

Effectiveness of Acceptance& Commitment Therapy on Improving
Working Divorced Women's Quality of Life

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Abstract

The current study aimed at investigating the effectiveness of Acceptance and Commitment Therapy (ACT) on improving the quality of life for working divorced women. This quasi-experimental study tested the effectiveness of an independent variable, a professional intervention program based on ACT on a dependent variable, improving the quality of life for working divorced women. The study tools included individual and group interviews with the study sample, records of working divorcees registered at the Community Development Association in Kafr El-Sheikh, and the scale of improving the quality of life of working divorced women prepared by the researcher. The population of the current study included all working divorcees who attend the two associations in Kafr El-Sheikh city with a number of (96) working divorced women. Results of the study confirmed that there was the effectiveness of the professional intervention program of Acceptance and Commitment Therapy (ACT) on improving the quality of life of working divorced women, which the main hypothesis of the study that there was a statistically significant relationship between the use of ACT and improving the quality of life of working divorced women.

Keywords: - Acceptance and Commitment Therapy - Improving the quality of life - Working divorcees

First: The Problem of the Study:

It is impossible to study the family as a social unit apart from the particular social changes that are taking place. Changes in the economy, society, or culture have an impact on it. Family members act as a shield, encourage one another, and support one another. Families are the fundamental unit of all human societies, irrespective of cultural differences. They also imply obligations or burdens placed on individuals. The family, where its members fulfill their responsibilities, is the fundamental pillar of society. Throughout the educational and social upbringing phases, when values, customs, attitudes, methods of judgment, behavior patterns, and personality development are acquired, the family has a crucial role. As a result, families play a vital role in forming and directing society's structure. Divorced working women who receive effective treatment of acceptance and commitment

to enhance their quality of life—not only have their basic needs met, but also feel like they belong.

Islamic law encourages marriage with courteous and kind cohabitation in order to create a family and maintain marital harmony. "And live with them in kindness," says Allah. If you don't like them, it could be because Allah makes a lot of good things. As a result, temporary distaste shouldn't be grounds for divorce (Surat An-Nisa: Verse 19). Islam also promotes marriage arbitration as a means of resolving disputes between spouses. As Allah states: "Send an arbitrator from his people and one from her people if you fear conflict between the two. Allah will bring about their reconciliation if they both want it. Allah is indeed all-knowing and well-versed in everything. As Allah states: "And if a woman fears her husband's disdain or evasion, there is no sin upon them if they make terms of settlement between them – and settlement is best," Islam also supports marriage reconciliation (Surat An-Nisa: Verse 35).

As Allah states: "And if a woman fears her husband's disdain or evasion, there is no sin upon them if they make terms of settlement between them – and settlement is best," Islam also promotes marriage reconciliation. Divorce is a very serious matter, particularly in light of the lack of human conscience and the shifting living circumstances of many people who experience financial strains that have a detrimental effect on their social and psychological well-being (Surat An-Nisa: Verse 128). Because of this, the husband frequently starts divorces for financial reasons. (Al-Khouli, 2021:116) In addition, divorce can be caused by personal or social factors like early marriage, physical abuse, drug abuse, the husband's refusal to let his wife work, unpleasant marital experiences, and different social backgrounds of the spouses. (Child Encyclopedia, 2018:25).

Women& Family-Related Challenges:

Women face challenges that affect their family life, especially those related to behavioral guidance and the core source of emotions and motivations. Marital instability can push a woman toward isolation and alienation, which in turn impacts her responsiveness, emotions, and behaviors. External events are not the main cause of problems; rather, the thoughts and triggers of these problems within the family framework need to be identified, analyzed, discussed, challenged, and changed to help working women address their issues and modify their emotions and

behaviors.

(Abdulrahman, 2018, p. 5)

Behavioral guidance and emotions and motivations are two issues that women face and that have an impact on their family life. A woman may become isolated and alienated as a result of marital instability, which can affect her emotions, behaviors, and responsiveness. Working women can address their problems and change their emotions and behaviors by identifying, analyzing, discussing, challenging, and changing the thoughts and triggers of these issues within the family framework. External events are not the primary cause of problems. Aburahman (2018: 5) A woman faces more difficulties in her roles as a wife, mother, and caregiver when her skills are insufficient to meet her obligations. When everyone in the household fulfills their responsibilities, as outlined by innate norms, traditions, and customs that promote family function, family cohesion results. (Portbeky, 2017: 119) But the truth, especially in the third world is that women's roles as mothers, wives, and caregivers present social challenges that can cause conflict and frustration, particularly if they are unable to handle the demands of these roles. (Mo'men, 2021: 19) With half of the population being female, women are regarded as vital partners in society. If given all their rights and privileges, they are an essential human resource that cannot be disregarded in development programs, allowing them to fulfill their duties as a crucial component of community development.

Divorce is a process that puts the family's structure in jeopardy because it acknowledges that a marriage cannot be maintained. Depending on the situation, economic and psychological factors are two of the main causes of divorce. In impoverished areas, economic factors might be more common, but in middle-class environments, psychological factors frequently predominate. Al-Sharif, 2014: 100). When a woman is unable to carry out her responsibilities as a wife, mother, and caregiver, her problems become more severe. Once more, family cohesion is the outcome of each system and member carrying out their responsibilities in accordance with accepted norms, practices, and traditions. (Partbeky, 2008: 119) In recent years, divorce rates have gone up all over the world. In August 2022, Egypt's Central Agency for Public Mobilization and Statistics (CAPMAS) released its annual report on 2021 marriage and divorce rates. The report states that the number of marriage contracts increased by 0.5 % in 2021, from 876,015 in 2020 to 880,041 in 2021. The number of divorce cases increased by 14.7 % to 254,777 in

2021 from 222,036 in 2020. Accordingly, there is a divorce every two minutes, 25 to 28 every hour, 630 every day, and roughly 18,500 every month. In the first year of marriage, 12 % of divorces took place, followed by 9 % in the second year and 6 to 5 % in the third.

In recent years, the number of divorces has risen worldwide. The annual report on marriage and divorce statistics for the year 2021 was released by Egypt's Central Agency for Public Mobilization and Statistics (CAPMAS) in August 2022. The study states that there were 880,041 marriage contracts in 2021 as opposed to 876,015 in 2020, which represents a 0.5 % increase. A 14% increase in divorce cases occurred in 2021, reaching 254,777, up from 222,036 in 2020. This translates to 630 divorces per day, or roughly 18,500 per month, with one divorce happening every two minutes and 25 to 28 every hour. 9% of divorces happened in the second year of marriage, twelve % in the first, and 6.5% in the third. There were 11,194 final divorce decisions in 2021, which is 38% more than in 2020. 306 of these were in rural areas, accounting for 27.1 % of all rulings, while 10,888 were in urban areas, up 37.4 per cent, while 306 were in rural areas (representing 2.7% of total rulings). The divorce rate in urban areas was 3.3 per 1,000, compared to 1.9 per 1,000 in rural areas. The highest divorce rate was in Cairo at 5.4 per 1,000, and the lowest was in Assiut at 1.1 per 1,000. Regarding age: The highest divorce rate among men was in the 30 to under 35 age group, with 48,342 cases (representing 19.8% of total documented divorces). The lowest was in the 18 to under 20 age group, with 390 cases (only 0.2%). The average age of divorced men in 2021 was 40.1 years. For women, the highest rate was in the 25 to under 30 age group, with 43,427 cases (17.8%), while the lowest was among those aged 65 and older, with 1,637 cases (0.7%). The average age of divorced women in 2021 was 33.8 years. (Central Agency for Public Mobilization and Statistics, 2023: 18)

The divorce rate in Egypt has increased by 14.7% in the past year, according to recent data. Divorce rates have been rising consistently since 2009, with the exception of 2016 and 2020, so this most recent increase is not the only one. A total of 141,500 divorce cases were filed in 2009. This increased to 149,400 in 2010, then more slowly to 151,900 in 2011 and 155,300 in 2012. There was a discernible increase in 2013—162,600 cases. In 2014 and 2015, there was a significant surge, with 180,300 and 199,900 cases, respectively. 2016 saw a minor drop, with 192,100 cases reported. The number of cases increased to

198,300 in 2017, 211,600 in 2018, and 225,999 in 2019. 2020 saw a second, albeit slight, decline in divorces, totaling 222,000. After that, there was a significant spike in 2021, with 254,800 cases. (Central Statistics and Public Mobilization Agency, 2023: 14).

According to the 2022 World Population Report, Egypt ranked 20th globally in divorce rates, with 2.3 divorces per 1,000 people. The Maldives topped the list with 5.52 divorces per 1,000, followed by Kazakhstan (4.6), Russia (3.9), and Belarus (3.7). China ranked 7th with a rate [incidence] of 3.2, and the United States ranked 13th with 2.7 divorces per 1,000. In the Arab world: Libya ranked 18th with 2.5 divorces per 1,000 people. Saudi Arabia ranked 27th with 2.1 per 1,000. Algeria and Jordan both ranked 57th with 1.6 per 1,000. (World Population Report, 2023: 2)

Divorce has major social and psychological repercussions that lead to family dissolution and the breakdown of social ties, as numerous studies have confirmed. In many cases, this results in deviant behavior, psychological disorders, and the spread of animosity among people. Public safety and social cohesiveness are directly impacted by such effects, which frequently result in higher crime rates. Increased child violence, a propensity to break rules and laws, and criminal activity are all frequently linked to the lack of paternal authority. Especially when they lose their sense of stability and security, children who are separated from their mother's love (when living with the mother) or from their father's guidance (when living with the mother) are more likely to become delinquent. This can worsen when parents compete for the child's affection, even if it involves distorting the other parent's image.

Research shows that criminal behavior and dysfunctional families are directly correlated, indicating that one of the main contributing factors is parents' lack of understanding of the emotional toll divorce takes. Just as important as food and water is emotional deprivation, and ignoring it can have even more detrimental effects. In 2023, Al-Sheikh, p. 18) Divorce frequently results in serious psychological and financial issues, which can lower children's academic performance and many times cause them to drop out of school, either for lack of parental involvement and supervision or for financial reasons (inability to pay for education). Depression and other negative emotions are also more common after a divorce. It especially impacts kids, who frequently experience depressive,

fearful, and angry feelings as well as, in certain situations, suicidal thoughts. Children who go through divorce in their teens may also have severe mental health problems that occasionally call for professional treatment.

Divorce leads to a disruption in the values and behaviors that society tries to inculcate in its members, including cooperation, forgiveness, kindness, and compassion. The stability and survival of societies depend on these principles. But divorce frequently results in a generalized feeling of despair and annoyance as well as blame placed on society for failing to stop the marriage from failing. In an effort to vent their resentment and discontent with the social structure, people may try to reject or distance themselves from the very values that society upholds. Increased financial burdens on both divorced spouses and pervasive feelings of frustration and depression are also caused by the ongoing rise in divorce rates. These financial and emotional strains may impair their capacity to work and produce. Since divorce frequently results in higher rates of school dropout, children may later struggle to find employment, which could lead to low income and rising poverty levels. Al-Eid (2022:149).

A number of factors pertaining to feelings and emotions toward family members and others outside the family, as well as vice versa, influence the emotional impact of divorce on women. As per Chlef and associates (Chlef et al. (2001), p. 50), it is very beneficial for divorced women to talk about their experiences, express their feelings, and listen to others who have gone through similar things. This can give them the optimism and hope they need to go on with their lives. (Sartorius, 2022: 118). Social performance is thought to be improved by problem-solving during the emotional expression stage, whereas the inability to articulate or explain the psychological and emotional ramifications of such issues is frequently an indication of elevated stress. Price et al. 2022: 686–687) Family conflicts, typically between the husband and wife, are often the first indications of an impending divorce. These conflicts swiftly develop into larger family crises. A deep-seated lack of compatibility and agreement between the spouses is usually indicated by these conflict. (B. Kamerman, Sheila, 2022: 927)

A family is rarely entirely free from disputes or issues of any kind. While family members can work to resolve some of these issues, others remain unresolved for personal reasons or because of the nature of

the issues, which may make it difficult for them to cope. Rifaat (2000: 290) explains that family conflicts that lead to a loss of trust and emotional distance in the marriage are the official cause of divorce. Family issues frequently result in marital maladjustment, which shows up as ongoing arguments, power struggles, conflicting interests, and other problems that impair the family's capacity to carry out its duties.

Abdel Hadi (2012) pointed out that women who are seeking divorce, or khul' (a type of divorce that the wife initiates), display a change in their psychological composition by displaying a number of psychological traits like low tolerance, situational anger, and trait aggression. Both divorce and khul' cause different social, psychological, and financial difficulties for the family as a whole, impacting the husband, wife, and kids, according to Abdel Moez's (2012) study on the social and psychological issues resulting from these situations. Salama (2012) also discovered that family conflict can result in a couple's emotional detachment and loss of trust, which makes divorce a likely outcome with serious repercussions for the kids.

Social casework employs a range of significant theories and intervention models to tackle social functioning issues in response to these concerns. This approach has been influenced by social work and is regarded as a fundamental part of it, particularly in the area of special needs care, which focuses on assisting people with disabilities, their families, and support networks. It also plays a role in preventing and addressing social dimensions of disability. (Gabal, 2012: 15).

One important occupation that helps improve the quality of life for people with special needs is social casework. Modern theories, therapeutic models, and intervention techniques that take into account the difficulties and shifts in society today are all incorporated. The researcher chose to use the Acceptance and Commitment Therapy (ACT) model in casework to help people with physical disabilities develop a better sense of who they are because of its proven effectiveness. Acceptance and Commitment Therapy (ACT) is a contemporary professional approach to individual treatment. Through the efforts of psychology professor Steven Hayes of the University of Nevada and his associates, it came into being in the late 1990s. Their study supported the efficacy of ACT in the treatment of a range of psychological and emotional disorders, including chronic pain, stress, and depression. (Mohammed, 2013: 436).

The mindfulness-based cognitive-behavioral therapy known as ACT is used in social work. It teaches clients how to react to pain, suffering, and negative emotions in different ways and focuses on comprehending human experiences. (Boone, 2015) Its main objective is to increase psychological flexibility, or the capacity to modify one's actions to conform to one's own values. This kind of therapy aims to boost participation in worthwhile pursuits that enhance people's lives, especially those who are dealing with chronic pain or challenging situations (Burke, et al, 2016). ACT is a contemporary therapeutic approach that aims to improve psychological and functional performance by bolstering clients' psychological flexibility, as highlighted by Hayes and colleagues (2014). The principles, methods, and elements of professional social work practice—particularly social casework—are all in line with the model. (Hayes, Leven, et.al, 2003). Hayes further stated that ACT is a model for professional social work intervention with individuals, families, and small groups. It is based on Relational Frame Theory (RFT) and emphasizes the functional context when assessing a client's problematic situation. The model aims at enhancing psychological flexibility through core therapeutic processes that provide clients with interventions and therapeutic messages. (Hayes & Strosahl, 2004)

However, Acceptance and Commitment Therapy (ACT) model does not directly seek to eradicate the client's anger or distress that accompanies their issues. Rather, it aims to empower the client to deal with life's challenges and frustrations by assisting them in accepting rather than avoiding them. At the same time, the client commits to a range of constructive actions and behaviors that improve their life and effect the desired change. (Sdot, Hayes, Strosahl Wilson, 2012)) ACT practical application to a wide range of problems and its capacity to address a diverse clientele, particularly those living in challenging circumstances, have been validated by numerous studies and research. One study that showed ACT to be beneficial for patients with chronic illnesses was conducted by Mohamed (2013). Their sense of coherence is enhanced, and they feel more equipped to handle life's challenges.

The efficacy of a professional intervention program employing ACT in lowering life stressors and improving self-compassion among mothers of children with epilepsy was validated by Aliwa (2019). ACT was effective in lowering teen electronic gaming behavior, according to Abdel

Rashid and Shaaban (2019). Burke and colleagues' study. The effectiveness of ACT in helping parents of children with life-threatening illnesses—especially those with cancer or chronic heart conditions—achieve psychological adjustment was demonstrated in 2014. According to Zarling, Lawrence, and Marchman (2015), ACT was successful in lowering violent behaviors—particularly physical and psychological violence—between spouses. According to Arnout's (2019) findings, ACT assists high school teachers in cultivating positive personality traits and attaining psychological well-being.

According to Larasati, Asih, and Saraswati (2019), ACT helped mothers of autistic children overcome unpleasant circumstances and events in their daily lives, control their negative emotions, and lower their perceived stress levels. For adolescents with major depressive disorder, ACT significantly improved psychological flexibility and optimism, according to Towsyfy and Sabet (2017). In visually impaired adolescents, ACT techniques were found to be effective in lowering symptoms of post-traumatic stress disorder (Sayed, 2018). ACT procedures have been shown to be effective in reducing emotional-behavioral issues in teenagers, especially those involving social interaction avoidance with peers and other people (Takahashi and Ishizub, 2020).

One of the contemporary therapeutic models in casework practice is Acceptance and Commitment Therapy, which focuses on assisting clients—like working divorced women—in accepting their unpleasant feelings and experiences without avoiding them and in redefining their self-perception in a way that is distinct from those feelings, experiences, and challenging life situations. They are able to develop the constructive abilities and behaviors required to enhance their quality of life and deal with its many complexities as a result.

In light of the above, the research problem can be formulated as follows:

- What is the effectiveness of Acceptance and Commitment Therapy (ACT) on improving the quality of life of working divorced women?

Secondly: The Significance of the Study

1. A new reality is rapidly accelerating in Egyptian society due to material and technological advancements, overshadowing the set of

values and principles that shaped the upbringing of earlier generations. Young people today must deal with new concepts and trends that are dominated by social disintegration, loneliness, and a lack of familial warmth. Consequently, divorce rates have increased at an unprecedented rate, indicating a possible imbalance and a threat to social cohesion. In 2021, there were 14 % more divorce cases than in 2020, according to the Central Agency for Public Mobilization and Statistics' (CAPMAS) 2022 report. There were roughly 254,777 divorce cases in 2021 as opposed to 222,036 in 2020. Additionally, there was a 38.4% increase in final divorce rulings from 8,086 in 2020 to 11,194 in 2021. (CAPMAS, 2023)

2. The goal of the study is to identify the critical aspects and levels of social functioning that need to be improved in order to provide insight into a significant segment of society: working divorced women. If these areas aren't improved, it could make it harder for them to get by in life and cause a host of social problems that affect them and their environment. Numerous alterations in the social structure and a range of detrimental influences are experienced by this group, leading to social effects that require attention. This can be accomplished by creating initiatives that support them in enhancing their standard of living in accordance with their inalienable rights.
3. It is the professional responsibility of social work in general and casework in particular to improve the social well-being of this important group (working divorced women). Social work philosophy maintains that the development of the individual and the family is the cornerstone of the development of society. Appropriate therapeutic models can accomplish this, but they need to be evaluated for efficacy, particularly when dealing with complicated problems like enhancing the quality of life for working divorced women. This is especially appropriate for Acceptance and Commitment Therapy since its therapeutic approaches complement the objectives of these kinds of interventions.
4. The usefulness of Acceptance and Commitment Therapy in treating a range of psychological and social issues and improving the behavioral efficacy of clients, especially those who are going through challenging and painful situations, like working

divorced women, has been highlighted in numerous contemporary theoretical writings and earlier studies.

5. Social workers in care facilities and community development organizations may use the results of this intervention program to help working divorced women enhance their quality of life through guidance programs based on Acceptance and Commitment Therapy, which is another way that this study has practical significance.

6. **Third: Aims of the Study:**

Verifying the efficacy of Acceptance and Commitment Therapy (ACT) in social casework to enhance working divorced women's quality of life is the aim of the study. This primary aim gives rise to the subsequent sub-objectives:

1. to confirm whether utilizing Acceptance and Commitment Therapy in Social casework can help working divorced women's physical health.
2. to confirm that social caseworks utilizing Acceptance and Commitment Therapy are effective in enhancing the mental health and inner contentment of working divorced women.
3. . to confirm that social caseworks utilizing Acceptance and Commitment Therapy are effective in enhancing working divorced women's sense of personal worth.
4. to confirm the efficacy of social casework utilizing Acceptance and Commitment Therapy in enhancing working divorced women's sense of social security.
5. to confirm the efficacy of social casework of acceptance and commitment therapy in order to enhance the financial situation.

Fourth: Hypotheses of the Study:

The main hypothesis of the study was as follows:

- There was a statistically significant positive relationship between the use of Acceptance and Commitment Therapy in Social casework and the improvement of working divorced women's quality of life.

From this main hypothesis, a set of sub-hypotheses arose:

1. There was a statistically significant positive relationship between the use of Acceptance and Commitment Therapy in Social casework and the improvement of physical well-being of working divorced women.

2. There was a statistically significant positive relationship between the use of Acceptance and Commitment Therapy in Social casework and the improvement of psychological well-being and inner happiness of working divorced women.
3. There is a statistically significant positive relationship between the use of Acceptance and Commitment Therapy in Social casework and the improvement of the sense of personal value of working divorced women.
4. There was a statistically significant positive relationship between the use of Acceptance and Commitment Therapy in Social casework and the improvement of the feeling of social security of working divorced women.
5. There was a statistically significant positive relationship between the use of Acceptance and Commitment Therapy in Social casework and the improvement of financial income of working divorced women.

Fifth: Study Concepts:

6. **Concept of Acceptance and Commitment Therapy (ACT):**
Acceptance and Commitment Therapy is a psychological intervention that uses mindfulness and acceptance processes in conjunction with commitment and behavior change processes to create psychological flexibility. It is founded on the ideas of contemporary behavioral psychology, such as Relational Frame Theory. (SdotC, Hayes. as well as (Lillis, 2020:137).
7. . Of current examples and patient experiences, acceptance and commitment therapy is seen by some as a practical treatment that reduces cognitive risk by of coping and acceptance strategies for experiences, thoughts, and false beliefs. It also treats the self as context and encourages committed actions based on the outcomes of earlier stages of therapy. (Al-Faqi, 2019:99).
8. Based on Relational Frame Theory, ACT is a professional intervention technique used by social workers to work with individuals, families, and small groups. It focuses on the functional context when evaluating a client's problematic situation and seeks to increase the client's psychological flexibility through important therapeutic processes that give the

client therapeutic methods and messages. (Abdulrahman, 2013: 437).

Furthermore, in social work, Acceptance and Commitment Therapy is a form of cognitive-behavioral therapy that depends on: (Abu Al-Nasr, 2020).

- The social worker's perception of the client's acceptance (listening, empathy, nondiscrimination, and attention).
- The social worker and the client are accepted.
- Mental and cognitive adaptability.
- Correcting misconceptions to lower cognitive risk.
- Understanding the experiences of the present, particularly the negative ones.
- Good self-management.
- Adherence to moral standards and appropriate conduct guidelines.

Based on the aforementioned definitions, the researcher can define Acceptance and Commitment Therapy (ACT), in the current study, as follows : It is one of the contemporary therapeutic intervention models in social casework that can enhance the quality of life for working divorced women by implementing a series of therapeutic processes, starting with accepting negative thoughts, feelings, experiences, and life events and conclude with a commitment to carry out behaviors and actions that are appropriate for the working divorced woman's circumstances.

2- Concept of Improving Quality of Life:

Quality of life is a multifaceted concept that is related to major changes like psychological stress and low self-esteem. An individual's success and development in all spheres of life, as well as their capacity for adaptation to various circumstances, are primarily determined by this structure. Life satisfaction, wellbeing, mental health, and social support are some of these aspects. (Agarekar, Wagih, Goyal, Ambkhar & Mudey, 2011).

The World Health Organization (WHO) defines quality of life as how people view their place in life in relation to their expectations and goals, as well as the culture, customs, traditions, and values they live by (2000, Nicolson). It is the degree of personal satisfaction with one's life, impacted by both environmental factors and personal traits, according to Claes, Hove, Loon Vandevelds, and Schalock (2010). Yet, according

to Bonomi, Patrik, Bushnell, and Martin (2000), it is a concept that encompasses both objective and subjective elements pertaining to interpersonal relationships, the environment, and a person's psychological condition. Tashtoush and Al-Qashar (2017) define quality of life as an individual's sense of contentment, joy, and happiness as well as their capacity to attain equilibrium in the social, psychological, and economic spheres of their lives and establish harmony with others.

Schalock (2000) identified quality of life as consisting of the following domains:

- a. Personal relationships:** friendships, intimacy, affection, and interaction with others.
- b. Material well-being:** economic status and possessions.
- c. Physical well-being:** health status.
- d. Psychological well-being:** feelings of security, peace, and stability.
- e. Personal development:** activities, effective skills, and education.
- f. Social inclusion:** social support and voluntary activities.
- g. Self-determination:** personal values, goals, and self-control.

Focus must be on empowering working divorced women in order to meet quality of life goals for people in general and for working divorced women in particular. Research shows that working divorced women have the right to exercise and enjoy their rights, which enhances their psychological well-being, financial circumstances, social state, and general health. A divorced woman will be able to declare herself, feel content, boost her confidence, and set constructive goals that give her life purpose and lower her risk of depression once she has recovered from the psychological crisis brought on by divorce. (Giuliano, 2002) According to the current study, a divorced woman who works and receives a monthly income still needs to improve her quality of life following her divorce. Family members' sense of security and their capacity to carry out their duties effectively are adversely impacted by the disruption, tension, instability, and disorder that divorce brings.

In the current study, enhancing the quality of life refers to the need for a divorced woman who is employed and receives a monthly salary to further improve her living conditions post-divorce. The process of divorce brings about disruption, sharp stress, instability, and chaos, which adversely impact the sense of security among family members and their capacity of fulfilling their roles effectively. This situation may prompt couples to choose to separate, terminate their marriage, and ultimately divorce. (Nawal, 2014)

Divorce negatively affects the family, [causing it to degenerate](#) and increasing feelings of anxiety, fear, frustration, isolation, deprivation, psychological imbalance, and depression. These [exhibit severe and challenging emotions](#) for both children and divorced spouses, especially women: the divorced woman faces life's hardships and difficulties, which makes her feel unhappy, dissatisfied with herself, and lacking a sense of life's value. (Bawiya, 2017)

The mental health of the family is determined by the success of the marital relationship between spouses. A compatible family is one capable of communication and interaction that strengthen its identity and cohesion. But when problems become complicated and all means of reconciliation and understanding are exhausted, divorce becomes the final option to end the marital relationship. (Al-Eid, 2011)

Mental health of the family is determined by the success of the marital relationship between spouses. A compatible family is one capable of communication and interaction that [enhances its identity and cohesiveness](#). But when problems become complicated and all means of reconciliation and understanding are exhausted, divorce becomes the final option to end the marital relationship. (Al-Eid, 2011) Divorce [results in adverse outcomes](#) for spouses, especially divorced women, such as feelings of depression, poor adjustment, future pessimism, and poor quality of life. Research shows that divorced women suffer from complex psychological crisis, leading to low levels of psychological well-being. (Finze, Doltan, 2010; Cohen, 2014)

There are also concerns regarding guardianship and childcare custody rights. Childcare is a crucial aspect of divorce outcomes, particularly for vulnerable children who are unable to achieve independence or autonomy. (Mohammed, 2018)

3- The Concept of the Working Divorced Woman:

Divorce is seen as a social issue and a widespread phenomenon in many societies, posing a threat to the overall structure of society, especially the family unit. Its occurrence has notably risen in Arabic societies, leading to various negative consequences, including homelessness, moral deviance, psychological distress, and an increase in violence. (Salwa, 2011:14)

Divorce is legally defined as the dissolution of a marriage, along with a reorganization of the responsibilities and roles of both men and women (at the Marëey, 2017). According to Pan (2015), divorce is the event that marks the end of a marital relationship between spouses. While divorce may sometimes be necessary, it can have significant psychological effects, especially on women who are separated. These women often experience heightened levels of depression, diminished self-esteem, feelings of inferiority, and psychological stress (Aljaf, 2016). Darlington's study (2001) explored the psychological effects of parental divorce and the disputes that often accompany it, particularly on children and their relationships with both parents. The study found that children tended to maintain positive relationships with both parents, but it also emphasized the importance of fostering healthy future relationships. A working divorced woman is one who relies on community development programs, as her only source of income typically comes from her monthly earnings following the divorce.

Sixth: Theoretical Directions& Explanations of the Study:

1- Directions Explaining Quality of Life Improvement:

a- Social Direction:

Research on quality of life has examined factors such as birth and death rates, disease prevalence, hoof conditions, education, and income levels, which differ across societies. Quality of life is influenced by the type of work a person does, the income they earn, the social status they achieve, and how their actions affect others. Some scholars also highlight the importance of workplace relationships, noting that interactions with colleagues can play a key role in shaping an individual's satisfaction or dissatisfaction with life. (Halawi, 2017: 48)

b- Psychological Direction:

From a psychological standpoint, an individual's own perception is the pivotal factor in defining the concept,

linking it to related ideas like personal values, the satisfaction of psychological needs, self-realization, and levels of ambition. Consequently, the essence of quality of life rests on deep emotional bonds, with psychological indicators serving as the observable results reflected in a person's daily existence. (Rashid, 2013: 106)

c- Medical Direction:

The medical perspective seeks to enhance the quality of life for those experiencing physical, psychological, or mental health conditions by offering counseling and treatment programs focused on health improvement and overall well-being. (Al-Omari, 2017:11)

d- Philosophical Direction:

From a philosophical standpoint, quality of life is viewed as a form of happiness that can only be achieved when an individual breaks free from the limitations of reality and envisions an ideal realm that offers an escape from the hardships of everyday life. This approach emphasizes the power of creative imagination, enabling a person to rise above pain and struggle by immersing themselves in a state of spiritual purity, detached from material concerns. In this view, quality of life is about "withdrawing from reality in pursuit of an imagined, dream-like happiness, where one completely disregards life's difficulties and finds peace in a spiritual existence beyond material values." (Al-Faqi, 2019:113)

2- Theories Explaining Divorce:

Numerous comprehensive theoretical frameworks have been proposed by researchers to explain the phenomenon of divorce, much like other psychosocial issues. In addition, several models have been introduced. The following is a summary of the most prominent theories and models:

a. Social Exchange Theory:

Social Exchange theory, a decision-making framework, suggests that individuals weigh the costs, losses, benefits, and advantages of their actions or choices, ultimately selecting the option that achieves their goals with minimal cost and effort. George Levinger applied this theory to the context of divorce, proposing that divorce becomes likely when the perceived disadvantages of staying in the marriage outweigh the benefits. In essence, the decision to divorce reflects a rational effort to minimize personal losses. (Shelby, 2021: 13)

b. Learning Theory:

This theory explains divorce as a result of the absence of mutual rewards between spouses and the sense of deprivation from unmet marital needs or the experience of punishment within the relationship. Such conditions create tension and anxiety in their interactions, making the marriage emotionally distressing and difficult to sustain. In this context, divorce becomes a means of pursuing a relationship with someone else who can offer the emotional or practical benefits that were lacking. (Shaheen, 2021:121)

c. Tallman and Gray Theory:

Tallman and Gray outline five progressive stages of family conflict and marital disputes that can ultimately lead to divorce:

- **Stage 1:** Centers on marital conflict and how it is shaped by each partner's childhood experiences and the emotional environment in their families of origin.
- **Stage 2:** Connects early family experiences to self-perception and explores how these shape the level of trust in one's spouse.
- **Stage 3:** Assesses the degree of mutual trust between the partners.
- **Stage 4:** Links the level of trust to how each partner evaluates their conflicts—suggesting that diminished trust causes partners to perceive disagreements as hostility, fueling misunderstandings and deepening emotional distance, which can pave the way for divorce.
- **Stage 5:** At this point, Tallman and Gray argue that unresolved conflicts may intensify into serious disputes, ultimately ending in divorce. (Naji, 2017:15)

d. Social Theories:

Social theories interpret divorce through a sociological lens, emphasizing cultural and economic influences that contribute to its occurrence and rising rates. These perspectives associate the increase in divorce with aspects of modern urban living, which tends to weaken familial and marital connections, making it easier for couples to end their marriages. The key explanations offered by social theories include:

- Contemporary life emphasizes individualism and personal fulfillment, diminishing values such as altruism, selflessness, and sacrifice—principles essential to sustaining marital and family relationships. As a result, spouses may choose divorce without considering its impact on others.

- Legal reforms surrounding marriage and divorce, along with the increased autonomy granted to individuals, have made it easier for both men and women to exit marriages, sometimes for relatively minor reasons.
- Ongoing economic, political, and social challenges place stress on families, creating tensions that often lead to the breakdown of marital relationships.
- Inadequate partner selection and significant disparities in age, socioeconomic status, culture, or background between spouses can hinder effective communication and understanding, leading to conflict and, ultimately, divorce. (Al-Najjar, 2017: 58)

Seventh: Theoretical Framework of the Study:

Most religious doctrines and civil laws recognize divorce as a legitimate means of ending a marital union when continuing the relationship becomes unfeasible. Divorce may be necessary due to one spouse harboring animosity toward the other, mutual resentment, or other personal circumstances that prevent the marriage from continuing. (Fiqh Report, 2018, p. 3)

Divorce in Judaism:

In Judaism, divorce is allowed and considered a unilateral right of the husband. He can divorce his wife without needing a specific reason, though having a reason is recommended. The marital bond is formally dissolved through the pronouncement of a single divorce statement, known as a *get*. After this, reconciliation does not permit the couple to resume marital life. (Bin Aqar, 2013, p. 28)

Rabbinic teachings further restrict the woman from remarrying her ex-husband if the divorce was due to suspicions of infertility or allegations about her conduct. This rule is meant to deter impulsive divorces by making them final and irreversible. (Elias, 2020, p. 113)

Divorce in Christianity:

Generally, Christianity prohibits divorce, drawing from the Gospel of Mark, where Jesus Christ states:

"...and the two shall become one flesh; therefore what God has joined together, let no man separate."

However, marital separation is allowed without dissolving the legal marriage. Couples can separate by mutual agreement if it is legally sanctioned by a court.

Different Christian denominations vary in their stance on divorce:

- **The Catholic Church** strictly forbids divorce under any circumstance. Even adultery is not seen as a valid reason for divorce. Nonetheless, separation may be granted in cases such as adultery, religious differences, abandonment, serious illness, infertility, mental illness, or apostasy.
- **The Orthodox Church** permits divorce in specific situations, including adultery, illness, infertility, mental instability, prolonged disappearance, entry into monastic life, or renunciation of the faith. (Bin Aqar, 2013: 29)

Divorce in Islam:

Islam permits divorce but does so with careful regulation, balancing the importance of family stability and happiness with the need to maintain social harmony. The Qur'an states:

"Divorce is twice, then [one may] retain [her] in an acceptable manner or release [her] with kindness." (Al-Baqarah: 229)

And also:

"And if they decide on divorce—then indeed, Allah is Hearing and Knowing." (Al-Baqarah: 227)

Although divorce is allowed, Islam strongly discourages it. The Prophet Muhammad (peace be upon him) said:

"Of all the lawful things, divorce is the most hated by Allah."

He emphasized that marriage is a sacred bond that should not be dissolved lightly. Allah describes it as a solemn covenant:

"And how could you take it back while you have gone in unto each other, and they have taken from you a solemn covenant?" (An-Nisa: 21)

(Khowaiter, 2021: 67)

The permissibility of divorce in Islam is affirmed by the Qur'an, Sunnah, and scholarly consensus. However, its ruling changes depending on the situation: in some cases, it may be obligatory, recommended, forbidden, disliked, or simply permissible. (Elias, 2020:119)

Social Changes and the Rise of Divorce in Egypt:

Egypt has seen a significant rise in divorce rates, underscoring the urgency of addressing the social transformations impacting family life. Strengthening family bonds is crucial to ensure the upbringing of psychologically and socially well-adjusted generations who can contribute to the country's development goals.

According to the Central Agency for Public Mobilization and Statistics (CAPMAS), Egypt recorded a 14.7% increase in divorce cases within a single year. In 2021, the number of divorces reached 254,777, up from 222,039 cases the previous year. (CAPMAS, 2023)

Over the past five decades, Egypt has undergone considerable social change driven largely by cultural transformation. Despite prolonged exposure to British occupation and earlier French influence—both known for their cultural imprint—Egypt's culture remained relatively stable due to the influential role of Al-Azhar. Unlike many other nations whose cultural identities were reshaped by colonization, Egypt preserved much of its traditional values and social fabric.

Key factors contributing to social change in Egypt include:

- **Religious superficiality:** Religious practices among Muslims and Christians have become more ritualistic than meaningful, with limited impact on personal behavior.
- **Weakened family ties:** Relationships between parents and children, as well as among extended family members, have deteriorated.
- **Rise in societal violence:** There has been a noticeable increase in unfamiliar crimes, including extreme cases like family-related murders over inheritance and other disputes.
- **Shift in marital motives:** Love and compassion are no longer the primary foundations for marriage; instead, many unions are now based on material gain, social status, or fleeting attraction, often neglecting long-term compatibility.
- **Impact of social media:** Social networking platforms have played a significant role in undermining family cohesion and increasing fragmentation.
- **Deterioration of marital stability:** These evolving social factors have adversely affected marriages, contributing to the rise in divorce rates.
- **Erosion of traditional values:** Cultural traditions and inherited values, which once held significant influence, have weakened in importance.
- **Economic independence of women:** In the past, women's financial reliance on their husbands often encouraged stronger commitment to family life. Today, with more women in the

workforce, financial independence has led to greater autonomy and less dependence on male partners.

- **Changing gender dynamics:** If women in earlier generations had the same freedoms as women today, divorce rates would likely have been comparably high.
- **Materialistic marriage standards:** A man's financial status—such as owning a house or car—is often prioritized over qualities like emotional compatibility or communication skills, which are essential for a successful marriage.
- **Rushed marriages:** Quick engagements and lack of proper premarital preparation often lead to equally swift divorces.
- **Media influence:** Modern television programs frequently depict women living independently, which can implant unrealistic ideas of freedom and rebellion. This encourages some women to defy traditional norms, reject parental guidance, and adopt a lifestyle focused on autonomy. In these cases, marriage may be viewed merely as a route to motherhood, rather than a partnership.

2. Divorce Indicators in Egypt (CAPMAS, 2023)

According to the Central Agency for Public Mobilization and Statistics (CAPMAS), Egypt has witnessed a noticeable rise in divorce rates in recent years:

- In **2021**, divorce cases rose by **14.7%** compared to 2020, with **254,777 cases** reported, up from **222,036** the previous year.
- The number of **final divorce rulings by the courts** increased by **38.4%**, reaching **11,194 rulings** in 2021, compared to **8,086** in 2020.
- **Official divorce certificates** also saw a **13.9%** increase, climbing to **234,583** in 2021 from **213,950** in 2020.
- The **overall divorce rate** rose to **2.5% in 2021**, compared to **2.2%** in 2020.
- Divorce was more prevalent in **urban areas**, with **3 divorces per 1,000 people**, compared to **1.9 per 1,000** in rural regions.
- In 2021, Egypt recorded **one divorce every two minutes**, or **29 divorces per hour**, a sharp increase from **23.7 divorces per hour** in 2017.

- The highest divorce rates were observed among individuals with a **moderate education level**, followed by those who were **literate but without formal education**. Conversely, individuals with **postgraduate degrees** had the lowest divorce rates.
- **Cairo** reported the **highest divorce rate at 5.4 per 1,000 residents**, followed by **Alexandria at 4.1 per 1,000**.
- **Assiut and Minya** recorded the **lowest rates, both at 1.3 per 1,000**.

2. Divorce Indicators in Egypt: (CAPMAS, 2023)

- **a.** Divorce cases increased by **14.7%** in 2021 compared to 2020, with **254,777** cases in 2021 versus **222,036** in 2020.
- **b.** Final court rulings on divorce rose by **38.4%**, reaching **11,194** rulings in 2021 compared to **8,086** in 2020.
- **c.** Official divorce registrations increased by **13.9%**, reaching **234,583** in 2021 compared to **213,950** in 2020.
- **d.** The divorce rate in 2021 reached **2.5%**, up from **2.2%** in 2020.
- **e.** Divorce rates were higher in urban areas than in rural areas: **3 per 1,000** people in cities versus **1.9 per 1,000** in rural areas.
- **f.** In 2021, one divorce occurred every **two minutes**, with **29 divorces per hour**, compared to **23.7 divorces per hour** in 2017—a rise of **5.4 divorces per hour**.
- **g.** Highest divorce rates were among those with intermediate-level education, followed by those who can read and write. The lowest rates were among those with postgraduate degrees.
- **h.** Cairo topped all Egyptian governorates in divorce rates in 2021, with **5.4 per 1,000** people, followed by Alexandria with **4.1 per 1,000**.
- **i.** Assiut recorded the lowest divorce rate, with **1.3 per 1,000**, followed by Minya with the same rate.

Divorce Statistics & Government Efforts to Decrease Rising Divorce Rates in Egypt

According to the *Analytical Report of the Annual Bulletin of Marriage and Divorce Statistics for 2021* released by the Central Agency for Public Mobilization and Statistics (CAPMAS), divorce cases in Egypt experienced a notable rise compared to 2020. The total number of divorces in 2021 reached around 254,777, marking a 14.7% increase from the 222,036 cases recorded in the previous year.

Final divorce verdicts also grew substantially by 38.4%, with 11,194 rulings in 2021 compared to 8,086 in 2020. Additionally, official divorce registrations rose by 13.9%, increasing from 213,950 in 2020 to 243,583 in 2021. (CAPMAS, 2022)

3. Government Initiatives to Curb Rising Divorce Rates in Egypt

Egyptian authorities have recognized the negative implications of escalating divorce rates on national development, societal cohesion, and overall stability. In response, several initiatives and programs have been implemented:

- **a. National Project for the Development of the Egyptian Family**

This initiative, launched under presidential guidance, focuses on enhancing the overall well-being of Egyptian families. It aims to preserve family unity and strengthen inner bonds through efforts in the social, demographic, cultural, and economic spheres.

- **b. “Mawadda” Project**

Spearheaded by the Ministry of Social Solidarity, the "Mawadda" program educates young men and women preparing for marriage. It covers psychological, health, social, and religious aspects, teaching participants about marital responsibilities, reproductive health, and positive parenting.

The project also targets university students and residents of "Decent Life" (Hayah Karima) villages, in collaboration with the United Nations Population Fund (UNFPA). Community leaders in these areas conduct workshops on managing family disputes. Furthermore, the initiative provides interactive sessions in universities, camps, youth centers, and government institutions. To date, 17,000 public service employees in 25 governorates have received training on selecting a life partner and preparing for married life.

A partnership was also formed with the Federation of Egyptian Industries to educate female factory workers about premarital health screenings and reproductive health.

- **c. Family Insurance Fund**

Established by Law No. 11 of 2004 and managed by Nasser Social Bank, this fund supports families abandoned by their primary breadwinner. It facilitates prompt execution of court rulings on alimony and related financial obligations, offering up to 500 EGP

monthly—even before recovering the amount from the liable party. Full amounts are paid once collected.

- **d. “Mostoura” Project**

In partnership with the "Tahya Misr" Fund, this initiative provides microloans to economically active women for launching small enterprises in fields like trade, livestock, and home-based industries. Loan amounts range from 4,000 to 30,000 EGP, and applicants must be aged between 21 and 60.

- **e. Training Marriage Registrars (Ma'zouns)**

The Ministry of Justice, in collaboration with Dar Al-Ifta, has conducted training for around 1,000 marriage registrars nationwide. These sessions aim to raise awareness about the repercussions of divorce, reduce familial legal disputes, and equip registrars to support family cohesion.

- **f. "Family Reunification Unit"**

Initiated by Al-Azhar's Electronic Fatwa Center, this unit works to resolve marital disputes, prevent family breakdowns, and raise public awareness about family preservation through counseling and guidance.

- **g. “Live With Them Kindly” Campaign**

This media initiative, launched by Al-Azhar, features short videos distributed via social media that address the primary causes of divorce and propose solutions to mitigate its rise.

4. Enhancing the Quality of Life for Divorced Working Women

Improving an individual's quality of life requires achieving a balanced approach to physical health, mental well-being, and social relationships. It reflects a person's ability to find satisfaction and maintain a positive outlook despite life challenges. A key element of quality of life is psychological adjustment, which is deeply influenced by one's self-awareness. This self-awareness shapes how people perceive and assess both tangible aspects—like education, employment, living standards, and social interactions—and the personal value they assign to these elements based on their current life circumstances.

(Al-Agha, 2021, p.19)

Research findings reveal that divorced women tend to report lower levels of well-being across all dimensions—physical health, mental outlook, social connections, and their living environment—compared to married

women. Divorce can be an especially distressing and destabilizing experience for women, often compounded by a lack of both financial and emotional support to help them navigate post-divorce life. In many Arab societies, divorced women face social marginalization, being viewed with suspicion and subjected to gossip, stigma, and harsh societal judgment. This marginalization frequently extends beyond their families to include neighbors, friends, and broader community circles.

In addition to societal pressures, divorced women often face serious financial hardships and emotional struggles such as anxiety, sadness, and depression. Losing the financial backing of a spouse often leads to a noticeable decline in their quality of life and economic status. Furthermore, constant social scrutiny and harassment contribute to a sense of insecurity, both financially and socially, further deepening emotional distress.

(Rateb, 2017, p.116)

Divorced women often face inner family struggles, including emotional disconnect, poor communication, and limited engagement in recreational activities—challenges less common among non-divorced women. Research by Abdel-Rashid (2019) shows that divorced women report higher levels of anxiety and frustration and experience a lower quality of life compared to their married peers. (Abdel-Rashid, 2019: 14)

Divorce is not only a personal challenge but also a broader social issue that can, in many cases, lead to mental health problems and reduced life satisfaction. Women who are unable to adjust to post-divorce life or manage stress effectively are more likely to suffer from depression and further deterioration in their overall well-being. This highlights the need for psychological counseling and support to help them cope and adapt.

The consequences of divorce—both emotional and practical—can negatively affect well-being by reducing happiness, weakening family ties, and compromising both physical and mental health. Divorced women often report a greater risk of psychological distress and lower satisfaction with life than married women. (Aliwa, 2019: 34)

Stress management training can significantly improve divorced women's quality of life by strengthening their confidence and helping them develop healthier habits. This can lead to better performance and satisfaction across professional, educational, and social domains. Overall, divorce influences all core areas of life—emotionally through depression

and anxiety, financially through economic hardship, and socially through stigma and cultural constraints. To overcome these challenges, a divorced woman must rebuild her self-esteem, accept her situation, and gain the skills and knowledge needed to pursue personal growth and happiness. This journey allows her to move from a place of hardship to one of resilience, achievement, and emotional well-being.

-5. Acceptance and Commitment Therapy (ACT):

Acceptance and Commitment Therapy (ACT) has a significant role in contemporary clinical social work, as it aligns closely with the profession's core values and ethical principles. It is also a versatile therapeutic model that can be effectively applied to a wide range of client concerns across various practice areas.

(Boone, Mundy, Stahl & Genrich, 2019)

a. Origins of Acceptance and Commitment Therapy:

This model was founded by Hayes in the 1980s and relies on the contextual approach to therapy. This means it explores contextual comparisons such as words and actions, differentiating between thoughts, actions, and behaviors of cases, and investigates the meaning of language and human cognition.

(Ubaid, 2020:156)

Acceptance and Commitment Therapy is fundamentally based on **Relational Frame Theory (RFT)**, which is a behavioral analytic theory describing the communicative mental state. It clarifies the complex nature of relationships in the thought process and explains their connection to human behavior. It also provides a conceptual framework to understand the acquired ability to connect events in an individual's life in a coherent manner.

(Larmer, Wiatrowski & Lewis-Driver, 2014)

Acceptance and Commitment Therapy (ACT) focuses on changing the way an individual interacts with language and concentrates on life events and situations. This supports the idea of the individual accepting unwanted experiences and emotions that are beyond their control, and then voluntarily committing to initiate new behavioral actions that enrich and improve their life. (Aliwa, 2019: 153)

b. Goals of Acceptance & Commitment Therapy:

The practice of ACT helps clients use mental skills and cognitive processes positively to cope with painful emotions related to problematic situations, avoid fears and doubts, build good social relationships, and find short- and long-term life goals. ACT aims to help clients perceive themselves as a unique context of ongoing experiences and events, including emotions, thoughts, memories, feelings, and sensations. The goal is not to avoid negative experiences but to move forward toward meaningful life paths. It also helps clients who have rigid thinking and behavioral patterns become more psychologically and behaviorally flexible. (Sencer, 2019: 31)

c. Philosophy of Acceptance & Commitment Therapy:

ACT is neither a traditional behavioral therapy nor classical cognitive-behavioral therapy. Rather, it is a behavioral therapy based on a scientific philosophy and a foundational theory about the functions of language, cognition, and behavioral change, along with a core set of processes through which therapeutic protocols can be developed.

The philosophy underlying ACT is a foundational philosophy that helps define practical steps and is based on what is called **Functional Contextualism**. This approach helps the therapist view the client's problematic situation as an interaction between individuals and the environmental context, which must be analyzed to determine the goals behind this interaction.

Functional Contextualism, as the philosophical basis of ACT, means attachment to goals and striving to predict and influence them with accuracy and depth.

The core theory supporting ACT is **Relational Frame Theory (RFT)**, which regards relational frames as learned behavioral processes serving as an organizing principle of human experience. Psychosocial therapy aims to modify the functions of diverse relational frames. (Steven, 202: 45)

d. Main therapeutic processes, principles, methods, and professional intervention strategies from the ACT perspective:

The therapeutic process in ACT is a collaborative effort between the client and therapist, aiming to develop behavioral models that allow greater personal choice and freedom. The primary purpose of the therapy is to enhance **psychological flexibility**. To achieve this, the therapy is conducted through the following sub-processes: (Sencer, 2019: 31)

- **Self:** Is the client aware of excessive self-focus? Or is the client connected to the relatively limited sense of self, depending on the psychological state?
- **Being in the Present Moment (Mindfulness):** Does the client exhibit flexible, genuine attention to the present, or is the client functioning in a state of distress?
- **Acceptance:** Does the client avoid painful emotions and thoughts? Does the client accept painful psychological content for a meaningful life?
- **Defusion:** Is the client rigidly attached to certain thoughts and evaluations about themselves and the world around them?
- **Values:** Can the client move in directions aligned with meaningful values within their life framework?
- **Committed Action:** Is the client able to perform intentional actions consistent with their values?

There are some important principles that the therapist adheres to while practicing the six therapeutic processes from the ACT perspective, as follows: (Steven, 2021:103)

1. There is no “correct” order to practicing these six therapeutic processes.
2. Not all clients need all six therapeutic processes.
3. Practicing the ACT model requires some professional skills.
4. Many methods and professional intervention strategies can be used to achieve only one of the six therapeutic processes.

e. Professional Intervention Strategies in Acceptance and Commitment Therapy:

Below is an explanation of each of the six therapeutic processes including the methods and intervention strategies involved, as follows: (Carol, 2019: 45)

1. Self-as-Context Differentiation from Self-as-Concept:

This is a primary therapeutic process in ACT aiming at helping the client recognize the difference between the content of human personal experiences and the context in which these experiences occur. Most clients find it difficult to achieve this separation because they lack sufficient skills in self-contact. The therapist uses multiple therapeutic

messages and behavioral tasks to help the client become aware of these differences.

The therapist applies various methods and intervention strategies during this process, including but not limited to:

- The Observation Exercise
- The Therapeutic Relationship
- Trusting Feeling vs. Trusting Action
- The Experiential Centering Exercise
- Practicing Unconditional Acceptance
- Self as the Subject of Analysis

2. Contact with the Present Moment: Self as Process:

In this process, the focus is on the client's present and awareness of what is happening now. The benefits of this focus are felt within the therapeutic relationship and the therapist's flexibility. Attending to the present moment requires sensitivity to multiple levels of analysis when dealing with any simple aspect of the client's behavior or content of what the client says or does.

Professional intervention to increase contact with the present moment involves methods and strategies such as:

- Observation Exercise
- Awareness and Mindfulness Exercises
- Searching for Experience
- Recording Continuous Feedback

3. Acceptance and Willingness: Removing the Dominance of Experiential Avoidance:

This therapeutic process aims to help the client see experiential avoidance or control of painful experiences as they truly are and assists them in opening up to the possibility of alternative experience—i.e., willingness. Thus, acceptance and willingness develop.

This is achieved through methods and strategies such as: The Falling into the Hole Exercise, Conflict Observation, Making Way for the New by Letting Go of the Old, Paradoxes, The Illusion of Control, Breaking Free from Constraints, Recognizing Trauma.

The processes in Acceptance and Commitment Therapy (ACT) and the therapist's activities:

4. **Eliminating Cognitive Fusion:**

In this process, cognitive fusion refers to the dominance of certain verbal functions over other psychological functions, directly or indirectly. When this fusion is reinforced by culturally supported messages to the extent that negative personal events have a harmful impact—contrary to what the client expects—the client finds themselves in a difficult problematic situation. There are three negative forms of fusion that the therapist works to reduce and modify:

- Fusion between evaluations and their related events
- Fusion with random relations
- Fusion with pain-triggering events

Some important therapeutic methods and strategies used in this process include:

- Mindful Valuation
- Repetition Exercise
- Opposites Exercise

5. **Values:**

The therapist's goal in this therapeutic process is to help the client reconnect with a sense of life direction aligned with the values the client commits to. Then the professional intervention begins in a way consistent with these values. This is achieved through the following methods and strategies:

- "Your Values Are Ideal" Exercise
- Clarifying Values
- Taking a Stand
- Moving Away from Traumas
- "What If Nobody Knows?"

6. **Building Patterns of Committed Action:**

The therapist aims through this process to help the client discover the nature of the dilemma they are trapped in, which involves

highly entangled patterns of behavior that lead to nothing but increasing behavioral and emotional avoidance. This is addressed through the following methods and strategies:

- Choosing Not to Choose
- Responsibility and Blame
- Forgiveness

7. Activities (Steps) Carried Out by the Practitioner of ACT:

Practicing Acceptance and Commitment Therapy requires the therapist to perform activities (steps) that help analyze the client's problematic situation, which include: (Elizabeth, 2022: 203)

- a. Analyzing the scope and nature of the client's problem.
- b. Assessing factors that affect the client's motivation level for change.
- c. Analyzing factors that reduce the client's psychological flexibility.
- d. Assessing factors that increase the client's psychological flexibility.
- e. Reaching a therapeutic goal and determining the professional intervention.

Eighth: Methodological Procedures of the Study

1. Type of Study:

This study belongs to the quasi-experimental type of studies, which tests the effect of an independent variable (a professional intervention program of Acceptance and Commitment Therapy in social casework) on a dependent variable (improving the quality of life of working divorced women).

2. Study Methodology:

In line with the study's objectives and consistent with its type, the study adopted a quasi-experimental design of a one-group pretest-posttest design. A pretest measurement was conducted before introducing the experimental variable (the training program), then the experimental variable was applied over a specified period (three months), followed by a posttest measurement of the same scale. The results were analyzed to identify differences between the pretest and posttest scores, which are attributed to the use of the

training program based on practicing Acceptance and Commitment Therapy in social casework.

3. Study Tools:

- A. Individual and group interviews with the study sample.
- B. Records of working divorced women registered with the Community Development Association in rural and urban areas of Kafr El-Sheikh city.
- C. The Quality of Life Improvement Scale for Working Divorced Women (prepared by the researcher), designed according to the following steps:
 - Reviewing various theoretical writings and previous studies related to improving the quality of life for working divorced women, as well as some scales to benefit from them in determining the relevant dimensions that achieve the study's objectives and to form a scientific perception for the researcher about the most important aspects.
 - The researcher identified the scale's dimensions and the statements for each dimension, represented in five dimensions as follows:
 - First dimension: Physical safety (statements 1-5).
 - Second dimension: Psychological safety and inner happiness (statements 6-10).
 - Third dimension: Sense of personal value (statements 11-15).
 - Fourth dimension: Feeling of social security (statements 16-20).
 - Fifth dimension: Income improvement (statements 21-25).

The face validity of the scale was established by presenting it to a panel of experts in the fields of social work, sociology, and psychology. Some items were deleted or added, while those that received 85% approval were retained. As a result, the scale included 20 items. The scale uses three response options:

- **Agree (3 points)**
- **Somewhat agree (2 points)**
- **Disagree (1 point)**

The study indicates that a low score reflects a low improvement in the quality of life for divorced working women. The scale's levels are as follows:

- **From 0 to 57 points:** Low improvement in quality of life
- **From 58 to 114 points:** Moderate improvement in quality of life
- **From 115 to 171 points:** High improvement in quality of life

Experimental validity was tested by applying the scale to a sample of 10 individuals (not part of the main research sample but with similar characteristics). The scale was re-applied to them after a time interval of 15 days. The reliability coefficient of the scale was calculated of **Pearson's correlation coefficient**, as follows:

$$r = [(n \sum XY) - (\sum X)(\sum Y)] / \sqrt{[(n \sum X^2 - (\sum X)^2) \times (n \sum Y^2 - (\sum Y)^2)]}$$

Where:

- **r** represents the correlation coefficient (reliability)
- **n** is the number of individuals in the sample (10)
- **X** represents the scores from the first application
- **Y** represents the scores from the second application

Table No. (1): Pearson correlation coefficients for the reliability of the scale dimensions

| No. | Dimension | Pearson Correlation Coefficient | Statistical Significance Level |
|-----|--|---------------------------------|--------------------------------|
| 1 | Physical Well-being | 0.93 | Significant at 0.01 level |
| 2 | Psychological Well-being and Inner Happiness | 0.94 | Significant at 0.01 level |
| 3 | Sense of Personal Value | 0.91 | Significant at 0.01 level |
| 4 | Sense of Social Security | 0.89 | Significant at 0.01 level |
| 5 | Improvement in Financial Income | 0.88 | Significant at 0.01 level |
| | Total Scale | 0.91 | Significant at 0.01 level |

The data in Table No. (1) Clearly show that the Pearson correlation coefficient is **0.91**, which is statistically significant and acceptable. This indicates that the scale achieves a satisfactory level of consistency and reliability, confirming its suitability for application.

4. Study Domains:

A. Place Domain:

The study was conducted at the **Residential and Civic Community Development Associations in Kafr El-Sheikh City** for the following reasons:

- The approval of both associations' boards of directors to carry out the study and their cooperation with the researcher.
- The researcher's good relationship with the boards and staff of both associations, having previously supervised field training students there.
- The availability of the study sample within these associations and their consent to participate in the research.
- The proximity of the two associations to the researcher's residence and work area, facilitating the implementation of professional intervention.

B. Human Domain:

The target population for the current study included all divorced working women who frequent the two associations in Kafr El-Sheikh City, totaling **96** divorced working women. The researcher established the following criteria for selecting the study sample:

- The participant must be a divorced woman who is **employed** and not a housewife.
- She must **reside in Kafr El-Sheikh City** to facilitate attendance.
- She must have **low scores** on the Quality of Life Scale for Divorced Working Women.
- She must **consent to professional intervention**.

Upon applying these criteria, the researcher found that **43 women** met the conditions. The researcher then administered the Quality of Life Scale to them to further refine the selection and chose **26 women** with the **lowest scores** for participation in the study.

C. Time Domain:

The time frame of the study was defined as the period during which the experiment and professional intervention program were conducted, from **April 1, 2024, to July 20, 2024.**

5. Statistical Measures:

The researcher used the following statistical tools:

- **Pearson's Correlation Coefficient**
- **Mean**
- **Standard Deviation**
- **T-test**
- **Black's Score Equation** and **Eta-squared Equation** to measure the program's effect size, of the statistical software **SPSS**.

Ninth: The Professional Intervention Program Of Acceptance and Commitment Therapy (ACT) in Social Casework to Improve the Quality of Life for Divorced Working Women:

The intervention program, based on Acceptance and Commitment Therapy in individual casework practice, aims to improve the quality of life for divorced working women and includes the following components:

1. Foundations of the Professional Intervention Program:

A. The theoretical framework of the study, including the concepts and foundations of Acceptance and Commitment Therapy (ACT) in individual casework, and its use in professional intervention with divorced working women to improve their quality of life.

B. Results of previous research and studies related to the subject of the study.

C. The goals that the study seeks to achieve.

D. The researcher's observations and interviews with experts and specialists in the field of the study.

2. The Professional Intervention Program:

The professional intervention program is a system of planned and organized professional processes and procedures through which

specialized professional assistance is provided to improve the quality of life of divorced working women.

This intervention program, of **Acceptance and Commitment Therapy (ACT)** in social casework, is based on two key assumptions:

- **Physical and psychological well-being and inner happiness:**
The model assumes that every divorced woman needs this kind of well-being and possesses untapped potential. Moreover, any skill or talent can be developed and improved.
- **Sense of security and personal value after divorce:**
This is achieved by focusing on the inner strengths of divorced working women rather than dwelling on their weaknesses and limitations.

3. Objectives of the Professional Intervention Program:

The primary objective of the study is to test the **effectiveness of a professional intervention program of Acceptance and Commitment Therapy (ACT)** in individual casework to improve the quality of life of divorced working women.

This objective is realized through the following sub-goals:

- A.** To verify the effectiveness of of ACT in individual casework in improving **physical well-being** among divorced working women.
- B.** To verify the effectiveness of of ACT in individual casework in improving **psychological well-being and inner happiness** among divorced working women.
- C.** To verify the effectiveness of of **Acceptance and Commitment Therapy (ACT)** in individual casework in improving the **sense of personal value** among divorced working women.
- D.** To verify the effectiveness of of ACT in improving the **financial income** of divorced working women.

4. Considerations Taken by the Researcher in Designing the Contents of the Professional Intervention Program:

1. The researcher ensured that the program's objective was **clear and realistic**.
2. The researcher committed to of **appropriate mechanisms and tools** to achieve the program's goals.
3. The researcher made sure the program and its contents **aligned with the desires and needs** of the divorced working women.
4. The researcher ensured that the program's activities **matched the available resources** of the Community Development Associations in Kafr El-Sheikh.
5. The program was designed to be **flexible and adaptable** according to circumstances and changing variables.

5. Stages of Implementing the Professional Intervention Program:

The professional intervention program was implemented through the following stages:

A. First Stage: Preparation Phase

This phase included a set of preliminary professional procedures, which comprised:

- Communicating with the study population and **preparing them** for the study.
- Reviewing **records and reports** related to each case.
- Preparing the **Quality of Life Scale for Divorced Working Women** based on Acceptance and Commitment Therapy (ACT), and ensuring its **validity and reliability**.
- Selecting the **study sample** according to the specified criteria.
- Establishing a **verbal agreement** with the study cases, introducing the program, explaining its objectives and framework, agreeing on responsibilities and tasks, and clarifying the roles of both the researcher and the client.
- Building a **professional relationship** based on kindness, respect, acceptance, and objectivity.

B. Second Stage: Assessment Phase

This stage aims to form a clear and comprehensive understanding of the divorced working woman's personality across various dimensions—financial, psychological, mental, and social. It includes gathering

sufficient information and facts related to her current situation, such as identifying the types of problems and behavioral disorders she suffers from. The focus is also placed on the nature of her relationships and interactions with her peers, and the extent of her adaptation to the surrounding social environment within the Residential and Civil Community Development Association in the city of Kafr El-Sheikh.

C. Third Stage: Professional Intervention Phase

This phase involves applying the processes and techniques of **Acceptance and Commitment Therapy (ACT)** in individual casework over a continuous period of **three months**. The therapeutic processes and techniques included the following:

- **Acceptance:** This process begins by identifying the negative emotions and painful experiences suffered by the divorced working woman in general, then helping her to accept them without trying to avoid them. She is encouraged to take the necessary steps to face and deal with them with flexibility and positivity.
- **Cognitive Diffusion:** The goal of this process is to help the divorced woman change how she interacts with false, irrational, or unhelpful thoughts and beliefs that negatively affect her life. She is guided to replace these with correct, positive beliefs and thoughts.
- **Contact with the Present Moment:** This process involves guiding the woman to mindfully connect with the present and focus on her current life circumstances, rather than excessively worrying about what the future may hold.
- **Self-as-Context (Understanding the Self):** This therapeutic process focuses on training the woman to perceive herself as a context separate from her emotions, thoughts, events, and the difficult situations happening around her. It also helps her distinguish between the content of her personal experiences and the context in which these experiences occur.

Clarifying Values:

This therapeutic process involves helping the divorced woman identify the core human values she adheres to, as well as setting and defining her future goals (both short-term and long-term) that give her life meaning and purpose, in line with her own capabilities and potentials.

Commitment and Pledge:

This process includes encouraging the woman to engage in positive behaviors and effective, constructive actions aligned with the human values she has chosen. It also involves strengthening her ability to carry out various tasks and activities that contribute to developing her social skills on one hand, and moving closer to achieving her future goals and ambitions on the other.

Additionally, a set of therapeutic methods and techniques are used to help achieve the goals of the professional intervention, including:

- **Discussion and Dialogue:**

This method involves helping the divorced woman understand and realize the reasons that reduce her engagement and integration with her family. It also seeks to bring about a positive change in her attitudes towards herself and the growth of others, and to adjust her illogical opinions and interpretations that hinder her acceptance of development and change in general.

- **Utilization:**

This involves assisting the woman to discover and appreciate her strengths, which can be invested in improving her social skills and behaviors. It also helps her release latent energies that can be utilized to enhance her self-concept and increase her interaction with those around her.

- **Positive Reinforcement:**

This is done through praise and commendation after the woman exhibits any of the targeted positive behaviors related to achieving the goals of the professional intervention program. Reinforcement may also include giving symbolic gifts as a form of appreciation from the researcher for the group's commitment to following the program instructions.

- **Modeling:**

This method helps in shaping some desired social attitudes in the woman and teaching her new social skills and behaviors by presenting models of influential social figures in the community. The aim is for the divorced woman to emulate their positive interactions, their assistance to others, their overcoming of life's challenges, and their awareness of their own selves and abilities.

Mindfulness:

This involves directing the divorced woman's attention to every moment she experiences, whether innerly at the level of thoughts and feelings or externally at the level of the environment she lives in. The goal is to increase her ability to focus, engage in cognitive reflection, and think positively and effectively, thereby opening her up to new information and experiences that motivate the acquisition of targeted social behaviors.

D- Fourth Stage: Evaluation and Termination Stage:

In this stage, the divorced woman gains the ability to understand herself and face the future without anxiety or fear. During this stage, the following occurs:

- Preparing the divorced woman for the termination of professional intervention by spacing out the professional sessions.
- Encouraging the divorced woman to continue applying what she has learned in future situations and problems she may face.
- Conducting the post-test of the Quality of Life Improvement Scale for Working Divorced Women on the experimental group and extracting the results.

Tenth: Presentation of Field Study Results:**Results Related to the First Hypothesis:**

There is a statistically significant relationship between practicing Acceptance and Commitment Therapy (ACT) in social casework and improving the physical well-being of working divorced women.

Table (2): Statistical significance differences between the experimental group's pre-test and post-test measurements of physical well-being on the Quality of Life Improvement Scale for Working Divorced Women.

| Measurement | Mean | Standard Deviation | Calculated t-value | DF | Significance Level |
|-------------|-------|--------------------|--------------------|----|---------------------|
| Pre-test | 26.65 | 5.234 | 13.002 | 19 | Significant at 0.01 |

Results of the above table indicate statistically significant differences between the mean scores of the experimental group in the pre-test and post-test measurements on the physical well-being dimension of the

Quality of Life Improvement Scale for Working Divorced Women, favoring the post-test scores.

The mean score in the pre-test was (26.65) with a standard deviation of (5.234), while the mean score in the post-test was (41.95) with a standard deviation of (0.224). The calculated t-value was (13.002), which is greater than the critical t-value at the significance level of 0.01 with 19 degrees of freedom. This confirms the validity of the first sub-hypothesis of the study.

Result are consistent with the findings of Abd El-Moaz (2012), which aimed at improving the quality of life for divorced women through identifying the social and psychological problems faced by families due to annulment or divorce. The results showed that annulment and divorce cause many social, psychological, and economic problems for the family as a whole (husband – wife – children), which negatively affect the quality of life improvement for the family.

It also aligns with the findings of Salama (2012), which indicated that tension among family members may lead to a lack of trust and deterioration of relationships between spouses, thereby preventing the improvement of quality of life. In such cases, divorce becomes an inevitable outcome, with its repercussions affecting the children.

Table No. (3): Black's Gain Ratio & the Intervention Program Effect Size of Physical Safety.

| Pre-test Score | Post-test Score | Final Score | Adjusted Gain Ratio | Effect Size |
|----------------|-----------------|-------------|---------------------|-------------|
| 26.65 | 41.95 | 42 | 1.36 | 0.90 |

Results of the above table indicate a remarkable effect of the professional intervention program of Acceptance and Commitment Therapy in social casework on improving the quality of life physical safety dimension of employed divorced women, where the adjusted gain ratio reached (1.36) and the effect size was (0.90).

This confirms the effectiveness of the Acceptance and Commitment Therapy professional intervention program in social casework on improving the quality of life physical safety dimension for employed divorced women in the on the post-test of the experimental group.

These results are consistent with the findings of the study by Burke et al. (2014), which confirmed the effectiveness of the professional intervention program of Acceptance and Commitment Therapy in achieving psychological adaptation among parents of children with life-threatening illnesses, specifically children with cancer and children suffering from chronic heart diseases. It also aligns with the results of the study by Zarling et al. (2015), which revealed the effectiveness of Acceptance and Commitment Therapy in reducing the incidence of aggressive behavior between spouses, especially related to physical and psychological violence.

Results Related to the Second Hypothesis:

There was a statistically significant relationship between practicing Acceptance and Commitment Therapy (ACT) in social casework and improving the psychological safety and inner happiness of employed divorced women.

Table No. (4): Statistical significance differences between the pre-test and post-test measurements of the experimental group's psychological safety & inner happiness.

| Pre-test Mean | Pre-test SD | Post-test Mean | Post-test SD | Calculated t-value | DF | Significance Level |
|---------------|-------------|----------------|--------------|--------------------|----|---------------------|
| 19.35 | 1.889 | 43.90 | 1.586 | 48.604 | 19 | Significant at 0.01 |

Results of the above table indicate statistically significant differences between the mean scores of the experimental group in the pre-test and post-test on the dimension of psychological safety and inner happiness for employed divorced women.

The pre-test mean was (19.35) with a standard deviation of (1.889), while the post-test mean was (43.90) with a standard deviation of (1.586). The calculated t-value was (48.604), which is greater than the critical t-value at the 0.01 significance level with 19 degrees of freedom, confirming the validity of the second sub-hypothesis of the study.

This confirms the effectiveness of the professional intervention program based on the techniques and methods of Acceptance and Commitment Therapy in social casework on improving the quality of life for employed divorced women.

These results align with the findings of the study by Rifaat (2000), which indicates that divorce is the declared outcome of problems caused by tension among family members, lack of trust, deterioration of marital relationships, and decreased psychological safety and inner happiness among employed divorced women. Family problems lead to marital maladjustment, manifested in many forms such as ongoing quarrels, conflicts over family leadership, distancing of interests, and other issues that affect the family's performance of its functions.

Table No. (5): Black's Gain Ratio & effect size of psychological well-being and inner happiness.

| Pre-test Score | Post-test Score | Final Score | Adjusted Gain Ratio | Effect Size |
|----------------|-----------------|-------------|---------------------|-------------|
| 19.35 | 43.90 | 45 | 1.50 | 0.99 |

Results in the table above indicate a strong impact of the professional intervention program of Acceptance and Commitment Therapy in social casework on improving the quality of life for working divorced women on the dimension of **psychological well-being and inner happiness**, with an adjusted gain ratio of **1.50** and an effect size of **0.99**.

This strongly confirms the effectiveness of the ACT-based intervention program in significantly improving this dimension in the post-test for the experimental group.

Results Related to the Third Hypothesis:

There is a statistically significant relationship between practicing Acceptance and Commitment Therapy in social casework and **improving the sense of personal value** among working divorced women.

Table No. (6): Statistical significance of the differences between the pre-test and post-test scores of the experimental group on the *sense of personal value* dimension

| Pre-test Mean | Pre-test SD | Post-test Mean | Post-test SD | Calculated t-value | DF | Significance Level |
|---------------|-------------|----------------|--------------|--------------------|----|---------------------|
| 15.80 | 1.963 | 36.55 | 2.089 | 30.687 | 19 | Significant at 0.01 |

The results in the above table indicate statistically significant differences between the means of the experimental group's pre-test and post-test

scores on the *sense of personal value* dimension of the Quality of Life Scale for working divorced women — in favor of the **post-test**.

- The **pre-test mean** was **15.80** with a standard deviation of **1.963**
- The **post-test mean** was **36.55** with a standard deviation of **2.089**
- The **calculated t-value** was **30.687**, which is greater than the critical t-value at the 0.01 significance level with 19 degrees of freedom

This confirms the validity of the **third sub-hypothesis** of the study.

These findings align with:

- **Sayed (2018)**, who demonstrated the success of Acceptance and Commitment Therapy (ACT) techniques in reducing post-traumatic stress among visually impaired adolescents
- **Takahashi & Ishizu (2020)**, whose study confirmed the effectiveness of ACT strategies in alleviating emotional and behavioral issues in adolescents, especially behaviors related to social withdrawal and peer avoidance

This further affirms the **effectiveness of the ACT-based professional intervention program** in improving the **quality of life of working divorced women**, particularly in enhancing their **sense of personal value**.

Table No. (7): Black's Gain Ratio and the Effect Size of the quality of life

| Pre-test Score | Post-test Score | Final Score | Gain Ratio | Effect Size |
|----------------|-----------------|-------------|------------|-------------|
| 15.88 | 36.55 | 39 | 1.43 | 0.98 |

Results of the above table indicate a notable **impact** of the professional intervention program of **Acceptance and Commitment Therapy (ACT)** on **improving the quality of life** for working divorced women, on the dimension of **sense of personal value**:

- **Gain Ratio:** 1.43
- **Effect Size (Eta-Squared):** 0.98

These findings clearly confirm the **effectiveness of the intervention program** in significantly improving this aspect in the **post-test** results for the experimental group.

The results are consistent with:

- **Arnout (2019)**, who confirmed the success of ACT in enhancing personal strength components and promoting psychological well-being among high school teachers.
- **Larasati et al. (2019)**, which demonstrated the success of ACT in reducing perceived stress among mothers of autistic children, enabling them to control negative emotions and effectively handle unpleasant daily situations.

Findings Related to the Fourth Hypothesis:

There was a statistically significant relationship between the practice of Acceptance and Commitment Therapy in social casework and the improvement of the sense of social security (social safety) among working divorced women.

Table No. (8): Statistical Significance of the Differences of the Experimental Group's Pre- & Post-Test Scores on Social Security Dimension

| Pre-Test Mean | Pre-Test SD | Post-Test Mean | Post-Test SD | Calculated T-Value | DF | Significance Level |
|----------------------|--------------------|-----------------------|---------------------|---------------------------|-----------|---------------------------|
| 15.95 | 1.146 | 37.85 | 2.300 | 41.117 | 19 | Significant at 0.01 |

Results clearly indicate a **statistically significant difference** between the **pre-test and post-test mean scores** of the experimental group on the **social security dimension** of the Quality of Life Scale for working divorced women, **in favor of the post-test**.

- **Pre-Test Mean:** 15.95
- **Post-Test Mean:** 37.85
- **t-Value:** 41.117, which is **greater than the critical value** at the 0.01 significance level with 19 degrees of freedom.

This confirms the **validity of the fourth sub-hypothesis** of the study.

These results align with:

- **Aliwa (2019)**, which confirmed the effectiveness of a professional intervention program of Acceptance and Commitment Therapy (ACT) in enhancing **self-compassion** and **reducing life stress** among mothers of children with epilepsy.
- **Abdel Rashid & Shaaban (2019)**, who found that ACT was effective in **reducing excessive electronic game use** among adolescents.

Together, these findings further reinforce the **efficacy of ACT-based professional intervention programs** in **social casework** on improving the **quality of life for working divorced women's sense of social security**.

Table No. (9): Black's Gain Ratio Formula& Effect Size of the sense of social security

| Pre-Test Score | Post-Test Score | Maximum Score | Adjusted Gain Ratio | Effect Size |
|----------------|-----------------|---------------|---------------------|-------------|
| 15.95 | 37.85 | 45 | 1.24 | 0.99 |

Results clearly indicate an **impact** of the professional intervention program of **Acceptance and Commitment Therapy (ACT)** on **improving the sense of social security** for working divorced women.

- **Adjusted Gain Ratio:** 1.24
- **Effect Size:** 0.99 (which is considered a **very large effect**)

This confirms the **high effectiveness** of the ACT-based intervention in enhancing this dimension of quality of life, **as reflected in the post-test scores** of the experimental group.

Supporting Evidence:

These findings align with the theoretical foundation proposed by **Hayes(2003)**, who developed **ACT** as a therapeutic model for social workers when working with individuals, families, and small groups. The model is grounded in **Relational Frame Theory (RFT)** and emphasizes the **functional context** of the client's problematic situation.

The aim is to improve the client's **psychological flexibility** through core ACT processes, which include delivering therapeutic tools and messages that facilitate acceptance, commitment, and action toward meaningful life goals.

Related Findings : Hypothesis 5

The following section introduces the findings related to the fifth hypothesis:

There was a statistically significant relationship between practicing Acceptance and Commitment Therapy in social casework and the improvement of the quality of life for working divorced women on the dimension of financial income improvement.

Table No. (10): Statistical Significance Differences Between the Experimental Group's Pre-Test and Post-Test Scores on the Improvement of Financial Income Dimension

| Pre-Test Mean | Pre-Test SD | Post-Test Mean | Post-Test SD | Calculated T Value | DF | Significance Level |
|---------------|-------------|----------------|--------------|--------------------|----|---------------------|
| 20.36 | 1.908 | 44.80 | 1.412 | 49.601 | 19 | Significant at 0.01 |

Results of the above table indicate **statistically significant differences** between the **pre-test and post-test mean scores** of the experimental group on the dimension **of financial income improvement**, in favor of the **post-test**.

- **Pre-Test Mean:** 20.36 (SD = 1.908)
- **Post-Test Mean:** 44.80 (SD = 1.412)
- **Calculated t Value:** 49.601 (greater than the critical value at significance level 0.01, df = 19)

This confirms the **validity of the fifth sub-hypothesis** of the study, stating:

There was a statistically significant relationship between practicing Acceptance and Commitment Therapy in social casework and improving the financial income of quality of life for working divorced women.

Supporting Evidence:

These findings affirm the **effectiveness of the professional intervention program** based on the techniques and strategies of **Acceptance and Commitment Therapy (ACT)** in enhancing the quality of life for working divorced women — particularly in financial well-being.

They also are in line with results of **Hayes et al.(2018)**, which emphasized ACT as a **modern therapeutic approach** for improving psychological and functional performance by enhancing **psychological flexibility**. This model is especially proper for **social work practice** with individuals, as it aligns with the **values, technical approaches, and core elements** of the profession.

Table No. (11): Black's Gain Ratio and Effect Size of Financial Income

| Pre-Test Score | Post-Test Score | Maximum Score | Adjusted Gain Ratio (Black's Formula) | Effect Size (Eta ²) |
|----------------|-----------------|---------------|---------------------------------------|---------------------------------|
| 20.36 | 44.80 | 46 | 1.65 | 0.98 |

Results of Table (11) show a **strong effect** of the **professional intervention program** of **Acceptance and Commitment Therapy (ACT)** in **social casework** on improving the **financial income** aspect of the quality of life for **working divorced women**:

- **Black Gain Ratio:** 1.65 (high)
- **Effect Size (Eta Squared):** 0.98 (very large effect)

This demonstrates the **clear and significant effectiveness** of the intervention program in **enhancing financial well-being** among the participants in the post-test phase.

Overall Conclusion of the Main Hypothesis:

There was a statistically significant relationship between practicing Acceptance and Commitment Therapy (ACT) in social casework and improving the quality of life of working divorced women.

This final result consolidates the findings across all dimensions measured: **physical well-being, psychological well-being and inner happiness, personal value, social safety, and financial income,**

confirming that **ACT-based interventions** are highly effective in supporting and empowering working divorced women toward a better, more stable quality of life.

Table No. (12): Statistical Significance Differences Between Experimental Group's Pre-Test and Post-Test Scores on the Total Dimensions of the Quality of Life Scale for Working Divorced Women

| Pre-Test Mean | Pre-Test Std. Dev. | Post-Test Mean | Post-Test Std. Dev. | t-Value | DF | Significance Level |
|---------------|--------------------|----------------|---------------------|---------|----|---------------------|
| 98.11 | 6.216 | 205.05 | 3.471 | 63.146 | 19 | Significant at 0.01 |

Results of Table No. (12) show **statistically significant differences** between the **pre-test and post-test scores** of the experimental group on **all dimensions** of the **Quality of Life Scale** for **working divorced women, in favor of the post-test**.

- **Pre-Test Mean:** 98.11
- **Post-Test Mean:** 205.05
- **t-Value:** 63.146, which is **greater** than the critical *t*-value at the **0.01 significance level** with 19 degrees of freedom.

Conclusion:

These findings **strongly support** the **main hypothesis** of the study:

There was a statistically significant relationship between the use of Acceptance and Commitment Therapy (ACT) in social casework and the improvement of quality of life among working divorced women.

The results confirm that the **ACT-based professional intervention program** was highly effective across **all measured aspects** of quality of life, including:

- Physical well-being
- Psychological well-being and inner happiness
- Sense of personal value
- Social security
- Financial improvement

Table No. (13): Of Black's Gain Ratio & Effect Size of the Quality of Life Scale all Dimensions

| Pre-Test Score | Post-Test Score | Maximum Score | Adjusted Gain Ratio (Black's Formula) | Effect Size (Eta Squared) |
|----------------|-----------------|---------------|---------------------------------------|---------------------------|
| 98.11 | 205.05 | 173 | 1.39 | 0.97 |

The results of Table (13) indicate a **strong impact** of the professional intervention program based on **Acceptance and Commitment Therapy (ACT)** in **social casework** on **improving the quality of life** for **working divorced women** across all measured dimensions.

- The **adjusted gain ratio** was **1.39**, which reflects a substantial improvement.
- The **effect size** (η^2) was **0.97**, indicating a **very large effect** according to conventional interpretation standards.

Conclusion:

These findings **confirm the main hypothesis** of the study:

There was a statistically significant relationship between the use of Acceptance and Commitment Therapy (ACT) in social casework and the improvement of quality of life among working divorced women.

The results demonstrate that the ACT-based intervention led to **comprehensive and meaningful improvements** across all aspects of life measured by the scale, including:

- Physical well-being
- Psychological wellness and inner happiness
- Sense of personal value
- Social safety and security
- Financial stability

Eleventh: General Results of the Study:

1. The study confirmed the validity of the first sub-hypothesis, stating:
 - There was a statistically significant positive relationship between of Acceptance and Commitment Therapy (ACT) in social casework and improving the physical safety of working divorced women.

This was supported by the results presented in Tables (2) and (3).

2. The study confirmed the validity of the second sub-hypothesis, which states:
 - There was a statistically significant positive relationship between of ACT in social casework and improving psychological safety and inner happiness of working divorced women.
This was supported by the results shown in Tables (4) and (5).
3. The study confirmed the validity of the third sub-hypothesis, which states:
 - There was a statistically significant positive relationship between of ACT in social casework and improving the sense of personal value among working divorced women.
This was supported by the results in Tables (6) and (7).
4. The study confirmed the validity of the fourth sub-hypothesis, stating:
 - There was a statistically significant positive relationship between of ACT in social casework and improving the sense of social security among working divorced women.
This was supported by the results in Tables (8) and (9).
5. The study confirmed the validity of the fifth sub-hypothesis, stating:
 - There was a statistically significant positive relationship between of ACT in social casework and improving the financial income of working divorced women.
This was supported by the results in Tables (10) and (11).
6. The study confirmed the validity of the sixth sub-hypothesis, stating:
 - There was a statistically significant positive relationship between of ACT in social casework and improving the overall quality of life of working divorced women.
This was supported by the results in Tables (12) and (13).

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