



THE EFFECTIVENESS OF ISLAMIC MINDFULNESS-BASED TRAINING ON THE QUALITY OF LIFE OF DIVORCED WOMEN VISITING COUNSELING CENTERS IN SHADGAN CITY

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ABSTRACT

Undoubtedly, the family is the primary and most important context for the all-encompassing growth of human beings, which has long been the focus of attention for psychologists, sociologists, and educational specialists. This research investigates the (effectiveness of mindfulness training based on the Islamic approach) on the quality of life of divorced women seeking counseling services in Shadgan city. This study used a quasi-experimental method with a pre-test and post-test design, including a control group, to evaluate the impact of this intervention on various dimensions of quality of life (including physical health, psychological health, social relationships, and social environment). The statistical population included 30 divorced women who were selected using a purposive sampling method and randomly assigned to the experimental and control groups. The experimental group received mindfulness training based on the Islamic approach, while the control group received no training. Data were collected and analyzed using the (World Health Organization quality of life questionnaire). The results indicated that Islamic mindfulness training had a significant impact on improving the quality of life for divorced women, particularly in the dimensions of physical health, psychological health, social relationships, and social environment, with the experimental group experiencing significant increases. These findings suggest that Islamic mindfulness training, by enhancing cognitive and behavioral skills, helped divorced women confront the challenges resulting from divorce and improve their quality of life. Overall, this study emphasizes that Islamic-based mindfulness can be used as an effective intervention to enhance the quality of life of divorced women.

Keywords: Mindfulness, Islamic approach, quality of life, divorce, Shadgan city.

INTRODUCTION

The family, as the primary and most important social institution, plays a fundamental role in the upbringing, growth, and formation of individuals' personalities. The family environment is not only the context for the transmission of values, beliefs, and life skills, but also plays a significant role in ensuring emotional and psychological security for individuals. However, certain events, such as divorce, destabilize the family structure and have widespread consequences for all its members. Divorce is not only a legal change in the status of the couple, but also a complex phenomenon with psychological, social, and economic dimensions, the effects of which can continue long after separation (Javedan & et al., 2023). One of the groups most affected by divorce is divorced women. In many societies, women face numerous challenges after divorce, including economic pressures, social stigmatization, workplace discrimination, and lack of sufficient support from family and society. These conditions can lead to decreased self-esteem, increased anxiety, depression, and even self-harm thoughts in some of these women (Khataybeh, 2022). From a cultural perspective, in societies where traditional values strongly govern familial and social relations, divorced women often face negative attitudes, and in some cases, divorce is viewed as a flaw or personal failure. These perspectives can hinder the reconstruction of their personal and social lives, making it more difficult for them to return to normal life (Khan & Hamid, 2021).

In addition to social and psychological problems, economic challenges are another significant barrier for divorced women. In many cases, women after divorce lack sufficient financial resources to meet their own and their children's needs, placing them at risk of poverty and economic dependency. In such situations, finding suitable employment and achieving financial independence is critical for divorced women. However, the lack of equal job opportunities and gender discrimination in the labor market can make their path to economic self-sufficiency more difficult (Siahpoushha & et al, 2024). In this context, strategies that help improve the mental health and quality of life of these women are of high importance. One such method is the use of "Islamic-based mindfulness." Mindfulness is a psychological technique that helps individuals observe their thoughts, feelings, and experiences without judgment and with conscious acceptance. In the Islamic approach, this concept is intertwined with principles such as patience, reliance on God, remembrance, and gratitude. Utilizing this method can assist divorced women in stress management, anxiety reduction, increasing resilience, and finding meaning and peace in life (Abolghasemi & Heidari, 2019). In addition to mindfulness techniques, providing social and economic support for divorced women can play an essential role in reducing the harms caused by divorce. Women's empowerment programs, providing job opportunities, legal support, and the creation of support groups can help this group overcome the post-divorce crises and begin a new life (Sedighi & et al, 2021).

In general, although divorce is a bitter and difficult phenomenon, with the use of effective strategies, its negative effects can be reduced, and a suitable foundation for rebuilding the lives of divorced women can be created. Raising public awareness, correcting social attitudes, providing psychological and economic support, and utilizing religious and psychological teachings are all factors that can play an important role in improving the conditions of this group in society (Sedighi & et al, 2021).

The main goal of this research is to examine the effectiveness of Islamic-based mindfulness training in improving the quality of life of divorced women. This study aims to identify effective therapeutic strategies that can help reduce stress, anxiety, and depression in this group of women and ultimately lead to improvements in their psychological, social, and economic well-being. Divorce, as a stressful event, exposes women to multiple challenges that not only affect their personal lives but also fundamentally change their social, economic relationships, and even their personal identity. Therefore, providing supportive and therapeutic strategies that can help these women better adapt to their new life conditions is of great importance. Given

that divorced women are more vulnerable to anxiety, depression, and decreased self-esteem due to multiple psychological and social pressures, using therapeutic methods that align with the culture, beliefs, and values of society can have a significant impact on enhancing their quality of life and rebuilding their self-confidence. In this regard, Islamic-based mindfulness, as a modern therapeutic intervention, can help divorced women adopt a more positive outlook on life and find more constructive solutions to cope with their challenges by focusing on concepts such as patience, reliance on God, remembrance, and acceptance (Heshmati & et al, 2023).

Based on previous research, mindfulness and techniques based on Islamic approaches play a crucial role in reducing psychological stress, improving interpersonal relationships, and increasing psychological well-being. Women who utilize this approach will be able to manage negative thoughts and unpleasant emotions, increase their resilience, and ultimately achieve a better quality of life. Additionally, mindfulness can assist them in accepting the realities of life after divorce, enabling them to discover new pathways for their personal and social growth (Al-Hamdan & Al-Tamimi, 2023).

In this regard, mindfulness training for divorced women not only has psychological benefits but also positive impacts from social and economic perspectives. Women who benefit from this method gain greater abilities to manage life crises, strengthen their mental and financial independence, and free themselves from unhealthy dependencies. Moreover, conscious acceptance of their circumstances helps them feel more in control of their lives and envision a brighter future with a more positive outlook (Al-Hamdan & Al-Tamimi, 2023).

Islamic-based mindfulness, with its emphasis on living in the present moment, reducing attachment to the past, and alleviating worries about the future, can be a practical solution for rebuilding the lives of divorced women. Particularly, utilizing religious values such as gratitude, patience, and reliance on God helps individuals feel more spiritually at peace. As a result, this method is not only effective in reducing the negative consequences of divorce but also helps women break free from past attachments and continue their life journey with greater hope (Hedayati & et al, 2022).

Given the importance of the mental and social well-being of divorced women, promoting and teaching this method on a larger scale can have a significant impact on improving the situation of this vulnerable group. Therefore, social policymakers and support institutions can create educational programs based on Islamic mindfulness to pave the way for improving the quality of life for this group (Ghanbarian & et al, 2020).

Research Hypotheses:

Islamic-based mindfulness has an effect on the quality of life of divorced women seeking counseling services in Shadgan city.

METHODOLOGY

This study is quasi-experimental research with a pre-test and post-test design, including a control group, to examine the effect of Islamic-based mindfulness training on the quality of life of divorced women. The study aims to assess the impact of this method on improving various indicators of quality of life, including psychological health, social relationships, economic well-being, and overall life satisfaction, through an educational intervention. The statistical population of this study includes 30 divorced women seeking counseling services in Shadgan city in 2023, who were selected using a purposive sampling method. After meeting the criteria for participation, these individuals were randomly assigned to either the experimental group (15 participants) or the control group (15 participants). The data collection tool was the standard quality of life questionnaire, which assesses individuals' satisfaction and psychological health across various dimensions. This questionnaire was administered in two

stages: before the start of the educational intervention and after its completion.

The experimental group received Islamic-based mindfulness training over several sessions. This training included mindfulness exercises, techniques for focusing on the present moment, conscious acceptance of circumstances, and the use of concepts such as patience, reliance on God, and gratitude, alongside utilizing religious teachings to reduce stress and anxiety. In contrast, the control group did not receive any intervention and continued with their regular daily activities. The goal of this study is to examine the impact of mindfulness training on improving the quality of life of divorced women and to provide strategies for enhancing the quality of life for this vulnerable group.

Table 1 - Summary of Islamic-based Mindfulness Sessions

Number of Sessions	Principles of Islamic-based Mindfulness Sessions
Session 1	Welcome, introductions, and stating the group's goals; pre-test on mindfulness and quality of life for divorced women
Session 2	Confronting obstacles and understanding the importance and goals of marriage from the perspective of Islam, along with the rights and responsibilities of men and women
Session 3	Introduction to the seven foundational factors of mindfulness; mindfulness practice with breathing exercises; mutual respect in spousal relationships from the perspective of Islam and its manifestations
Session 4	Teaching methods to integrate spiritual and human characteristics into daily life; mindfulness exercises for staying in the present moment; patience, perseverance, and self-care
Session 5	Introduction to knowledge, love, pilgrimage; acceptance and allowing presence; letting go; positive thinking and optimism in spousal relationships from the perspective of Islam and its manifestations
Session 6	The purpose of forgiveness and pardon; mindfulness exercises for exploring habitual reaction patterns and applying mindfulness skills to better respond to present experiences; verbal and physical aggression in spousal relationships from the perspective of Islam and its manifestations
Session 7	Practice of creating alternative thoughts and perspectives; accepting personal experiences; superiority complex in spousal relationships from the perspective of Islam and its manifestations
Session 8	Strengthening learning, reviewing group experiences, providing and receiving feedback; introducing the concept of psychological games; examining ways to break relationship games; improving sexual performance in marriage with Islamic teachings
Session 9	Teaching mindfulness exercises for loving others without losing oneself; loving-kindness meditation; practicing self-care; observing the connection between activity and mood
Session 10	Summarizing and concluding; final test to assess the effects of Islamic-based mindfulness on the quality of life for divorced women

Research Tools:

1. **World Health Organization Quality of Life Questionnaire (WHOQOL-BREF):**
The WHOQOL-BREF is a quality-of-life questionnaire consisting of 26 items that assess various aspects of individuals' quality of life using a 5-point Likert scale. This questionnaire evaluates four main domains: physical health, psychological health, social relationships, and environment. Higher scores in each domain indicate a more positive attitude of the individual towards life in that area.

In previous studies, this scale has been translated into Persian, and its validity has been examined. In the research by Nasiri et al. (2006), the Cronbach's alpha coefficient of this scale was 84%, indicating good internal consistency. Additionally, in the study by Najat et al. (2012), its content validity and reliability were confirmed, with the reliability coefficient for the various domains of the questionnaire ranging from 0.75 to 0.84.

Islamic-Based Mindfulness Therapy Protocol:

The Islamic-based mindfulness therapy protocol is an intervention designed by integrating the teachings of Islam with mindfulness techniques. This protocol is based on three core principles: ethical (forgiveness, pardon, patience), doctrinal (monotheism, prophecy, resurrection), and practical commandments (prayer, fasting, supplication, and spiritual meditation). The aim of this protocol is to enhance individuals' quality of life by strengthening mindfulness skills and coping with challenges. In this therapeutic approach, concepts such as trust in God, following the examples of religious leaders, gratitude, and the constant awareness of God's presence are introduced. These principles are believed to contribute to improving an individual's psychological and spiritual well-being (Nikouei et al., 2018).

RESULTS

Descriptive Statistics of Demographic Variables:

According to the data presented in Chart-1, out of the 30 respondents, 8 individuals (26.7%) were under 30 years of age, 10 individuals (33.3%) were between 30 and 40 years old, 8 individuals (26.7%) were between 40 and 50 years old, and 4 individuals (13.3%) were over 50 years of age.

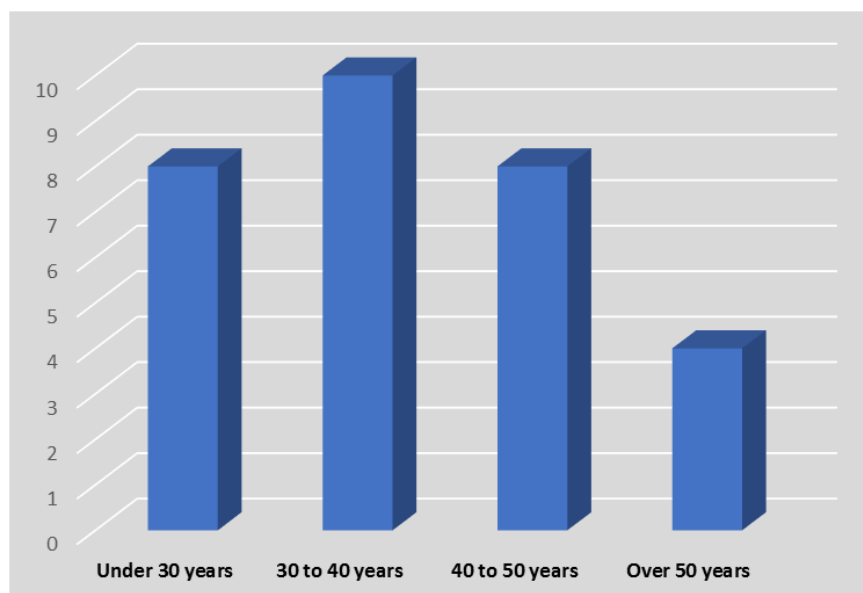


Chart 1 – Bar Chart of Age Variable

Descriptive Statistics of the Education Variable:

According to the contents of Chart 2, out of the total 30 respondents, 12 people or 40% have a high school diploma or less, 13 people or 43.3% have a bachelor's degree, 4 people or 13.3% have a master's degree, and 1 person or 3.3% has a doctoral degree.

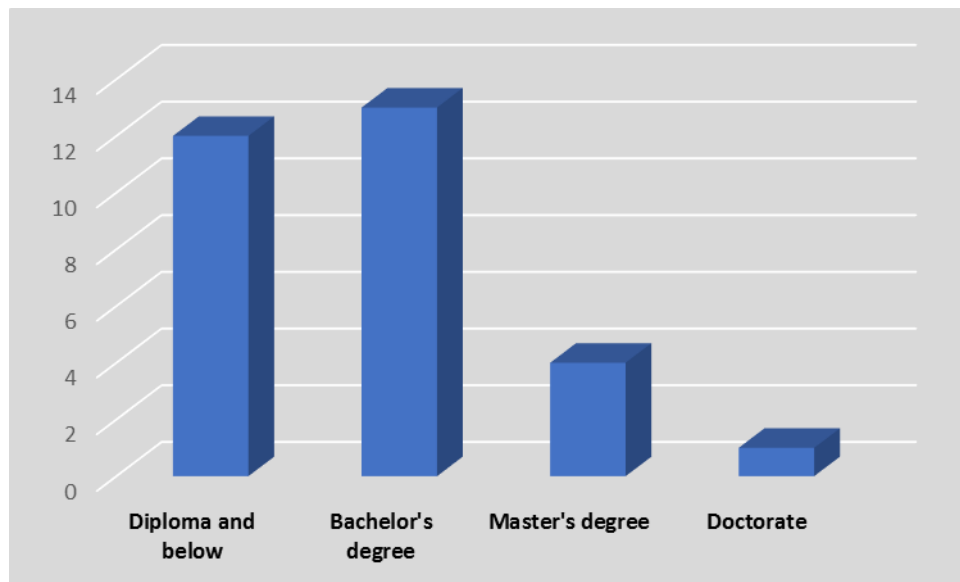


Chart 2 - Bar Chart of Education Level

Descriptive Statistics of the Occupation Variable:

According to the contents of Chart 3, out of the total 30 respondents, 15 people or 50% are housewives, 8 people or 26.7% are employees, and 7 people or 23.3% have a freelance job.

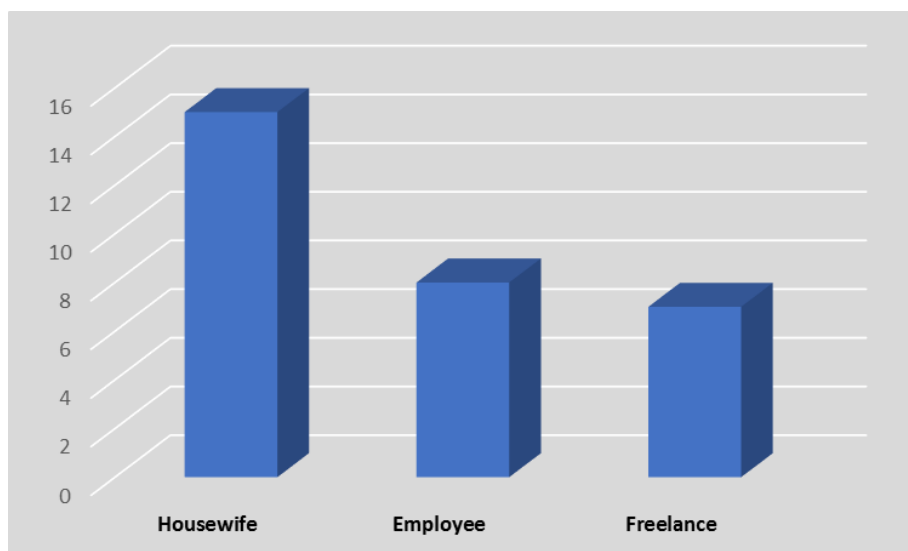


Chart 3 - Bar Chart of Occupation Variable

Descriptive Statistics of the Divorce Duration Variable:

According to the contents of Chart 4, 8 people or 26.7% have been separated for less than one year, 10 people or 33.3% have been separated for one to three years, 6 people or 20% have been separated for three to five years, and more than five years have passed since the divorce for the remaining individuals.

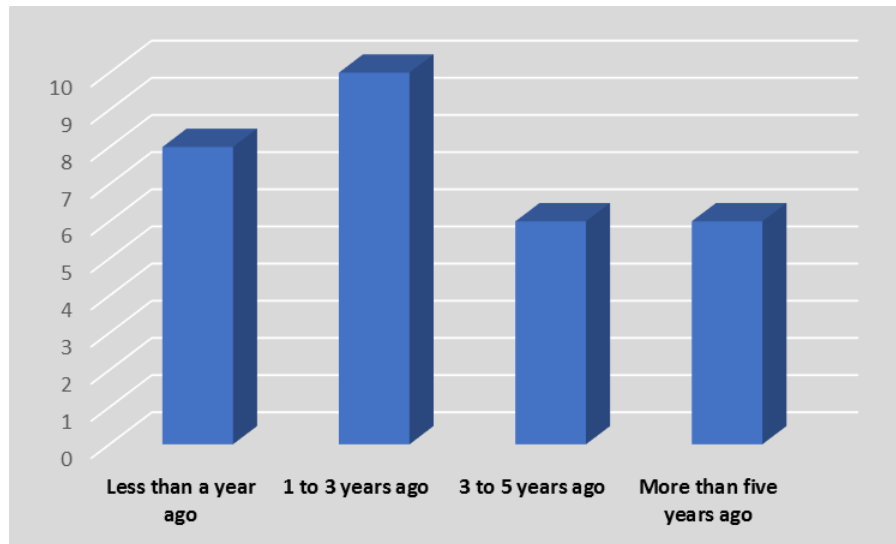


Chart 4 - Bar Chart of Divorce Duration

In this section, after examining the assumptions of the analysis of covariance test, this test was used to test the hypothesis, and the results were obtained. Islamic-based mindfulness affects the quality of life of divorced women visiting counseling centers in the city of Shadgan.

Table 2 - One-Way Analysis of Covariance in Experimental and Control Groups for the Quality of Life Variable and Its Dimensions.

Effect Size	Significance Level	F	Mean Squares	Degrees of Freedom (DF)	Sum of Squares	Dependent Variables	Effect
.506	.000	23.561	550.247	1	550.247	Physical Health	Post-Test Group
.463	.000	19.801	276.059	1	276.059	Psychological Health	
.589	.000	32.948	225.757	1	225.757	Social Relationships	
.534	.000	26.349	623.972	1	623.972	Social Environment	
.263	.009	8.192	23.562	1	23.562	Quality of Life	

According to Table 2, the significance level of the test for the quality-of-life variable is less than 0.05, so there is a significant difference in the mean of this variable before and after the intervention. Based on Table 4-13, the mean quality of life after the intervention in the experimental group is 7.73, and in the control group, it is 6.13, which indicates an increase in the mean of this variable. Therefore, the first hypothesis is confirmed, meaning that Islamic-based mindfulness is effective in improving the quality of life of divorced women visiting counseling centers in the city of Shadgan, leading to its increase.

Table 3 - Descriptive Statistics of the Quality of Life Variable and Its Dimensions After the Intervention

Number	Standard deviation	Average	Experimental Group	Variables
15	3.39748	32.4000	Test	Physical health
15	10.06313	24.8667	Certificate	
30	8.31485	28.6333	Total	

15	4.10922	23.8000	Test	Psychological health
15	7.38402	18.3333	Certificate	
30	6.49633	21.0667	Total	
15	1.92725	13.0000	Test	Social relations
15	3.29068	7.6000	Certificate	
30	3.81603	10.3000	Total	
15	4.27395	33.5333	Test	Social environment
15	10.69624	25.5333	Certificate	
30	8.97788	29.5333	Total	
15	1.98086	7.7333	Test	Quality of life
15	3.18179	6.1333	Certificate	
30	2.72831	6.9333	Total	

According to Table 3, the mean of the social environment variable after the intervention in the experimental group is 33.53, and in the control group, it is 33.25, indicating an increase in the mean of this variable.

DISCUSSION AND CONCLUSION:

The results of this study indicate that Islamic-based mindfulness training has had positive and significant effects on the quality of life of divorced women. Specifically, the means of quality of life in the dimensions of physical health, psychological health, social relationships, and social environment showed significant increases after the intervention in the experimental group. These findings align with previous research and suggest that mindfulness-based interventions, particularly with an Islamic approach, can play an important role in improving the quality of life of divorced women. Statistical data analysis revealed that the physical health of divorced women significantly improved after the intervention (from 24.87 to 32.4), which could be attributed to reduced psychological stress, improved lifestyle, and increased motivation for personal health care. Furthermore, the mean of psychological health increased from 18.33 to 23.8, indicating a reduction in symptoms of anxiety and depression and improved emotional regulation among the women who participated in the training. Additionally, their social relationships showed significant improvement (from 7.6 to 13.0), which may be due to increased self-awareness, acceptance of circumstances, and enhanced communication skills. Finally, the social environment index, which includes satisfaction with the living environment, social security, and social support, increased from 25.53 to 33.53, reflecting the positive impact of this intervention on the women's overall attitude toward life.

These findings are consistent with similar studies. For example, Tavakkolifard et al. (2023) in their research found that Islamic-based mindfulness training can significantly improve psychological health in women with thalassemia, which aligns with the results of this study regarding the improvement of psychological health in divorced women. Furthermore, Hashemi et al. (2023) in a study titled "Examining the Effectiveness of Narrative Exposure Therapy on Improving Quality of Life and Emotion Regulation in Divorced Women" showed that such interventions lead to significant improvements in the physical, psychological, social, and environmental dimensions of quality of life. Their findings align with the results of the current study, demonstrating that psychological interventions based on self-awareness and acceptance play a significant role in improving the quality of life of divorced women.

Regarding social relationships, the results of this study are consistent with research like that of Heydari Azad et al. (2020), who reported significant differences in the quality of life and life satisfaction between divorced and married women. Their study shows that divorced women often have lower quality of life due to reduced social support, but interventions such as Islamic

mindfulness training can help them strengthen their social interactions and communicate with others with more calmness and understanding.

Additionally, the results of the research by Khelatbari et al. (2021), which discusses the effectiveness of Islamic mindfulness in improving marital intimacy, indicate that such interventions can not only help divorced women but also play a role in enhancing the quality of relationships between spouses. These findings affirm the importance of Islamic mindfulness in enhancing communication skills, managing conflicts, and improving social adaptability.

Overall, this study shows that Islamic-based mindfulness, with an emphasis on acceptance, patience, reliance, and self-awareness, can help divorced women view their lives more positively, overcome existing challenges, and improve their quality of life. Based on the findings of this research, it is recommended that counseling and psychological programs for divorced women, especially in Islamic communities, place greater emphasis on teaching this approach to benefit from its positive effects in various aspects of life.

On the other hand, the study by Aqajani et al. (2020) showed that divorced women have a lower quality of life compared to married women, and these differences are particularly noticeable in the dimensions of psychological health, social support, and economic status. The findings of this study align with the current research results, as they show that Islamic mindfulness can help improve the situation of divorced women. In fact, Islamic mindfulness training enables divorced women to develop a more positive attitude toward themselves, others, and their future, enhancing their cognitive and emotional abilities in dealing with post-divorce life challenges. Furthermore, international studies such as those by Peter et al. (2022) and Tyler et al. (2020) have also highlighted the positive effects of mindfulness in enhancing psychological health and controlling negative emotions. These studies have shown that mindfulness techniques can effectively reduce stress, anxiety, and depression, leading to an increase in life satisfaction. These results are consistent with the findings of the present study and suggest that Islamic mindfulness interventions, incorporating concepts such as patience, gratitude, and acceptance, can serve as a therapeutic solution for reducing psychological tensions and improving the quality of life of divorced women.

Moreover, the findings of this study emphasize that Islamic-based mindfulness training has not only been effective in reducing anxiety and depression in divorced women but has also helped them improve their cognitive and behavioral skills, allowing them to cope more healthily with post-divorce challenges. In many cases, divorce leads to a decrease in self-esteem for women, causing anxiety, despair, and negative outlooks toward the future when facing new life circumstances. However, Islamic mindfulness, with its emphasis on acceptance of reality, reliance on God, and striving to improve circumstances, has helped these women develop a more positive view of life, feel more control over their situations, and ultimately regain hope in life.

In general, this research shows that Islamic mindfulness can be used as an effective intervention for divorced women, helping to reduce stress caused by divorce, increase resilience, improve communication skills, and enhance their self-esteem. Therefore, it is recommended that counseling centers and supportive institutions incorporate this method into programs aimed at empowering divorced women, so that they can help this group of women manage their lives with more peace and confidence.

Overall, the results of this study highlight that Islamic-based mindfulness training can be used as an effective intervention to improve the quality of life of divorced women in various dimensions, including physical health, psychological health, social relationships, and social environment. These interventions not only help reduce stress and anxiety but also create a more positive outlook on life and strengthen women's capabilities in dealing with post-divorce

challenges.

This study highlights the importance of Islamic mindfulness in improving the lives of divorced women by helping them cope with challenges in a healthier and more positive manner. By fostering patience, acceptance, reliance on God, and self-awareness, divorced women can approach their situations with greater calm and clarity. These practices contribute to improved self-esteem, a reduction in loneliness, and the enhancement of their social relationships.

It is suggested that mental health policymakers and social institutions prioritize incorporating Islamic mindfulness-based programs into their support systems. These programs can significantly reduce the psychological and social impact of divorce, offering divorced women the tools to rebuild their lives with confidence and resilience. Moreover, the widespread adoption of these interventions could help address and alleviate societal issues related to divorce, ultimately benefiting both individuals and communities as a whole.

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