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RELATIONSHIP OF DIVORCE GRIEF AND PERSONAL ADJUSTMENT
IN DIVORCED PERSONS WHO REMARRY OR REMAIN SINGLE

The University of Oklahoma

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GRADUATE COLLEGE

RELATIONSHIP OF DIVORCE GRIEF AND PERSONAL
ADJUSTMENT IN DIVORCED PERSONS WHO
REMARRY OR REMAIN SINGLE

A DISSERTATION
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Norman, Oklahoma

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RELATIONSHIP OF DIVORCE GRIEF AND PERSONAL
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ABSTRACT

Remarriage has been associated with divorce adjustment, though indications are that other factors such as gender, time since divorce and the presence of children may serve a role in mitigating this effect. This study hypothesized that there would be no significant differences on measures of grief or adjustment between those who have remarried and those who have remained single. The 114 subjects between 25-35 included males without live-in children, females with children, and females without children. They had been divorced either 6-18 months or 19-36 months. The Fisher Divorce Adjustment Scale and the Personal Orientation Inventory were used as dependent measures. Results indicated no significant differences between/among any of the 12 groups. Current trends in divorce and remarriage within the groups studied are discussed in light of these results.

RELATIONSHIP OF DIVORCE GRIEF AND PERSONAL
ADJUSTMENT IN DIVORCED PERSONS WHO
REMARRY OR REMAIN SINGLE

As a growing number of persons in the United States experience divorce and remarriage, the success of remarriage becomes an increasingly important topic for counselors and other students of the family (Glenn and Weaver, 1977). The present study examined how formerly married persons' divorce grieving and adjustment are related to remarriage, gender, time since divorce, and children.

Bereavement models have been used to describe the divorce process. Grief has been commonly described as the process by which a person self-detaches from a lost object (Parks, 1973). Wiseman's (1975) model of divorce grieving includes the following stages: 1) denial; 2) loss and depression; 3) anger and ambivalence; 4) reorientation of lifestyle and identity; 5) acceptance and a new level of functioning. Bohannon (1970) also used a grieving model to explain the post-divorce problems that individuals face. "Divorce is difficult because it involves a purposeful and active rejection by another person, who, merely by living is a daily symbol of the rejection...there is no recognized way

to mourn a divorce" (p. 42).

The first in-depth major study of divorce adjustment was done by Goode (1956). Goode interviewed 425 mothers who had been between the ages of 20 and 38 at the time of their divorces. The decision to divorce, he found, was generally a slow, reluctant one which was reached over a period of two years, on the average, with the greatest trauma occurring at the time of the final separation.

Hetherington (1979) interviewed 96 families, 48 in the process of divorce and the other 48 in an intact setting. She found that adjustment occurs in stages with distinct characteristics for women, men and children. Hetherington found that the worst time for both men and women was reported as the year after the divorce in terms of emotional adjustment and the establishment of meaningful interpersonal relationships. Men also appeared to undergo more initial changes in self concept immediately after the divorce than did women. However, after two years men appeared to be better adjusted in terms of self concept than the females studied.

Spivey (1978) reported similar results. She studied personality characteristics and stress in six groups of women, four of which were divorced. The groups were broken down into time periods: 0-6 months, 1-1½ years, 3½-4½ years, 6½ and more years since time of divorce; a control married group; and a newly married group. Although she reported her

results as tentative, she found that even though the first six months after filing for divorce are the most stressful, the indicators of maladjustment are not likely to appear until six months to a year later, and that after 3½ years stress and indicators of maladjustment do not differ from continuously married women.

Peters (1976) observed that the more quickly a formerly married person is able to socialize, the more quickly the person will remarry. Goode (1956), Bernard (1956) and Freund (1974) reported similar results. Both Bernard (1956) and Glick (1957) report that the vast majority of divorced individuals (two-thirds of the women and three-quarters of the men) will remarry within five years of their divorce.

In a study of 2,009 remarried persons, Bernard (1956) found:

...The incidence of remarriage increases with the age of those marrying, although the remarriage rate among the younger once-married is higher than the older once-married. Men tend to remarry more than women...Negroes tend to remarry more than whites. The divorced are more likely to remarry than the widowed...Previously married persons tend to marry persons who have also been married before...And, finally

The divorce rate is probably somewhat higher in remarriages than in first marriages, but relatively fewer of the remaining remarriages are likely to be unsuccessful (p. 70).

Age, however, influences divorced females in their lifestyle more than it does men. After the age of 35 there appears to be less perceived opportunity reported by women than for their male counterparts for remarriage (Bernard, 1956; Hayes, 1976). It has also been found that women have a harder adjustment to the consequences of divorce than do men (Gurin, Veroff and Feld, 1960; Rose and Price-Bonham, 1973). Men, on the other hand, tend to remarry more often and more quickly than do their female counterparts (Hayes, 1976). They also tend to fare more poorly if they remain single in terms of physical and mental health (Glick & Norton, 1971; Goldberg, 1976).

Little study of the formerly married who choose to remain single has been done. According to Hunt (1966), a person who remains divorced without remarrying for an extended time has had a severe trauma and needs to progress through the process of adjustment more slowly. Some researchers (Bernard, 1956; Goode, 1956; Hunt, 1966) have stated that only the maladjusted, undesirable types of individuals remained single. Bernard (1973) later retracted that position and stated that women who marry have poorer health, reported less satisfaction and were less well

adjusted than either men or single women.

Several divorce and remarriage studies (Bernard, 1956; Goode, 1956; Heatherington, 1979) have focused on individuals with children. Bernard (1956) speculated that there was some evidence that divorce was increasing more rapidly among families with children than among those with none. She believed that women with dependent children appeared to be less eligible for remarriage than those who had none, but Goode (1956) found that remarriage for women with children was not much lower than for divorced females in general.

The literature on divorce raises some questions that warrant exploring. Goode (1956), Hunt (1966) and Bernard (1956) all made the assumption that remarriage is the index of positive divorce adjustment. However, none of these researchers used any objective personality measures of adjustment to support these results. Also, none of the researchers investigated the prevalence of remarriage while still in the grieving stage (Bohannon, 1970; Goode, 1956; Wiseman, 1975). They assumed that the formerly married would need to transcend their divorce grief before courting.

Another question suggested by the divorce literature is the personal adjustment of the divorced who do not remarry. Formerly married persons who chose to remain single were seen as misfits or individuals who were still grieving (Goode, 1956; Hunt, 1966). However, Hayes (1976)

found that even though it is harder for middle aged women to remarry, many reported that they were very happy and glad to be out of the wife role and did not want to get back into it.

This study was designed to explore the relationship of divorce grief to personal adjustment. It was hypothesized that there would be no significant difference on measures of grief or adjustment between those who have remarried and those who have remained single. Likewise it was hypothesized that there would be no significant difference on measures of grief or adjustment among males, females without children and females with children. There would also be no significant difference on measures of grief or adjustment between shorter and longer time periods since divorce. Finally, it was hypothesized that there would be no significant interaction on measures of grief or adjustment among the various combinations of gender groups, time periods, and marital status.

METHOD

Subjects

The subjects were 114 male and female volunteer individuals who were formerly married; half of the subjects were presently remarried. The subjects were recruited from singles groups from a Southwestern metropolitan area church community, referrals from Youth and Family Centers and social

clubs, and the friends of the individuals who volunteered. None of the subjects had previously undergone intensive psychotherapy (12 or more sessions). The subject pool was confined to the ages of 25 to 35 to eliminate the bias of a different remarriage pattern showing up after middle age and the argument that younger individuals would not be as self-actualized as older ones. The subject pool was also limited to those individuals who had been married for at least two years and who had been divorced for between 6 and 36 months.

Procedure

Individuals who met these requirements and chose to participate were given verbal instructions (see Appendix) and sent a stamped, addressed envelope containing: 1) a consent form; 2) a Fisher Divorce Adjustment Scale booklet and answer sheet (Fisher, 1977); 3) a Personal Orientation Inventory booklet and answer sheet (Shostrom, 1974) and 4) a demographic questionnaire. The tests were randomly ordered in each envelope. The Fisher Divorce Adjustment Scale (FDAS) consists of 100 short statements to be answered on a 5-point scale: always, usually, sometimes, seldom and never. The Kuder-Richardson Internal Reliability was reported as .92 (Fisher, 1976). The instrument measures feelings of self worth, emotional disentanglement from former love partner, anger at former love partner, grief work com-

pleted and social trust. The Personal Orientation Inventory (POI) consists of 150-forced-choice value and behavior items and measures personal adjustment as defined by Maslow (1962). Only the Time Competent and Inner Directed scales were used. Assignment to the groups was done on the basis of marital status, gender, time since divorce and children present. The groups were:

1. Remarried males, 6-18 months since time of divorce;
2. Remarried males, 19-36 months since time of divorce;
3. Single males, 6-18 months since time of divorce;
4. Single males, 19-36 months since time of divorce;
5. Remarried females, with children, 6-18 months since time of divorce;
6. Remarried females, with children, 19-36 months since time of divorce;
7. Remarried females, without children, 6-18 months since time of divorce;
8. Remarried females, without children, 19-36 months since time of divorce;
9. Single females, with children, 6-18 months since time of divorce;
10. Single females, with children, 19-36 months

since time of divorce;

11. Single females, without children, 6-18

months since time of divorce;

12. Single females, without children, 19-36

months since time of divorce.

Eight groups had 10 Subjects each (Groups 2, 3, 4, 6, 9, 10, 11, 12), two groups had 9 subjects each (Groups 1 and 5) and two groups had 8 subjects each (Groups 7 and 8). The data were collected from March until August, 1979. Phone contacts were made after two weeks for envelopes which had not been returned. All of the groups had a return rate of 80% or greater. Information on the demographic portion of the Fisher Divorce Adjustment Scale was double checked to ensure that each subject met the requirements. Five individuals were rejected since they did not meet all of the requirements.

RESULTS

The means and standard deviations of the 12 groups are shown in Table 1 by the dependent measures: the Fisher Divorce Adjustment Scale (FDAS) Total Score, and the Personal Orientation Inventory (POI) Time Competent and Inner Directed Scores.

Insert Table 1

The data were analyzed for each sex using a 2 x 2 x 3 (marital status x time x blocks) multivariate analysis of variance on the FDAS Total Score and on the Time Competent and Inner Directed scales of the POI. Hypotheses concerning individual dependent variables were tested from separate ANOVA results. The .05 level of significance was used for all analyses performed in this investigation.

No significant main effects or interaction effects were found using the MANOVA design, indicating that all groups were comparable on the grief/adjustment continuum across the categories of marital status x time x blocks. Summaries of the MANOVA results are shown in Table 2.

Insert Table 2

In separate analyses of variance, no significant differences among the 12 groups were found in main effects or interactions on the separate grief-adjustment measures. However, the statistical probabilities for the measures on the main effect of Time for the FDAS, $p > 0.0887$; on the main effect of Time for the Time Competent Scale of the POI, $p > 0.0751$; and on the interaction effect of sex x time for the Inner Directed Scale of the POI, $p > 0.0555$, suggest that indications of specific trends are present in the data. Results of these separate analyses are summarized in Tables 3, 4 and 5.

Insert Tables 3, 4 and 5

The data from the demographic questionnaire was not statistically analyzed since it was collected for later use. However, a cursory examination of the questionnaire produced the following results: both males and females across marital status expressed a strong (70%) interest in outdoor sports and activities when asked about how leisure time was spent. Groups 3, 4 and 9 expressed a definite desire (over 60% of the subjects) to be remarried in five years. Groups 10, 11 and 12 had more serious doubts about marriage. The only groups that expressed an interest in spending a lot of time with their children during their leisure time were groups 5 and 10.

DISCUSSION

No statistical significant difference on measures of divorce grief and personal adjustment were found in any of the twelve groups of divorced persons, although time does approach significance on all three of the ANOVAs. The results of the study are not consistent with previously published studies which have concluded that remarriage is the single most important index of positive divorce adjustment. Instead, the overall results point out that no one group, either single or remarried, appeared to be grieving more

or less than any other group.

One explanation for the outcome may well be related to the significant change of attitude and values toward greater acceptance of divorce and remaining single, especially for women (Bernard, 1973). That would raise the question for further research as to why certain women choose to remarry and why other women choose to remain single.

The results also point to higher levels of divorce adjustment for all the groups than were found for 1300 individuals who participated in divorce adjustment groups (Fisher, 1979). This may indicate that divorce adjustment groups attract individuals who perceive themselves as being stuck somewhere in the divorce adjustment process. Or this may indicate that either one or both of the two samples were not random.

The only groups with self-actualizing scores on the POI were: single females without children across time periods for both the Time Competent and Inner Directed scales; single and remarried males, divorced 19-36 months on the Time Competent and Inner Directed scales; and remarried women without children, divorced 6-18 months on the Inner Directed scale. All other scores for the remaining groups were below the self-actualizing range. Since these self-actualizing groups all have in common the absence of children, it could be suggested that the presence of child-

ren may have an effect on an individual's self-actualizing ability.

On the FDAS all but 3 groups placed above the fiftieth percentile. The 3 groups which fell below, but not so much as to be statistically significant, were single females with children across time periods and single males, 6-18 months since time of divorce. Indeed, the lowest scores across all of the dependent measures, but not so much as to be statistically significant, were for single males divorced from 6-18 months. For the females the higher amount of grieving may be linked to an emotional investment made when children are produced in a marriage. These findings are consistent with the literature.

The data from the questionnaire support the findings of the study and are of interest because the questions were open-ended and general in nature. Single females without children across time periods and single females with children divorced 19-36 months actively stated that they did not know whether they wanted to be married when they pictured their lives in five years. Both groups of single females without children had self-actualizing scores and high divorce adjustment scores (little grieving). These findings indicate that remaining single has come to represent a positive alternative for some women, especially when children aren't involved. The explanation for the single females with

children, divorced 19-36 months appears to be more complicated. Their scores on the POI, in comparison to other groups, are approaching the self-actualizing range, but their FDAS total score is second lowest for the 8 female groups. It may be that for these females they feel that they are able to take care of themselves, but still have strong feelings regarding their former marriages which may interfere with thinking of marriage as a future alternative.

Single males across time periods and single women with children, divorced 6-18 months, on the other hand, stated a definite desire to be remarried in five years. These results for the males are consistent with the literature. The single females with children, divorced 6-18 months show similar low scores when compared to the single males. In fact, this group has the lowest Time Competent and Inner Directed scores and lowest FDAS total score of any of the 8 female groups. It may be that for females with children the time 6-18 months after a divorce is the hardest in terms of both grieving and personal adjustment. It may be that during this time women see fewer options in lifestyle besides that of marriage. Or they may see how hard the "divorced" option is when there are children to raise alone.

On close inspection of the individual test scales it appears that men rank higher on the FDAS Emotional Disentanglement From Former Love Partner scale than do women,

and lower on Anger Towards Their Former Love Partners.

One explanation for this could be that men believe that they are disentangled from their former love partners because they seldom think about them, but have really not let go.

It is recommended that further studies examine different dimensions of divorce grief. Further studies might also use a more random sample and examine the variable time by measuring more time intervals.

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TABLE 1

Means and Standard Deviations of the 12 Groups on the FDAS Total Score, and the POI Time Competent and Inner Directed Scores

GROUP	FDAS		TIME COMPETENT		INNER DIRECTED	
	\bar{x}	s.d.	\bar{x}	s.d.	\bar{x}	s.d.
R/M/Sh	419.78	46.12	16.00	3.00	82.89	12.62
R/M/L	425.20	45.58	18.00	2.31	90.00	9.88
S/M/Sh	384.30	72.81	14.60	5.23	78.70	24.09
S/M/L	447.10	32.01	17.60	3.63	93.90	11.03
R/FwC/Sh	421.89	54.09	16.44	2.51	86.44	14.84
R/FwC/L	425.20	31.67	15.90	2.64	85.80	12.50
R/Fw/oC/Sh	415.38	27.90	16.63	3.20	90.13	11.19
R/Fw/oC/L	427.00	40.38	16.63	3.63	83.75	7.96
S/Fw/C/Sh	386.20	55.06	15.20	2.25	81.10	11.06
S/Fw/C/L	394.00	69.00	17.40	4.40	85.10	17.12
S/Fw/oC/Sh	426.50	33.34	18.20	3.91	94.80	13.38
S/FwC/L	429.60	60.88	18.20	2.70	98.50	10.35

R = remarried

S = Single

M = Males

FwC = Females with children

Fw/oC = Females without children

Sh = Shorter time (6-18 months following divorce)

L = Longer time (19-36 months following divorce)

TABLE 2
RESULTS OF MULTIVARIATE ANALYSIS OF VARIANCE

SOURCE	<u>F</u> VALUE	PROBABILITY OF MULTIVARIATE <u>F</u>
Marital Status	1.13	0.3425
Sex	0.31	0.8224
Time	1.47	0.2254
Marital Status x Sex	0.90	0.4458
Marital Status x Time	0.69	0.5654
Sex x Time	1.42	0.2410
Marital Status x Sex x Time	0.98	0.4071

TABLE 3
ANALYSIS OF VARIANCE ON FDAS TOTAL SCORE BY
MARITAL STATUS, SEX, LENGTH OF TIME, AND INTERACTIONS

SOURCE	<u>F</u> VALUE	P of <u>F</u>
Marital Status	1.42	0.2365
Sex	0.14	0.7089
Time	2.95	0.0887
Marital Status x Sex	0.09	0.7652
Marital Status x Time	0.83	0.3696
Sex x Time	2.05	0.1551
Marital Status x Sex x Time	2.26	0.1361

TABLE 4

RESULTS OF UNIVARIATE ANALYSIS OF VARIANCE ON TIME COMPETENT
SCORE BY MARITAL STATUS, SEX, LENGTH OF TIME, AND INTERACTIONS

SOURCE	<u>F</u> VALUE	P of <u>F</u>
Marital Status	0.16	0.697
Sex	0.17	0.6831
Time	3.23	0.0751
Marital Status x Sex	1.84	0.1784
Marital Status x Time	0.94	0.3350
Sex x Time	2.45	0.1207
Marital Status x Sex x Time	0.00	1.000

TABLE 5
ANALYSIS OF VARIANCE OF INNER DIRECTED SCORE BY
MARITAL STATUS, SEX, LENGTH OF TIME, AND INTERACTIONS

SOURCE	<u>F</u> VALUE	P of <u>F</u>
Marital Status	0.66	0.4201
Sex	0.43	0.5130
Time	2.46	0.1198
Marital Status x Sex	0.42	0.5168
Marital Status x Time	1.92	0.1684
Sex x Time	3.75	0.0555
Marital Status x Sex x Time	0.96	0.8048

APPENDIX A
PROSPECTUS

PROSPECTUS

INTRODUCTION

As a growing number of persons in the United States experience divorce and remarriage, the success of remarriage becomes an increasingly important topic for counselors and other students of the family (Glenn and Weaver, 1977). This present study examines divorce grief, and adjustment; asking how a formerly married person's divorce grieving and adjustment are related to remarriage, gender, time since divorce, and children.

According to Glick (1957), two-thirds of the women and three-quarters of the men who divorce will remarry within a median of 2.7 years. "Remarriage is a growing phenomenon for which its members are likely to be poorly prepared, due to inadequate institutionalization of this form in the nuclear family, and due to a divorce process which tends to place obstacles in the way of remarriage family organization" (Walker, Rogers & Messinger, 1977, p. 285).

Divorce literature reflects the climbing divorce rate by picturing the divorcing individual not as a person

dealing with neurotic impulses, but rather as an individual dealing with a growing social phenomenon (Berler, 1949; Lerhman, 1939). The divorce rate has climbed from one in eight marriages in 1944 (Metropolitan Life Insurance, 1944) to one in three in the United States by 1974 (Hayes, 1976). The measure of effective coping with divorce has been cited as the rate of remarriage (Goode, 1956; Hunt, 1966).

Many researchers agree that divorce and remarriage need further study (Rose & Price-Bonhan, 1973; Heritage & Daniels, 1971). Freund (1974) points out " . . . a quick look at the index of the Journal of Marriage and Family shows that in the period between 1939 and 1962 there was a scant 16 articles with divorce in the title" (p. 42).

DIVORCE ADJUSTMENT

Fisher (1968) defined post-divorce adjustment as the process in which persons change from seeing themselves as ex-spouses to seeing themselves as single individuals eligible for and interested in remarriage. Goode's (1956) definition of divorce adjustment is similar. He states,

. . . the divorce adjustment process, then, is one by which all of the disruption of role sets, and patterns, and of existing social relations, is incorporated into the individual's life pattern, such that the roles accepted and assigned do not take the prior divorce into account as a primary point of reference: In more common sense terms, the woman is no longer ex-wife, or divorcee primarily, but first of all co-worker, date, or bride (p. 19).

In order to arrive at that stage most researchers believe that the old love needs to be expunged through a process

of grieving (Freund, 1974; Wiseman, 1975; Bohannon, 1970). Putney (1976) speculates that divorce adjustment is not so much dependent upon a given period of time for the grieving and loneliness to subside, but rather the replacement of the lost attachment and consequent support system. In any case, many researchers agree that grieving must take place and they support Peters' (1976) observation that the more quickly formerly married persons transcend the grieving stage the more quickly they will remarry (Goode, 1956; Bernard, 1956; Freund, 1974).

DIVORCE GRIEF

Grief is commonly described as the process by which a person detaches himself from a lost object (Parks, 1973). Freund postulated that a year of mourning was necessary to grieve the death of a loved one (Jones, 1957). The custom of forever wearing black after the death of one's husband in traditional Catholic Latin America, however, indicates that a public show of grieving may have no time limit.

Recently, bereavement models have been used to describe the divorce process. Kubler-Ross (1969) proposed that an individual who is dying may pass through five stages: (1) denial and isolation; (2) anger; (3) bargaining; (4) depression; and (5) acceptance. However, she points out that many individuals do not complete all of the stages before their deaths. Wiseman (1975) generously borrowed these stages in her model for divorce grieving.

Wiseman's first stage is denial. This is the stage that Despert (1953) called the "emotional divorce." During this period there is heavy use of denial in order to keep the relationship going until a stress, which may appear relatively minor (the birth of a child, a job), provokes a major marital crisis. The marriage system, according to Wiseman, is not flexible enough to accommodate it. The second stage consists of loss and depression when the marital problem becomes a reality. Anger and ambivalence, the third stage, occur when the reality of the breakup of the marriage is acknowledged. The fourth stage involves a reorientation of lifestyle and identity. The primary task of this stage is the redefinition of identity in all areas that were touched by the marriage -- personal, vocational, sexual and social. Often during this stage divorcing persons seek sexual experiences with a variety of partners to whom they have little emotional commitment and with whom they feel little potential for a long-term relationship. These short-term relationships serve the purpose of avoiding a serious emotional commitment. The newly divorced person is not yet ready for intimacy.

The final stage, acceptance and a new level of functioning, is reached when the divorced person begins to find that there are people who accept him/her as s/he is. The divorced person's self-concept begins to improve. This acceptance is an important part of the resolution of the divorce process. Without it the divorced person is handicapped in establishing new friends or relationships. Wiseman adds

if a new marriage is entered upon before the person has completely worked through the old one, more than necessary difficulties and problems will arise for all the parties concerned. It is often difficult to ascertain which marriage is the center of the consequent problem.

Another researcher who has used a grieving model was Bohannon (1970). He stated that "Emotional divorce results in the loss of a loved object just as fully but by quite a different route of experience as does the death of a spouse. Divorce is difficult because it involves a purposeful and active rejection by another person, who, merely by living is a daily symbol of the rejection. It is difficult because the community helps even less in divorce than it does in bereavement . . . there is no recognized way to mourn a divorce" (p. 42). In fact, Bardwick (1971) points out that the community gives support to widows, but usually suspicion is given to divorcees. Marcantonio (1977) found that individuals who initiate divorce have higher grief scores than those who did not. Those who initiate the action may get less support from their family and friends.

In addition to grieving, the divorced person must make everyday adjustments.

The marriage as an entity may have been closely interwoven with one's pattern of pursuit of emotional supplies, gratifications, and supports and feelings of emotional security. The divorce means that this is excised. At least, a considerable reorganization of patterns of relationships has to occur (Miller, 1970, p. 77).

DIVORCE ADJUSTMENT STUDIES

The first in-depth major study of divorce adjustment was done by Goode (1956). Goode interviewed 425 female respondents in 1948 who were residents of the Detroit area and had been between the ages of 20 to 38 years at the time of their divorce. He classified the subjects into four groups: Group 1 had been divorced approximately 2 months at the time of the interview; Group 2 had been divorced 8 months; Group 3 had been divorced 14 months, and Group 4 had been divorced 26 months. All of the subjects were mothers.

According to Goode, the decision to divorce is generally a slow, reluctant one which is reached over a period of two years on the average, with the greatest amount of trauma occurring at the time of the final separation rather than following the final decree. Goode (1956) measured the degree of trauma his subjects reported to have experienced. He used items such as poor health, difficulty in sleeping, low work efficiency, greater loneliness, memory difficulties, increased smoking and increased drinking to assess the amount of trauma. Goode found higher trauma to be positively related to:

- (1) the husband first suggesting divorce;
- (2) a short consideration period;
- (3) the idea of divorce coming unexpectedly;
- (4) an attachment or emotional involvement with the ex-spouse after the divorce;

- (5) a desire to punish the former husband;
- (6) an ambivalence about obtaining a divorce;
- (7) a personal disapproval of divorce;
- (8) divorce disapproved of by divorcee's reference groups (family and friends);
- (9) discrimination being experienced as a divorcee;
- (10) a rural home background; and,
- (11) the former husband having a middle or upper class occupation.

Goode states that individuals experience varying amounts of grief. For all persons who divorce, however, ". . . no one . . . can take the sting or heartache out of divorce. That can perhaps never be institutionalized, as bereavement can" (Bernard, 1970, p. 16-17).

Levinger (1972) found that both men and women reported the following marital complaints as the most frequent when they were applying for divorce: mental cruelty, neglect, infidelity, sexual incompatibility, lack of love, in-law problems, financial problems, verbal abuse, drinking, excessive demands and physical abuse.

Goode believed that the women in his study were moving towards remarriage at different rates. According to Goode, that movement depended upon divorce adjustment. He found that women in his divorced groups with better adjustment were:

- (1) the first to suggest divorce in their marriage;
- (2) indifferent in their attitude towards their former spouse;

- (3) working and thereby afforded opportunities for meeting new people;
- (4) able to depend on regular child support payments from their former spouse; and,
- (5) in a position to date and develop new social relationships.

These variables suggest that the women were experiencing little divorce grief over the former spouse. However, Goode's study is dated and no new information is presently available to support or refute his findings.

THOSE WHO REMARRY

Bernard (1956) compiled the only major study of remarriage. She surveyed 2009 cases of remarriage. The questionnaire was filled out by individuals who knew the remarried families well. These informants, however, came from the acquaintances of the author, her students and colleagues. Therefore, the sample was not random and may include subjective bias. Even with this limitation her study is considered to be the best documented investigation of remarriage, as well as the most extensive one (Rose & Price-Bonham, 1973).

Bernard (1956) found:

. . . The incidence of remarriage increases with the age of those marrying, although the remarriage rate among the younger once-married is higher than the older once-married. Men tend to remarry more than women . . . Negroes tend to remarry more than whites. The divorced are more likely to remarry than the widowed . . . Previously married persons tend to marry persons who have also been married before . . . And, finally, the divorce rate is probably somewhat higher in remarriages than in first marriages, but relatively fewer of the remaining remarriages are likely to be unsuccessful (p. 70).

Bernard found five factors which help to select those who remarry from those who don't: (1) the desire to remarry; (2) the absence of inhibiting influences; (3) the opportunity for meeting and courting prospective mates; (4) the pressure from community and family to remarry, and (5) the personal qualities and nonpersonal factors that make one attractive to prospective mates.

Goode (1956) found that remarriage was found more often among those women: (1) who deliberated longer between their first serious consideration of divorce and filing of the law suit; (2) who experienced greater loneliness during their period of separation; (3) who experienced high trauma; and (4) who reported being in love with another man prior to the divorce. However, both researchers state that within any age group the divorced have a better chance to remarry than either the widowed or never married.

Hayes (1976) found in a study of 138 divorced individuals who had been married at least 15 years that 53% of the respondents indicated that one of the partner's involvement with another person was the instigating circumstances for the divorce. Locke's (1951) study of 925 divorced individuals found that in 73.8% of the cases adultery was one of the major difficulties that led to the divorce. And Hunt (1969) found that a third of his sample of individuals involved in affairs divorced as a direct result of these affairs. These findings have significance for the grieving process. The extra-maritally involved individuals

may already have grieved for "these are the marriages that are likely to take place soon after the divorce . . ." (Bernard, 1956, p. 135).

With regard to age, most researchers studied subjects that were between 31 and 41 when they remarried (Goode, 1956; Bernard, 1956; Messinger, 1976). Hayes (1976) reports that the remarriage rate changes after 35, with men remarrying much more frequently than females. Of the remarrying population 70% has been over thirty years of age for the last twenty years. The Bureau of the Census for 1955 reported that 8.3% of the remarrying population was 20-24 years old; 19.2% was 25-29 years old 35.7% was from 30-35 years old and 36.8% of the remarrying population was from 35-59 years old. However, Bernard (1956) points out that in the younger age brackets remarriages are likely to follow divorce and in the older age brackets they may often take place after bereavement.

As Goode (1956) so aptly pointed out . . . "Those who try to move again toward marriage appear to move most definitely. Those who wish to marry expose themselves most often to the chance" (p. 285). Bernard (1956) puts a formerly married person's motivation for remarriage into six categories:- (1) love; (2) reasons associated with role, i.e., loneliness, need for companionship, habit, desire for stability; (3) need for support or care; (4) pressure from family or friends; (5) status needs; and, (6) neurotic compulsions of one kind or another. From the clinician's point of view,

however, remarriage often appears to be a happenstance. Bitterman (1968) points out that, in the majority of the remarriages that she worked with, the formerly married persons had appeared to have moved into them almost as impulsively as they had the first time.

TIME BETWEEN MARRIAGES

Both Bernard (1956) and Glick (1957) report that the vast majority of divorced individuals will remarry within five years of their divorce. Bernard states that three-fourths of all divorced persons will remarry with an average interval between marriages of 4.6 years for women and 2.5 years for men. Glick (1957) found a median elapsed time of 2.7 years for the two sexes combined.

Extra-marital involvement at the time of the divorce, however, may affect the elapsed time for remarriage. Bernard states, "in an indeterminate number of remarriages after divorce, the future mates had already courted each other before the dissolution of the first marriage" (1956, p. 135). She believes those are the remarriages that occur during the first post-divorce year. Bernard found that 8.4% of the females in her sample had remarried within the first year and 12.8% of the males had remarried within the first year. Peters (1976) found in interviewing 48 divorced individuals that 60% of the respondents had remarried within a year of divorce.

REMAINING SINGLE

There has been little study of the formerly married who remain single. Statistics indicate the divorced person who does not remarry is in the minority (Bernard, 1956). Hunt (1966) calls these formerly married individuals "hard-core divorced." According to Hunt, a person who remains divorced without remarrying for a long time is in that world of the formerly married because they have had a severe trauma and need to progress through the process of adjustment more slowly. Hunt even speculated that there may be a comfortable long-term adjustment to divorced life. It can be argued, however, from Hunt's research that the single individuals that he interviewed are still in the grieving process, even though Kratzner (1973) reports that the mourning usually reaches a peak within the first six months of separation and diminishes thereafter.

Bernard (1956) offered several reasons for a formerly married person not wishing to remarry: a fear of repetition of a bad marriage; a loss of personal income upon remarriage; an unwillingness to undertake the changes in life patterns that would be required in a remarriage; and an unsatisfactory sex life during the first marriage. In short, she states, "The pessimistic, cynical, and recessive type of person, as well as the overly cautious and the extremely independent, may prefer not to remarry" (1956, p. 118).

It is more incriminating, however, when Bernard (1956) states,

The cynical, the mentally or physically deteriorated, and the withdrawn are not likely to appear in the remarried population, or are the timid, the unaggressive, the defeated. Socially isolated persons, without friends or relatives to help them find new mates; non-participating individuals, those who have few institutional ties in the community; persons intimidated by the opposition of family or community-- these are the kinds of people, class for class, who are unlikely to remarry. The woman who could attract but not hold her first husband may not be able to attract a second; the man who failed to hold his first wife may never have a chance to hold a second. In other words, divorce may weed out many of the marital misfits; the exigencies of finding a second mate may select them out of the remarried population also (p. 116-167).

It is clear that the person who divorces but does not remarry has been viewed unfavorably by most researchers (Bernard, 1956; Hunt, 1966; Goode, 1956). This appears to be changing (Sheehy, 1974) but how quickly or how much has not been quantified. Sex differences play a part in the remarrying or staying single decision.

DIVORCED MALES

". . . When we compare single men with single women, divorced men with divorced women, and widowed men with widowed women, in each case it is men who are much more likely to be residents of mental hospitals" (Glick & Norton, 1971). And Goldberg (1976) reports that the divorced male has an annual death rate that is more than three times as high as the divorced female. Men remarry more quickly and more often (Glick, 1957). Hayes (1976) found that one half of her male respondents had already remarried by the time she interviewed them. These, however, were middle life individuals. Hayes

has found that the remarriage rate changes after 35. Men remarry more frequently than females. For the general divorcing population Glick (1957) reported that three-quarters of the males who divorced would remarry as compared to two thirds of the females.

Goode (1956) suggested that the husband more than the wife first wishes to leave the marriage and that the husband more often than the wife will adopt a strategy of divorce which forces the other spouse to ask for the divorce first. Since the advent of the Women's Liberation movement, more and better employment opportunities for women, and the changing social climate in general, his findings may be less significant (Charetz, 1978).

In short, males tend to remarry more often and more quickly than do their female counterparts. They also tend to fare poorer if they remain single.

DIVORCED FEMALES

Age influences divorced females in their lifestyles more than it does men. Carter and Glick (1976) report that after the age of 30 the remarriage rate for females is substantially lower than for that of males. Bernard (1956) puts the point at age 35. Hayes (1976) reports that women in their middle years (after age 35) have little opportunity for remarriage.

It appears that women have a harder adjustment to the consequences of divorce than do men. Rose and Price-Bonham

(1973), after a thorough review of the research related to divorce adjustment, conclude that the adjustment is a much bigger problem for women than for men. They report that in 90-95% of the cases women retain custody of the children. They say that women, therefore, have less opportunity to develop a new social life which is essential to adjustment.

Both Levinger (1972) and Goode (1956) state that the wife rather than the husband most often requests the divorce. Even though the wife may not desire the divorce, social custom has so far dictated that wives will do the filing. Goode found that 62% of the wives had first requested the divorce. Therefore, even though the wife may more often ask for the divorce, her adjustment may be more complicated afterwards. Gurin, Veroff and Feld (1960) state that women suffer more symptoms of maladjustment during divorce than men. There is more personal disorganization and behavior definitions such as unhappiness. They give the reason that females when changing to a solitary status remove a central anchor and identity focus from their lives. Chesler (1972) writes that more non-hospitalized American women than men in all areas of adjustment have feelings of an impending breakdown and suffer more psychological distress in general. Goode's study (1956) showed almost 42% of his subjects falling into the high trauma group.

In summary, females after a divorce appear to have more adjustment problems than their male counterparts. Remarriage for them appears to be dependent upon their age

to a much greater extent than for males. The one area that they share in common with males is the reason for the divorce.

CHILDREN

When Bernard (1956) did her study she found that three-fifths of all divorces and annulments involved couples who had no children under the age of 21. She, however, stated that there was some evidence that divorce was increasing more rapidly among families with children than among those with none. The majority of her sample of divorced-remarried persons was between 32 and 37 years old at the time of the remarriage. For the case of remarriage, then, many children will be involved. Goode (1956) found that the number of children seems to have no significant effect on the divorcee's courtship activity, although women with one or two children did not remarry as rapidly as those with more children. By the end of 26 months Goode found that 61% of his subjects with three or more children had remarried while only 45% and 57% respective with fewer children (one and two) had. In short, Goode suggests that women with more children are more effective in their remarriage activities.

This finding would support Bernard's (1956) idea that women with children often wish to remarry for support and for homes and fathers for their children. Bernard believed that women with dependent children appeared to be less eligible for remarriage than those who had none, but Goode (1956) found that remarriage for women with children was not much lower than for female divorcees in general.

CHILDREN NOT PRESENT

It is important to note that most researchers regard that a marriage is a serious union only if children result (Goode, 1956; Bernard, 1956). The most prevalent type of remarriage, according to Bernard, is one in which neither the husband nor the wife brought children to it. In her study of 2009 cases that occurred 60.7% of the time. In short, divorce adjustment and grieving appears to have been studied in depth only in cases where children were present.

SUMMARY

The literature on divorce raises some questions that warrant exploring. Goode (1956), Hunt (1966) and Bernard (1956) all make the assumption that remarriage is the index of positive divorce adjustment. However, none of these researchers used any objective personality measures of adjustment to support these results.

Also, none of the researchers have investigated the prevalence of remarriage while still in the grieving stage (Goode, 1956; Wiseman, 1975; Bohannon, 1970). They assumed that the formerly married would need to transcend their divorce grief before they can begin courting. Clinicians report a different story (Bitterman, 1968; Schwarts, 1968).

Another question suggested by the divorce literature is the personal adjustment of the single individuals who have been divorced. According to Bernard (1956) and Hunt

(1966), formerly married persons who choose to remain single are misfits or individuals who are still grieving. However, Hayes (1976) found that even though it is harder for middle-aged women to remarry, many report that they were very happy and glad to be out of the wife role and did not want to get back into it. Most important, Holmes and Rahe (1967) found when they measured different levels of readjustment based on social involvement in a person's life that only death of a spouse ranked above divorce and marital separation. The need for more research in these areas, therefore, is warranted by not only the lack of information, but also by the datedness of the current research.

Statement of the Problem

This present study proposes to look at divorced persons with regard to divorce grief, and adjustment; whether a formerly married person's divorce grieving and adjustment are related to remarriage, gender, time since divorce and children.

Operational Definitions of Terms

divorce adjustment: The social and emotional adjustments that the formerly married must go through as they separate and divorce from the former love-object person.

formerly married: both male and female divorced individuals.

grief: The mourning process that is part of the divorce process. For the purpose of this study only grieving/not grieving will be measured.

Hypotheses

- HO₁: There will be no significant difference on measures of grief or adjustment between those who have remarried and those who have remained single.
- HO₂: There will be no significant difference or measures of grief or adjustment among males, females without children and females with children.
- HO₃: There will be no significant difference or measures of grief or adjustment between the shorter and longer time since divorce.
- HO₄: There will be no significant interaction on measures of grief or adjustment among the various combinations of gender groups, time periods, and marital status.

METHOD

Subjects

The subjects will be 120 volunteer individuals who were formerly married: half of the subjects will be presently married. The number of subjects needed was determined by performing a power test with alpha set at .05, the desired power at approximately .90 and at a difference between groups of .75. The subjects will be drawn from singles groups at Oklahoma City area churches, referrals from Youth and Family Centers and socials clubs, and the friends of the individuals that volunteer. None of the subjects will have had intensive psychotherapy (12 or more sessions). The subject pool

will be confined to the ages of 25 to 35. This will eliminate the bias of a different remarriage pattern showing up after middle age and the argument that younger individuals would not be as self-actualized as older ones. The subject pool will also be limited to those who had been married the first time for at least two years. Weiss (1975) postulates that after two years the effects of a divorce will be very similar whether a couple were married two years or twenty. The ethical principles outlined by the American Psychological Association (1974) will be followed for all participants.

Instrumentation

This researcher proposes to use two current standardized measures, the Fisher Divorce Adjustment Scale (FDAS) to measure divorce grieving and the Personal Orientation Inventory (POI) to measure personal adjustment as defined by Maslow (1962; 1971) to compare four facets of the lives of the formerly married: marital status, gender, time since divorce, and children.

The Fisher Divorce Adjustment Scale (FDAS) is composed of five subtests:

- (1) Feelings of self worth;
- (2) Emotional disentanglement from former love partner;
- (3) Anger at former love partner;
- (4) Grief work completed;
- (5) Social trust.

The five subtest scores can be added together to give a total score. The inventory consists of 100 short statements which are responded to on a 5-point scale: always, usually, sometimes, seldom and never. The Kuder-Richardson Internal Reliability is .92 (Fisher, 1976).

The Personal Orientation Inventory (POI) which measures self-actualization as defined by Maslow (1962) will also be used. This inventory will be used to measure personal adjustment since Fisher (1968) and Goode (1956) both defined divorce adjustment in terms of personal identity. There is a total of 150 forced-choice value and behavior judgment items in the inventory. The inventory consists of 12 scales: the items are scored twice, first for two basic scales of personal orientation (Inner-Directed Support and Time Competence) and second for ten subscales each of which measures a conceptually important element of self-actualizing people.

The Time Competent scale and the Inner-Directed scale are the two most significant features of the POI (Shostrom, 1974). The Time Competent scale is explained by:

The self actualizing person is primarily Time Competent and thus appears to live more fully in the here-and-now. Such a person is able to tie the past and the future to the present in meaningful continuity; appears to be less burdened by guilts, regrets, and resentments from the past than is the non-self-actualizing person, and aspirations are tied meaningfully to present working goals. (Shostrom, 1974, p. 13)

The Inner-Directed Support scale is explained by:

The inner-directed person appears to have incorporated a psychic "gyroscope" which is started by parental influences and later on is further influenced by other authority figures. The inner-directed person goes through life apparently independent, but still obeying this internal piloting. The source of inner-direction seems to be implanted early in life and the direction is guided by a small number of principles. This source of direction becomes generalized as an inner core of principles and character traits.

The other-directed person appears to have been motivated to develop a radar system to receive signals from a far wider circle than simply the parents. The primary control feeling tends to be fear or anxiety of the peer group. Approval by others becomes the highest goal.

The support orientation of self-actualizing persons tend to lie between that of the extreme other-directed person and the extreme inner-directed person. (Shostrom, 1974, p. 15)

The test-retest reliability of the Time Competent scale is .71 and for the Inner-Directed scale it is .77, according to Shostrom (1974, p. 33).

Fisher (1976) using a population of 493 divorced individuals measured the correlation between the FDAS scores and the Personality Orientation Inventory subtest scores. He found a correlation of .50 between the Inner-Directed scale of the POI and the total score of the FDAS, and a correlation of .74 between the Time Competent scale of the POI and the total score of the FDAS.

In addition, demographic data will be obtained through a questionnaire (see Appendix). Such information as present work and social activities as well as future plans will be obtained.

Procedure

Assignment to the groups will be on the basis of marital status, gender, time since divorce and children present.

The groups will be:

1. Remarried males, 6-18 months from time of divorce;
2. Remarried males, 19-36 months from time of divorce;
3. Single males, 6-18 months from time of divorce;
4. Single males, 19-36 months from time of divorce;
5. Remarried females, with children, 6-18 months from time of divorce;
6. Remarried females, with children, 19-36 months from time of divorce;
7. Remarried females, without children, 6-18 months from time of divorce;
8. Remarried females, without children, 19-36 months, from time of divorce;
9. Single females, with children, 6-18 months from time of divorce;
10. Single females, with children, 19-36 months from time of divorce;
11. Single females, without children, 6-18 months from time of divorce;
12. Single females, without children, 19-36 months from time of divorce.

Instruction Period

The instructions will be the same for all subjects. They will consist of an explanation of what is required from subjects and general information about the study (see Appendix). Each subject will be given a consent form, questionnaire and the two inventories to complete at home.

Design and Statistical Analysis

The effects of several variables that could potentially interact with the test results will be incorporated into the design. These are: age, gender and children. Males and females will be classified separately since several researchers report that women have more trouble with personal adjustment and divorce grieving than do men and that men tend to remarry more quickly than females and with greater frequency (Bernard, 1956; Chesler, 1972; Hayes, 1976). The formerly married with and without children also will be classified separately. Both Bernard (1956) and Goode (1956) state that there is a qualitative difference between marriages that have children and those that do not. Marriages that do not produce children are viewed by both as not being serious unions. The subject pool will be confined to the ages of 25 to 35, since remarriage trends for women change after 35.

The subjects will be tested during a time span of 6-36 months after divorce. Six months was chosen for the base time since Oklahoma has a six month waiting period from the final decree before another marriage can take place. Even so, subjects will be measured during the major time span when Glick (1957) and Bernard (1957) report that divorced individuals are courting and remarrying.

A fully crossed, randomized block design will be used. A 2 x 2 x 3 (marital status x time x blocks) multivariate analysis of variance will be employed on the FDAS total score

and on the Time Competent and Inner-Directed scales of the POI. The figure diagrams the treatment conditions.

A correlation will be used to measure any significant relationship between grief and adjustment across these three categories.

	Single		Remarried	
	6-18	19-36	6-18	19-36
Males				
Females no Children				
Females with Children				

Significance of the Study

With the divorce and remarriage rates increasing nationally the recent concern among counselors, ministers, and parents as well as the individuals involved suggest the need for empirical investigation of the variables which may contribute to better adjustment not only after a divorce, but during a remarriage. This study proposes to examine divorce grief and adjustment; how a divorced person's adjustment is related to grieving and how divorce grieving and adjustment are related to remarriage or remaining single. It is hypothesized that there is a significant interaction among the independent variables of gender, children present, time since divorce and marital status as measured by the dependent variables of grief or adjustment. The proposed findings, then, may contribute to knowledge concerning the

divorce process and the remarriage process. The findings may prove to be useful then to marriage and divorce counselors for assessment and treatment purposes. The findings may also provide evidence for preventative programs and intervention strategies for second marriages.

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APPENDIX B
CONSENT FORM

Sub. no. _____
 Gr. no. _____

CONSENT FOR RESEARCH PARTICIPATION

I do hereby consent to participate in a research program regarding the relationship between divorce grief and personal adjustment. I am between the ages of 25 and 35, was previously married for at least two years and have never had intensive psychotherapy (12 or more sessions).

I understand that I will be given a brief interview and then two paper and pencil inventories, the Fisher Divorce Adjustment Scale and the Personal Orientation Inventory.

I understand that all information provided by me is confidential, and that I will not be identified individually in any verbal or written report of the findings of this study.

I understand that if I wish to have a copy of the results of the study that I will print my name and address in the space provided at the bottom of this sheet of paper. The results of the study will be available after August 1, 1979.

I further understand that my participation in the study is completely voluntary and I may withdraw from participation at any time. If I have any questions, I may contact either Suzanne Saul at 329-3588 or Dr. Avraham Scherman at 325-5975.

 (Signed)

 (Witness)

 (Print Full Name)

 (Street Address)

 (City and State)

APPENDIX C

FISHER DIVORCE ADJUSTMENT SCALE

FISHER DIVORCE ADJUSTMENT SCALE

HELPFUL HINTS FOR COMPLETING THIS SCALE ACCURATELY

NOTE: Please use No. 2 pencil to fill out computer answer sheet. Your answer sheet is coded with a number to insure confidentiality.

STEP 1. Print your name, address, city, zip code, date, and phone number on the answer sheet.

STEP 2. YOUR AGE. Write in your age vertically to the left of the equal signs, and darken the appropriate spaces as shown in the example below.

EXAMPLE:

```

  0 1 2 3 4 5 6 7 8 9
  = = = = = = = = = =
  - = = = = = = = = =
  - = = = = = = = = =
  
```

STEP 3. MONTHS SEPARATED: Decide which of your love-relationships that have ended or are ending that you will be thinking of when you complete this Scale. On the answer sheet write vertically to the left of the equal signs how many months you have been separated from the love-partner. Mark both numbers zero if you are not separated. Darken the appropriate spaces. See examples below:

EXAMPLES:

<u>Not separated</u>	<u>Separated less than 10 months</u>
0 1 2 3 4 5 6 7 8 9	0 1 2 3 4 5 6 7 8 9
= = = = = = = = = =	= = = = = = = = = =
- = = = = = = = = =	- = = = = = = = = =
- = = = = = = = = =	- = = = = = = = = =
<u>Separated over 10 months</u>	
0 1 2 3 4 5 6 7 8 9	
= = = = = = = = = =	
- = = = = = = = = =	
- = = = = = = = = =	

STEP 4. PERSONAL DATA. Read the following statements and mark your responses on the answer sheet by darkening the appropriate space.

- A. I am
 - 1. female
 - 2. male

- B. I am thinking of the following love-relationship that has ended or is ending while I complete this Scale (recheck STEP 3 above).
 - 1. my recent marriage
 - 2. my recent living-together love-relationship
 - 3. my recent non-living-together love-relationship
 - 4. other

- C. My legal status in this love-relationship is
1. not applicable
 2. not separated
 3. separated but no one has filed
 4. one or both of us has filed
 5. legally separated
 6. final decree has been granted
- D. I was in this love-relationship
1. less than one year
 2. one to five years
 3. six to ten years
 4. eleven to fifteen years
 5. more than fifteen years
- E. Our yearly joint income was
1. not applicable
 2. less than \$5,000
 3. \$5,001 to \$15,000
 4. \$15,001 to \$25,000
 5. more than \$25,000
- F. We had the following number of children from this love-relationship
1. none
 2. one
 3. two or more
- G. The custody of these children is (mark more than one if necessary)
1. in my custody
 2. in his/her custody
 3. we have joint custody
 4. children are separated with split custody
 5. children are of legal age
 6. no children
- H. I have used these professional services to help adjust to the ending of this love-relationship (mark more than one if necessary)
1. none
 2. divorce adjustment class
 3. personal growth classes or workshops
 4. individual or group therapy
 5. counseling with minister, priest, or rabbi
 6. other
- I. Who decided to end this love-relationship?
1. I did
 2. S/he did
 3. mutual decision

- J. I have been married (include important living-together love-relationships)
1. once
 2. twice
 3. three or more times
 4. never
- K. My parents
1. did not separate and/or divorce
 2. separated and/or divorced when I was under thirteen years of age
 3. separated and/or divorced when I was a teenager
 4. separated and/or divorced after I became of legal age
 5. other
- L. I am presently
1. remarried
 2. in a living-together love-relationship
 3. in a non-living-together love-relationship
 4. not in an important love-relationship
- M. My level of education is
1. did not complete high school
 2. high school graduate
 3. vocational training and/or attended college
 4. college degree
 5. college graduate degree
- N. I belong to the following race
1. Caucasian
 2. Negroid
 3. Spanish-American
 4. Oriental
 5. Other

STEP 5. The following statements are feelings and attitudes that people frequently experience while they are ending a love-relationship. Keeping in mind the love-relationship you checked in STEP 3 above, read each statement and decide how frequently the statement applies to your present feelings and attitudes. Mark your response on your answer sheet. Do not leave any statements blank on your answer sheet. If the statement is not appropriate for you in your present situation, answer the way you feel you might if that statement were appropriate.

The five responses to choose from on the answer sheet are:

- 1) almost always 2) usually 3) sometimes
4) seldom 5) almost never

1. I am comfortable telling people I am separated from my love-partner.
2. I am physically and emotionally exhausted from morning until night.
3. I am constantly thinking of my former love-partner.
4. I feel rejected by many of the friends I had when I was in the love-relationship.
5. I become upset when I think about my former love-partner.
6. I like being the person I am.
7. I feel like crying because I feel so sad.
8. I can communicate with my former love-partner in a calm and rational manner.
9. There are many things about my personality I would like to change.
10. It is easy for me to accept my becoming a single person.
11. I feel depressed.
12. I feel emotionally separated from my former love-partner.
13. People would not like me if they got to know me.
14. I feel comfortable seeing and talking to my former love-partner.
15. I feel like I am an attractive person.
16. I feel as though I am in a daze and the world doesn't seem real.
17. I find myself doing things just to please my former love-partner.
18. I feel lonely.
19. There are many things about my body I would like to change.
20. I have many plans and goals for the future.

- 1) almost always 2) usually 3) sometimes
4) seldom 5) almost never

21. I feel I don't have much sex appeal.
22. I am relating and interacting in many new ways with people since my separation.
23. Joining a singles' group would make me feel I was a loser like them.
24. It is easy for me to organize my daily routine of living.
25. I find myself making excuses to see and talk to my former love-partner.
26. Because my love-relationship failed, I must be a failure.
27. I feel like unloading my feelings of anger and hurt upon my former love-partner.
28. I feel comfortable being with people.
29. I have trouble concentrating.
30. I think of my former love-partner as related to me rather than as a separate person.
31. I feel like an okay person.
32. I hope my former love-partner is feeling as much or more emotional pain than I am.
33. I have close friends who know and understand me.
34. I am unable to control my emotions.
35. I feel capable of building a deep and meaningful love-relationship.
36. I have trouble sleeping.
37. I easily become angry at my former love-partner.
38. I am afraid to trust people who might become love-partners.
39. Because my love-relationship ended, I feel there must be something wrong with me.
40. I either have no appetite or eat continuously which is unusual for me.

- 1) almost always 2) usually 3) sometimes
4) seldom 5) almost never

41. I don't want to accept the fact that our love-relationship is ending.
42. I force myself to eat even though I'm not hungry.
43. I have given up on my former love-partner and I getting back together.
44. I feel very frightened inside.
45. It is important that my family, friends and associates be on my side rather than on my former love-partner's side.
46. I feel uncomfortable even thinking about dating.
47. I feel capable of living the kind of life I would like to live.
48. I have noticed my body weight is changing a great deal.
49. I believe if we try, my love-partner and I can save our love-relationship.
50. My abdomen feels empty and hollow.
51. I have feelings of romantic love for my former love-partner.
52. I can make the decisions I need to because I know and trust my feelings.
53. I would like to get even with my former love-partner for hurting me.
54. I avoid people even though I want and need friends.
55. I have really made a mess of my life.
56. I sigh a lot.
57. I believe it is best for all concerned to have our love-relationship end.
58. I perform my daily activities in a mechanical and unfeeling manner.
59. I become upset when I think about my love-partner having a love-relationship with someone else.

- 1) almost always 2) usually 3) sometimes
4) seldom 5) almost never

60. I feel capable of facing and dealing with my problem.
61. I blame my former love-partner for the failure of our love-relationship.
62. I am afraid of becoming sexually involved with another person.
63. I feel adequate as a fe/male love-partner.
64. It will only be a matter of time until my love-partner and I get back together.
65. I feel detached and removed from activities around me as though I were watching them on a movie screen.
66. I would like to continue having a sexual relationship with my former love-partner.
67. Life is somehow passing me by.
68. I feel comfortable going by myself to a public place such as a movie.
69. It is good to feel alive again after having felt numb and emotionally dead.
70. I feel I know and understand myself.
71. I feel emotionally committed to my former love-partner.
72. I want to be with people but I feel emotionally distant from them.
73. I am the type of person I would like to have for a friend.
74. I am afraid of becoming emotionally close to another love-partner.
75. Even on the days when I am feeling good, I may suddenly become sad and start crying.
76. I can't believe our love-relationship is ending.
77. I become upset when I think about my love-partner dating someone else.
78. I feel I have a normal amount of self-confidence.
79. People seem to enjoy being with me.

- 1) almost always 2) usually 3) sometimes
4) seldom 5) almost never

80. Morally and spiritually, I believe it is wrong for our love-relationship to end.
81. I wake up in the morning feeling there is no good reason to get out of bed.
82. I find myself daydreaming about all the good times I had with my love-partner.
83. People want to have a love-relationship with me because I feel like a lovable person.
84. I want to hurt my former love-partner by letting him/her know how much I hurt emotionally.
85. I feel comfortable going to social events even though I am single.
86. I feel guilty about my love-relationship ending.
87. I feel emotionally insecure.
88. I feel uncomfortable even thinking about having a sexual relationship.
89. I feel emotionally weak and helpless.
90. I think about ending my life with suicide.
91. I understand the reasons why our love-relationship did not work out.
92. I feel comfortable having my friends know our love-relationship is ending.
93. I am angry about the things my former love-partner has been doing.
94. I feel like I am going crazy.
95. I am unable to perform sexually.
96. I feel as though I am the only single person in a couples-only society.
97. I feel like a single person rather than a married person.
98. I feel my friends look at me as unstable now that I'm separated.

- 1) almost always 2) usually 3) sometimes
4) seldom 5) almost never

99. I daydream about being with and talking to my former love-partner.
100. I need to improve my feelings of self-worth about being a wo/man.

ANSWER SHEET - FISHER DIVORCE ADJUSTMENT SCALE

NAME _____ ADDRESS _____

DATE _____ PHONE _____ CITY _____ STATE _____ ZIP _____

DO NOT WRITE IN THIS AREA STEP 2 YOUR AGE STEP 3 MONTHS SEPARATED

_ 0 0 0 0 0 0 0 0 0 0 0 1 2 3 4 5 6 7 8 9 0 1 2 3 4 5 6 7 8 9
 _ 0 0 0 0 0 0 0 0 0 0 = = = = = = = = = =
 _ 0 0 0 0 0 0 0 0 0 0 = = = = = = = = = =
 _ 0 0 0 0 0 0 0 0 0 0 = = = = = = = = = =

STEP 4

1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5
(A) = =	(F) = = =	(K) = = = = =
(B) = = = =	(G) = = = = =	(L) = = = =
(C) = = = = =	(H) = = = = =	(M) = = = = =
(D) = = = = =	(I) = = = =	(N) = = = = =
(E) = = = = =	(J) = = = = =	

STEP 5 YOUR ANSWERS TO THE DIVORCE ADJUSTMENT SCALE

1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
1 = = = = =	26 = = = = =	51 = = = = =	76 = = = = =
2 = = = = =	27 = = = = =	52 = = = = =	77 = = = = =
3 = = = = =	28 = = = = =	53 = = = = =	78 = = = = =
4 = = = = =	29 = = = = =	54 = = = = =	79 = = = = =
5 = = = = =	30 = = = = =	55 = = = = =	80 = = = = =
6 = = = = =	31 = = = = =	56 = = = = =	81 = = = = =
7 = = = = =	32 = = = = =	57 = = = = =	82 = = = = =
8 = = = = =	33 = = = = =	58 = = = = =	83 = = = = =
9 = = = = =	34 = = = = =	59 = = = = =	84 = = = = =
10 = = = = =	35 = = = = =	60 = = = = =	85 = = = = =
11 = = = = =	36 = = = = =	61 = = = = =	86 = = = = =
12 = = = = =	37 = = = = =	62 = = = = =	87 = = = = =
13 = = = = =	38 = = = = =	63 = = = = =	88 = = = = =
14 = = = = =	39 = = = = =	64 = = = = =	89 = = = = =
15 = = = = =	40 = = = = =	65 = = = = =	90 = = = = =
16 = = = = =	41 = = = = =	66 = = = = =	91 = = = = =
17 = = = = =	42 = = = = =	67 = = = = =	92 = = = = =
18 = = = = =	43 = = = = =	68 = = = = =	93 = = = = =
19 = = = = =	44 = = = = =	69 = = = = =	94 = = = = =
20 = = = = =	45 = = = = =	70 = = = = =	95 = = = = =
21 = = = = =	46 = = = = =	71 = = = = =	96 = = = = =
22 = = = = =	47 = = = = =	72 = = = = =	97 = = = = =
23 = = = = =	48 = = = = =	73 = = = = =	98 = = = = =
24 = = = = =	49 = = = = =	74 = = = = =	99 = = = = =
25 = = = = =	50 = = = = =	75 = = = = =	100 = = = = =

APPENDIX D
PERSONAL ORIENTATION INVENTORY

PERSONAL ORIENTATION INVENTORY

EVERETT L. SHOSTROM, Ph.D.

DIRECTIONS

This inventory consists of pairs of numbered statements. Read each statement and decide which of the two paired statements most consistently applies to you.

You are to mark your answers on the answer sheet you have. Look at the example of the answer sheet shown at the right. If the first statement of the pair is TRUE or MOSTLY TRUE as applied to you, blacken the lines in the column headed "a". (See Example Item 1 at right.) If the second statement of the pair is TRUE or MOSTLY TRUE as applied to you, blacken between the lines in the column headed "b". (See Example Item 2 at right.) If neither statement applies to you, or if they refer to something you don't know about, make no answer on the answer sheet. Remember to give YOUR OWN opinion of yourself and do not leave any blank spaces if you can avoid it.

Section of Answer Column Correctly
Marked

	a	b
1.	█	█
2.	█	█

In marking your answers on the answer sheet, be sure that the number of the statement agrees with the number on the answer sheet. Make your marks heavy and black. Erase completely any answer you wish to change. Do not make any marks in this booklet.

Remember, try to make some answer to every statement.

Before you begin the inventory, be sure you put your name, your sex, your age, and the other information called for in the space provided on the answer sheet.

NOW OPEN THE BOOKLET AND START WITH QUESTION 1.

- 1a. I am bound by the principle of fairness.
- b. I am not absolutely bound by the principle of fairness.
- 2a. When a friend does me a favor, I feel that I must return it.
- b. When a friend does me a favor, I do not feel that I must return it.
- 3a. I feel I must always tell the truth.
- b. I do not always tell the truth.
- 4a. No matter how hard I try, my feelings are often hurt.
- b. If I manage the situation right, I can avoid being hurt.
- 5a. I feel that I must strive for perfection in everything that I undertake.
- b. I do not feel that I must strive for perfection in everything that I undertake.
- 6a. I often make my decisions spontaneously.
- b. I seldom make my decisions spontaneously.
- 7a. I am afraid to be myself.
- b. I am not afraid to be myself.
- 8a. I feel obligated when a stranger does me a favor.
- b. I do not feel obligated when a stranger does me a favor.
- 9a. I feel that I have a right to expect others to do what I want of them.
- b. I do not feel that I have a right to expect others to do what I want of them.
- 10a. I live by values which are in agreement with others.
- b. I live by values which are primarily based on my own feelings.
- 11a. I am concerned with self-improvement at all times.
- b. I am not concerned with self-improvement at all times.

- 12a. I feel guilty when I am selfish.
b. I don't feel guilty when I am selfish.
- 13a. I have no objection to getting angry.
b. Anger is something I try to avoid.
- 14a. For me, anything is possible if I believe in myself.
b. I have a lot of natural limitations even though I believe in myself.
- 15a. I put others' interests before my own.
b. I do not put others' interests before my own.
- 16a. I sometimes feel embarrassed by compliments.
b. I am not embarrassed by compliments.
- 17a. I believe it is important to accept others as they are.
b. I believe it is important to understand why others are as they are.
- 18a. I can put off until tomorrow what I ought to do today.
b. I don't put off until tomorrow what I ought to do today.
- 19a. I can give without requiring the other person to appreciate what I give.
b. I have a right to expect the other person to appreciate what I give.
- 20a. My moral values are dictated by society.
b. My moral values are self-determined.
- 21a. I do what others expect of me.
b. I feel free to not do what others expect of me.
- 22a. I accept my weaknesses.
b. I don't accept my weaknesses.
- 23a. In order to grow emotionally, it is necessary to know why I act as I do.
b. In order to grow emotionally, it is not necessary to know why I act as I do.
- 24a. Sometimes I am cross when I am not feeling well.
b. I am hardly ever cross.

- 25a. It is necessary that others approve of what I do.
b. It is not always necessary that others approve of what I do.
- 26a. I am afraid of making mistakes.
b. I am not afraid of making mistakes.
- 27a. I trust the decisions I make spontaneously.
b. I do not trust the decisions I make spontaneously.
- 28a. My feelings of self-worth depend on how much I accomplish.
b. My feelings of self-worth do not depend on how much I accomplish.
- 29a. I fear failure.
b. I don't fear failure.
- 30a. My moral values are determined, for the most part, by the thoughts, feelings and decisions of others.
b. My moral values are not determined, for the most part, by the thoughts, feelings and decisions of others.
- 31a. It is possible to live life in terms of what I want to do.
b. It is not possible to live life in terms of what I want to do.
- 32a. I can cope with the ups and downs of life.
b. I cannot cope with the ups and downs of life.
- 33a. I believe in saying what I feel in dealing with others.
b. I do not believe in saying what I feel in dealing with others.
- 34a. Children should realize that they do not have the same rights and privileges as adults.
b. It is not important to make an issue of rights and privileges.
- 35a. I can "stick my neck out" in my relations with others.
b. I avoid "sticking my neck out" in my relations with others.
- 36a. I believe the pursuit of self-interest is opposed to interest in others.
b. I believe the pursuit of self-interest is not opposed to interest in others.

- 37a. I find that I have rejected many of the moral values I was taught.
- b. I have not rejected any of the moral values I was taught.
- 38a. I live in terms of my wants, likes, dislikes and values.
- b. I do not live in terms of my wants, likes, dislikes and values.
- 39a. I trust my ability to size up a situation.
- b. I do not trust my ability to size up a situation.
- 40a. I believe I have an innate capacity to cope with life.
- b. I do not believe I have an innate capacity to cope with life.
- 41a. I must justify my actions in the pursuit of my own interests.
- b. I need not justify my actions in the pursuit of my own interests.
- 42a. I am bothered by fears of being inadequate.
- b. I am not bothered by fears of being inadequate.
- 43a. I believe that man is essentially good and can be trusted.
- b. I believe that man is essentially evil and cannot be trusted.
- 44a. I live by the rules and standards of society.
- b. I do not always need to live by the rules and standards of society.
- 45a. I am bound by my duties and obligations to others.
- b. I am not bound by my duties and obligations to others.
- 46a. Reasons are needed to justify my feelings.
- b. Reasons are not needed to justify my feelings.
- 47a. There are times when just being silent is the best way I can express my feelings.
- b. I find it difficult to express my feelings by just being silent.
- 48a. I often feel it necessary to defend my past actions.
- b. I do not feel it necessary to defend my past actions.

- 49a. I like everyone I know.
b. I do not like everyone I know.
- 50a. Criticism threatens my self-esteem.
b. Criticism does not threaten my self-esteem.
- 51a. I believe that knowledge of what is right makes people act right.
b. I do not believe that knowledge of what is right makes people act right.
- 52a. I am afraid to be angry at those I love.
b. I feel free to be angry at those I love.
- 53a. My basic responsibility is to be aware of my own needs.
b. My basic responsibility is to be aware of others' needs.
- 54a. Impressing others is most important.
b. Expressing myself is most important.
- 55a. To feel right, I need always to please others.
b. I can feel right without always having to please others.
- 56a. I will risk a friendship in order to say or do what I believe is right.
b. I will not risk a friendship just to say or do what is right.
- 57a. I feel bound to keep the promises I make.
b. I do not always feel bound to keep the promises I make.
- 58a. I must avoid sorrow at all costs.
b. It is not necessary for me to avoid sorrow.
- 59a. I strive always to predict what will happen in the future.
b. I do not feel it necessary always to predict what will happen in the future.
- 60a. It is important that others accept my point of view.
b. It is not necessary for others to accept my point of view.
- 61a. I only feel free to express warm feelings to my friends.
b. I feel free to express both warm and hostile feelings to my friends.

- 62a. There are many times when it is more important to express feelings than to carefully evaluate the situation.
- b. There are very few times when it is more important to express feelings than to carefully evaluate the situation.
- 63a. I welcome criticism as an opportunity for growth.
- b. I do not welcome criticism as an opportunity for growth.
- 64a. Appearances are all-important.
- b. Appearances are not terribly important.
- 65a. I hardly ever gossip.
- b. I gossip a little at times.
- 66a. I feel free to reveal my weaknesses among friends.
- b. I do not feel free to reveal my weaknesses among friends.
- 67a. I should always assume responsibility for other people's feelings.
- b. I need not always assume responsibility for other people's feelings.
- 68a. I feel free to be myself and bear the consequences.
- b. I do not feel free to be myself and bear the consequences.
- 69a. I already know all I need to know about my feelings.
- b. As life goes on, I continue to know more and more about my feelings.
- 70a. I hesitate to show my weaknesses among strangers.
- b. I do not hesitate to show my weaknesses among strangers.
- 71a. I will continue to grow only by setting my sights on a high-level, socially approved goal.
- b. I will continue to grow best by being myself.
- 72a. I accept inconsistencies within myself.
- b. I cannot accept inconsistencies within myself.
- 73a. Man is naturally cooperative.
- b. Man is naturally antagonistic.
- 74a. I don't mind laughing at a dirty joke.
- b. I hardly ever laugh at a dirty joke.

- 75a. Happiness is a by-product in human relationships.
b. Happiness is an end in human relationships.
- 76a. I only feel free to show friendly feelings to strangers.
b. I feel free to show both friendly and unfriendly feelings to strangers.
- 77a. I try to be sincere but I sometimes fail.
b. I try to be sincere and I am sincere.
- 78a. Self-interest is natural.
b. Self-interest is unnatural.
- 79a. A neutral party can measure a happy relationship by observation.
b. A neutral party cannot measure a happy relationship by observation.
- 80a. For me, work and play are the same.
b. For me, work and play are opposites.
- 81a. Two people will get along best if each concentrates on pleasing the other.
b. Two people can get along best if each person feels free to express himself.
- 82a. I have feelings of resentment about things that are past.
b. I do not have feelings of resentment about things that are past.
- 83a. I like only masculine men and feminine women.
b. I like men and women who show masculinity as well as femininity.
- 84a. I actively attempt to avoid embarrassment whenever I can.
b. I do not actively attempt to avoid embarrassment.
- 85a. I blame my parents for a lot of my troubles.
b. I do not blame my parents for my troubles.
- 86a. I feel that a person should be silly only at the right time and place.
b. I can be silly when I feel like it.

- 87a. People should always repent their wrongdoings.
b. People need not always repent their wrongdoings.
- 88a. I worry about the future.
b. I do not worry about the future.
- 89a. Kindness and ruthlessness must be opposites.
b. Kindness and ruthlessness need not be opposites.
- 90a. I prefer to save good things for future use.
b. I prefer to use good things now.
- 91a. People should always control their anger.
b. People should express honestly-felt anger.
- 92a. The truly spiritual man is sometimes sensual.
b. The truly spiritual man is never sensual.
- 93a. I am able to express my feelings even when they sometimes result in undesirable consequences.
b. I am unable to express my feelings if they are likely to result in undesirable consequences.
- 94a. I am often ashamed of some of the emotions that I feel bubbling up within me.
b. I do not feel ashamed of my emotions.
- 95a. I have had mysterious or ecstatic experiences.
b. I have never had mysterious or ecstatic experiences.
- 96a. I am orthodoxly religious.
b. I am not orthodoxly religious.
- 97a. I am completely free of guilt.
b. I am not free of guilt.
- 98a. I have a problem in fusing sex and love.
b. I have no problem in fusing sex and love.
- 99a. I enjoy detachment and privacy.
b. I do not enjoy detachment and privacy.
- 100a. I feel dedicated to my work.
b. I do not feel dedicated to my work.

- 101a. I can express affection regardless of whether it is returned.
- b. I cannot express affection unless I am sure it will be returned.
- 102a. Living for the future is as important as living for the moment.
- b. Only living for the moment is important.
- 103a. It is better to be yourself.
- b. It is better to be popular.
- 104a. Wishing and imagining can be bad.
- b. Wishing and imagining are always good.
- 105a. I spend more time preparing to live.
- b. I spend more time actually living.
- 106a. I am loved because I give love.
- b. I am loved because I am lovable.
- 107a. When I really love myself, everybody will love me.
- b. When I really love myself, there will still be those who won't love me.
- 108a. I can let other people control me.
- b. I can let other people control me if I am sure they will not continue to control me.
- 109a. As they are, people sometimes annoy me.
- b. As they are, people do not annoy me.
- 110a. Living for the future gives my life its primary meaning.
- b. Only when living for the future ties into living for the present does my life have meaning.
- 111a. I follow diligently the motto, "Don't waste your time."
- b. I do not feel bound by the motto, "Don't waste your time."
- 112a. What I have been in the past dictates the kind of person I will be.
- b. What I have been in the past does not necessarily dictate the kind of person I will be.

- 113a. It is important to me how I live in the here and now.
- b. It is of little importance to me how I live in the here and now.
- 114a. I have had an experience where life seemed just perfect.
- b. I have never had an experience where life seemed just perfect.
- 115a. Evil is the result of frustration in trying to be good.
- b. Evil is an intrinsic part of human nature which fights good.
- 116a. A person can completely change his essential nature.
- b. A person can never change his essential nature.
- 117a. I am afraid to be tender.
- b. I am not afraid to be tender.
- 118a. I am assertive and affirming.
- b. I am not assertive and affirming.
- 119a. Women should be trusting and yielding.
- b. Women should not be trusting and yielding.
- 120a. I see myself as others see me.
- b. I do not see myself as others see me.
- 121a. It is a good idea to think about your greatest potential.
- b. A person who thinks about his greatest potential gets conceited.
- 122a. Men should be assertive and affirming.
- b. Men should not be assertive and affirming.
- 123a. I am able to risk being myself.
- b. I am not able to risk being myself.
- 124a. I feel the need to be doing something significant all of the time.
- b. I do not feel the need to be doing something significant all of the time.

- 125a. I suffer from memories.
b. I do not suffer from memories.
- 126a. Men and women must be both yielding and assertive.
b. Men and women must not be both yielding and assertive.
- 127a. I like to participate actively in intense discussions.
b. I do not like to participate actively in intense discussions.
- 128a. I am self-sufficient.
b. I am not self-sufficient.
- 129a. I like to withdraw from others for extended periods of time.
b. I do not like to withdraw from others for extended periods of time.
- 130a. I always play fair.
b. Sometimes I cheat a little.
- 131a. Sometimes I feel so angry I want to destroy or hurt others.
b. I never feel so angry that I want to destroy or hurt others.
- 132a. I feel certain and secure in my relationships with others.
b. I feel uncertain and insecure in my relationships with others.
- 133a. I like to withdraw temporarily from others.
b. I do not like to withdraw temporarily from others.
- 134a. I can accept my mistakes.
b. I cannot accept my mistakes.
- 135a. I find some people who are stupid and uninteresting.
b. I never find any people who are stupid and uninteresting.
- 136a. I regret my past.
b. I do not regret my past.
- 137a. Being myself is helpful to others.
b. Just being myself is not helpful to others.

- 138a. I have had moments of intense happiness when I felt like I was experiencing a kind of ecstasy or bliss.
- b. I have not had moments of intense happiness when I felt like I was experiencing a kind of bliss.
- 139a. People have an instinct for evil.
- b. People do not have an instinct for evil.
- 140a. For me, the future usually seems hopeful.
- b. For me, the future often seems hopeless.
- 141a. People are both good and evil.
- b. People are not both good and evil.
- 142a. My past is a stepping stone for the future.
- b. My past is a handicap to my future.
- 143a. "Killing time" is a problem for me.
- b. "Killing time" is not a problem for me.
- 144a. For me, past, present and future is in meaningful continuity.
- b. For me, the present is an island, unrelated to the past and future.
- 145a. My hope for the future depends on having friends.
- b. My hope for the future does not depend on having friends.
- 146a. I can like people without having to approve of them.
- b. I cannot like people unless I also approve of them.
- 147a. People are basically good.
- b. People are not basically good.
- 148a. Honesty is always the best policy.
- b. There are times when honesty is not the best policy.
- 149a. I can feel comfortable with less than a perfect performance.
- b. I feel uncomfortable with anything less than a perfect performance.
- 150a. I can overcome any obstacles as long as I believe in myself.
- b. I cannot overcome every obstacle even if I believe in myself.

PERSONAL ORIENTATION INVENTORY

by:

Everett L. Shostrom
 Published By
 Educational and Industrial
 Testing Service

SCORES

- 0. NA _____
- 1. T _____
- 2. TI _____
- 3. OC _____
- 4. I _____
- 5. SAV _____
- 6. Ex _____
- 7. Fr. _____
- 8. S _____
- 9. Sr _____
- 10. Sa _____
- 11. Nc _____
- 12. Sy _____
- 13. A _____
- 14. C _____

Name		
Last	First	Middle
Age	Date	Sex M_F
Married_Single_Divorced		
Widowed		
Number of years of school completed		
Religious Preference		
Occupation		

25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
50	49	48	47	46	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26
75	74	73	72	71	70	69	68	67	66	65	64	63	62	61	60	59	58	57	56	55	54	53	52	51
100	99	98	97	96	95	94	93	92	91	90	89	88	87	86	85	84	83	82	81	80	79	78	77	76
125	124	123	122	121	120	119	118	117	116	115	114	113	112	111	110	109	108	107	106	105	104	103	102	101
150	149	148	147	146	145	144	143	142	141	140	139	138	137	136	135	134	133	132	131	130	129	128	127	126

APPENDIX E

QUESTIONNAIRE FOR SUBJECTS

Sub. No. _____

DATE OF DIVORCE: _____

Gr. No. _____

QUESTIONNAIRE

Briefly answer the following questions:

1. Describe your present work situation. Do you like your job? Your co-workers?

2. Describe how you spend your leisure time. What types of activities do you enjoy doing and with whom?

3. Describe the kind of life you would like to be living in 5 years? How would it be different from your life today?

APPENDIX F
PROTOCOLS FOR TELEPHONE CONTACTS AND
GROUP PRESENTATIONS

PROTOCOL FOR GROUP PRESENTATIONS

My name is Suzanne Saul and I am looking for subjects for my doctoral dissertation. My dissertation deals with divorce adjustment and I plan to survey individuals after their divorces using a certain time frame. Subjects may be male or female, single or remarried, with or without children. However, subjects need to be between the ages of 25 and 35, need to have been married at least two years before divorcing and need to have been divorced from 6 to 36 months.

Subjects will complete two inventories, the Fisher Divorce Adjustment Scale and the Personal Orientation Inventory. The inventories will take about one hour to complete. There will also be a short questionnaire to fill out dealing with present work and social activities as well as future goals. Subjects will be given a code number so total confidentiality is assured. You will be able to receive the results of the study. If you are interested in volunteering please come up to see me after the meeting and I will give you a packet with a self-addressed stamped envelope to send the tests back to me. Thank you very much for your cooperation.

PROTOCOL FOR TELEPHONE CONTACT

My name is Suzanne Saul and your name was given to me by _____. I am looking for subjects for my doctoral dissertation and _____ said that you might be willing to be one. My dissertation deals with divorce adjustment and I need individuals to fill out a short questionnaire and complete two inventories. The inventories take about one hour to complete. They are the Fisher Divorce Adjustment Scale and the Personal Orientation Inventory. The questionnaire deals with your present work and social situation and your future goals. Subjects, however, need to be between the ages of 25 and 35, need to have been married at least two years before divorcing and need to have been divorced from 6 to 36 months. I would send you the inventories with a self-addressed stamped envelope for return mail. You would be given a code number so total confidentiality would be assured. You would be given a copy of the results of the study. Would you be willing to be a subject? (Take down name and address). Do you know of anyone else who you think might be willing to be a subject?