

A study on the relationship between the meaning of life and physical health in couples applying for a mutual agreed divorce: the mediating role of wisdom.

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Abstract

Introduction: dimension of examining couples requesting for divorce is their physical health exposed to danger and threats, result of damaged marital relationships and not having a common meaning and perception at life, because couples need wisdom to solve complicated problems concerning meaning of life and its guidance to overcome problematic barriers. but if they don't have a concept of life in their minds, conflicts will grow increasingly leading to more psychological and physical problems. Thus present study aims to evaluate a model for wisdom as a mediator in relationship between search for meaning and physical health in couples applying for a mutual agreed divorce.

Method: methodology used in present paper is descriptive correlation (standard Multiple regression). Research statistical population includes all requesting for uncontested divorce in Mashhad. Through available sampling method from two consultation service center in which 197 women and men applying for a mutual agreed divorce, answered research questionnaire. Instruments used in this research include meaning of life quality scale (MLQ), 3-dimensional scale of wisdom (D-WS3), and physical health quality scale (PHQ). Data analysis carried out through Pearson correlation coefficient and simultaneous hierarchical regression using SPSS software.

Results: results of Pearson correlation coefficient suggested that there is a negative significant correlation between physical health scale and wisdom and meaning of life variables, and there is a positive significant correlation between wisdom and meaning of life ($P < 0.05$). As well as hierarchical regression analysis through Baron and Kenny method and Sobel test showed that wisdom plays a mediating role in relationship between "meaning of life" and "physical health" in couples applying for a mutual agreed divorce.

Conclusion: research findings revealed that wisdom model acts as a mediator between life meaning and physical health. Consequently it can be claimed that meaning of life plays an important and effective role in people physical health through wisdom.

Keywords: couples applying for mutual-agreed divorce, meaning in life physical health, wisdom

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