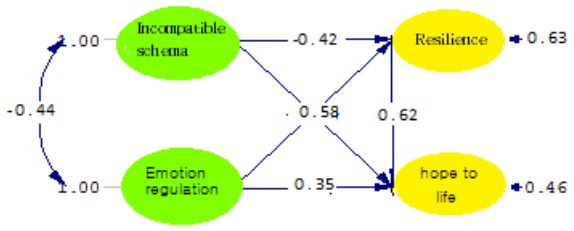


Figure 1. Standard estimation model based on binary standard coefficients in the form of a structural model

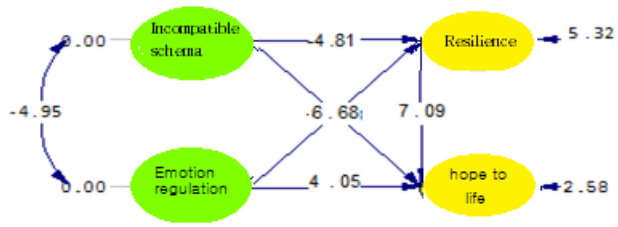


Figure 2. Standard estimation model based on T-value in the form of a structural model

As can be deduced, the confirmatory path analysis has been confirmed with respect to standard coefficients and significant numbers, and it shows that the existing relationships based on the extracted theories and data collected from the sample under study are at a significance level of 0.05 as follows.

Table 3. Confirmatory path analysis with respect to standard coefficients and significance numbers

Predictor Variable	Resilience	Incompatible Schemas	Emotion Regulation
	Std. Coefficient	t-value	Result
Hope for Life	0.62	9.70	Confirm
Maladaptive Schemas	–0.42	–4.81	Confirm
Emotion Regulation	0.58	6.86	Confirm

General hypothesis: Hope to life is predicted based on early maladaptive schemas and cognitive regulation of emotion through the mediation of resilience in divorced women. According to Table 3, the initial maladaptive schema (r=-0.42), (T=-4.81) can assess resilience with P<0.05. Also, this schema has a significant effect on Hope to life with (r=0.48), (T=-5.25). On the other hand, resilience has a significant effect on Hope to life of divorced women with (r=0.62), (T=0.79). Therefore, there is a significant relationship between all three variables in a two-to-two manner. Now, it must be (48-0.42*<0.62) for the mediation relationship to exist. Since (0.2<0.62), it is clear that Hope to life is predicted based on early maladaptive schemas by mediating resilience in divorced women. Also, cognitive regulation of emotion (r=0.58), (T=6.68) can assess resilience with P<0.05. Also, emotion regulation with (r=0.35), (T=4.05) has a significant effect on Hope to life, while resilience with (r=0.62), (T=7.09) affects Hope to life of divorced women (therefore, there is a significant pairwise relationship between all three variables). Now it must be (0.58*0.35<0.62) for the mediation relationship to exist, since (0.2<0.62) Therefore, it is clear that Hope to life is predicted based on cognitive regulation of emotion with the mediation of resilience in divorced women.

Sub-hypotheses

Hypothesis 1: Hope to life is predicted based on early maladaptive schemas in divorced women.

Incompatible schemas have an inverse relationship with (r=-0.48), (T=-5.25) and a significance level of less than 0.01. Hope to life in divorced women is negatively predicted based on early incompatible schemas in divorced women. Thus, the lower the level of early maladaptive schemas in these women, the higher their average hope for life will be.

Hypothesis 2: Hope for life is predicted based on cognitive regulation of emotion in divorced women.

Cognitive regulation of emotion has a direct relationship with (r=0.35), (T=4.05) and a significance level of less than 0.01 Hope to life in divorced women. In other words, Hope to life is positively predicted based on cognitive regulation of emotion in divorced women. Thus, the greater the cognitive regulation of emotion ability in these women, the greater their Hope to life will be on average.

Hypothesis 3: Hope to life is predicted based on resilience in divorced women.

Resilience has a direct relationship with (r=0.62), (T=7.09) and a significance level of less than 0.01 Hope to life in divorced women. In other words, Hope to life is positively predicted based on resilience in divorced women. Thus, the higher the level of resilience in these women, the stronger their Hope to life will be.

Hypothesis 4: Resilience is predicted based on early maladaptive schemas in divorced women.

Incompatible schemas have an inverse relationship with (r=0.42), (T=-4.81) and a significance level of less than 0.01 of resilience in divorced women. In other words, resilience is negatively predicted based on early incompatible schemas in divorced women. Thus, the lower the level of early incompatible schemas in these women, the higher their resilience will be on average.

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Hypothesis 5: Resilience is predicted by cognitive regulation of emotion in divorced women.

Cognitive regulation of emotion has a direct relationship with (r=0.58), (T=6.68) and a significance level of less than 0.01 of resilience in divorced women. In other words, hope to life is positively predicted based on cognitive regulation of emotion in divorced women. Thus, the greater the cognitive regulation of emotion ability in these women, the stronger their resilience level will be.

Discussion

Hypothesis 1: Hope to life is predicted based on early maladaptive schemas in divorced women. Hope to life is negatively predicted based on early maladaptive schemas in divorced women. Thus, the lower the level of early maladaptive schemas in these women, the higher their average Hope to life will be. The results are consistent with (7) who proved this in a study that examined the relationship between Hope to life and early maladaptive schemas in mothers of mentally impaired children in Kermanshah in (2014). Also (18) showed that there is a negative and significant relationship between early maladaptive schemas, Hope to life, and the happiness of life of elderly people living in nursing homes.

Hypothesis 2: Hope to life is predicted based on cognitive regulation of emotion in divorced women.

Hope for life is positively predicted by cognitive regulation of emotion in divorced women. Thus, the greater the cognitive regulation of emotion ability of these women, the greater their hope for life will be on average. Ford et al. (2011) conducted a study examining emotion regulation training on patients' hope to life. The results indicated that emotion regulation training has an effect on patients' hope to life (19). According to the findings of Nazemi Harandi and Namdari (2015), in their research, they concluded that hope has a positive relationship with positive emotion regulation strategies and a negative relationship with negative emotion regulation strategies (20).

Hypothesis 3: Hope to life is predicted based on resilience in divorced women.

Hope for life is positively predicted by resilience in divorced women. Thus, the higher the level of resilience in these women, the stronger their hope for life will be. The results are consistent with research (21), which showed that there is a positive and significant relationship between hope for life and psychological resilience in students.

Hypothesis 4: Resilience is predicted by early maladaptive schemas in divorced women.

Resilience is negatively predicted by early maladaptive schemas in divorced women. Thus, the lower the level of early maladaptive schemas in these women, the higher their resilience will be on average.

In line with the findings of this study, we can refer to research (22) which investigated the relationship between early maladaptive schemas and resilience in students. The results indicated that there is a significant negative relationship between the components of early maladaptive schemas and resilience.

Hypothesis 5: Resilience is predicted by cognitive regulation of emotion in divorced women.

Hope for life is positively predicted by cognitive regulation of emotion in divorced women. Thus, the greater the cognitive regulation of emotion ability of these women, the stronger their level of resilience will be.

The results of the study are in line with research (23), which examined the role of nine cognitive regulation of emotion strategies in predicting resilience. The results indicated that the strategies that individuals use to regulate their emotions can be a very important factor in determining their resilience (24), and strengthening adaptive emotion regulation strategies should be considered as a goal for establishing resilience interventions and training programs.

Conclusion

According to the first hypothesis of the study, one of the effective factors in Hope to life is the structure of primary maladaptive schemas. These schemas help a person organize their experiences about the world around them and process the information they receive. Given that schemas serve as a framework for processing information and determine people's emotional reactions to life situations and interpersonal relationships, they are said to be related to life satisfaction and Hope to life. In a possible explanation of the second hypothesis, it should be said that the way each person uses their emotions to regulate their life affects their emotional states. If each person remembers their positive experiences when dealing with adverse situations, using this cognitive method will weaken the negative mood and depression in the person and, on the contrary, will strengthen the person's hope for life (22,24,25).

In explaining the third hypothesis of the research, it should be said that resilience creates better coping strategies and defense mechanisms in individuals. Resilience is the capacity to resist stress. Psychologists have always tried to increase this human ability to adapt

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and overcome danger and hardship. People can rebuild their lives even after devastating disasters. A resilient person is an active and constructive participant in their environment. It is the ability of a person to maintain biological, psychological, and spiritual balance in the face of dangerous conditions. In general, this ability and these issues increase hope in individuals.

According to the results of the fourth hypothesis, schemas create the meaning and structure that an individual gives to the world. Schemas are formed during the period of individual development, meaning that as an individual receives information from his/her environment, he/she processes and filters it, which increases resilience in individuals (11).

In explaining the fifth hypothesis of the research, it should be said that people who are accustomed to using adaptive strategies that include thinking about positive events (positive thinking) instead of negative events, thinking about establishing effective plans for intervention in solving the problem, giving a positive meaning to the event or interpreting the event positively, and also downplaying the event and considering it small in comparison to larger events, will have higher resilience than other people who use these strategies less. Using these types of adaptive strategies may reduce negative emotions and, as a result, improve cognitive and emotional functioning, enabling the individual to confront problems and increase their resilience.

One of the limitations of this study is that the research population only includes divorced women in Karaj city. Conducting research on other communities could be effective in confirming the accuracy or otherwise.

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Authors contribution

S. B. conceptualized the study objectives and design.

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Ethics

None

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