

Indicators of Validity and Reliability of an Arabised Version of the Guilt Management Scale Among Divorced Women

Alshehri, Nada, M.¹ and Khatatbeh, Yahya M.^{1,*}

¹Department of Psychology, Faculty of Social Sciences, Imam Mohammad Ibn Saud Islamic University (IMSIU), Riyadh, Saudi Arabia.

Corresponding author: Khatatbeh, Yahya M (e-mail: ykmatatbh@imamu.edu.sa).

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Abstract The current study aimed to reveal the indicators of honesty and stability of an Arabised version of the remorse management scale prepared by [1] among divorced women in the Saudi environment. The study sample consisted of 150 divorced women in the city of Riyadh. The psychometric characteristics of the scale were verified, where the results of confirmatory factor analysis indicated that the structure of the scale consisted of six first-order factors on which all paragraphs of the scale were saturated and also showed the presence of good conformity indicators for the scale through the data of the study sample, with all indicators of conformity quality in the ideal range. Moreover, all of the values of the correlation coefficients between the degree of each paragraph of the scale and the total degree of the dimension are statistically significant at the level of significance (0.01), indicating the scale's internal consistency. The stability indicators (Cronbach alpha) ranged between 0.715 and 0.877, with the stability coefficient of the half-fraction corrected using the Spearman-Brown equation for the dimensions of the scale between 0.704 and 0.872, and the values of the stability coefficients through the Cronbach alpha method for each dimension of the scale decreased when each item was deleted from the vocabulary, which indicates the importance of keeping all paragraphs of the scale. The previous results indicate that the scale of managing the feeling of regret has appropriate indicators of honesty and stability among divorced women in Riyadh.

Key Words Indicators of honesty and consistency, Measure of remorse, Absolutes

1. Introduction

The number of divorce bonds in the Kingdom of Saudi Arabia reached 57,000 and 595 instruments during the last months of 2020, up from 2019 by 12.7% and finishing first in the list of high areas in the Riyadh region, with 4.22% for the rest of the Kingdom of Saudi Arabia (Ministry of Justice, [2]). The Kingdom of Saudi Arabia has tried to support women at various stages of their lives to ensure a decent life. The possibility of achieving these efforts is due to the integration of social welfare systems for divorced women and the development of the social protection system according to carefully studied strategies to achieve a healthy society that achieves stability for them and improves their quality of life. Furthermore, the state has paid attention to developing preventative programs to enhance support for divorced women and society in all of its categories to meet its various needs. It has developed care and rehabilitation programs for those needing permanent assistance to reach stable, balanced, and equal community building (Ministry of Human Resources and Social Development [3]). Divorce

is one of the stressful experiences charged with emotions and feelings, as well as one of the psychological and social traumas causing a psychological crisis for divorced women [4]. Divorced women face a sense of remorse (feeling remorse), which is one of the negative emotional states felt by divorced women. It is one of the oldest psychological cases known to the human soul. It has its primary roots in education and moral and social upbringing and is closely related to women's feelings and conscience [5]. Divorced women are exposed to negative feelings after divorce, such as feelings of regret, guilt, and disappointment, which negatively affects divorced women; the emotional aspect changes according to the environment surrounding them, and their orientation may be determined in many situations [6].

Thus, it turns out that divorce is a solid and painful emotional experience that affects the life of a woman in different ways, so many divorced women may feel feelings of regret after divorce, but we must note that the effect of regret varies from one woman to another and depends on individual circumstances and various psychological and social factors;

some divorced women feel regret for deciding to divorce, especially in the early stages after separation, where regret is related to a feeling of failure to maintain the marital relationship or a feeling of loss because they have lost their partner and their desire to continue in the relationship.

It has been noted that rates of divorce cases have increased recently, which indicates an increase in the percentage of divorce deeds, representing approximately 50% of marriage contracts, which means that the number of divorced women in the Kingdom of Saudi Arabia in 2020 had increased by more than 55,000 (Ministry of Counting in the Kingdom of Saudi Arabia, 2020). As indicated by the results of some studies [6]–[8], as well as studies by [9] and [5], regarding the suffering of divorced women from feelings of guilt, regret, and poor social relations, divorce affects divorced women in several aspects, the most prominent of which is a decrease in the level of acceptance by others of her, and her suffering from inferiority of the surrounding society, as well as the rejection and non-acceptance of society for her. The social of divorced women negatively affects their lives, which contributes to the formation of psychological problems for the divorced, and the most important of these problems is the feeling of regret, as the experience of divorce is one of the most significant experiences leading to emotional and psychological distress for women.

The problem of the study was crystallized through access to theoretical frameworks and studies dealing with the suffering of divorced women from the feeling of remorse and its relationship with decision-making. The extent of its impact on the level of social acceptance of them, with the theory of "Freud" emphasizing that desires and repressed needs, as well as suppression of the feeling of remorse, constitute a non-conscious process in which the ego excludes painful memories from the level of consciousness to the unconscious because if they remain in the feeling of a woman, the feeling of remorse will increase, pose a threat to her, and affect the level of her social acceptance, preventing her from expressing. Painful repressed experiences are an essential factor in influencing the social lives of divorced women, as well as guiding their future decisions [10].

The problem of the current study also emerged through the nature of the researcher's work as a faculty member at the university and through her work in some social partnerships. In addition to supervising field training students in psychological and social health centers, she noticed the suffering of divorced women frequenting those centers from some mental disorders such as anxiety and depression, in addition to some psychological and social problems (such as feeling remorse after divorce), while others did not feel that. Over time, some divorced women may have feelings of regret, and they can get through this stage and focus on building a new life. However, others may still have regret in the long run, especially if there are significant negative repercussions from the divorce, such as loneliness, financial difficulties, or the impact of divorce on children if the marriage results in children.

2. Theoretical Framework

The Concept of Feeling Remorse

Dealing with regret is like a comprehensive human experience, as everyone has already made some choices and regretted them later. The most remorseful choices an individual feels about are fateful options such as education, marriage, and one's love life because these choices are related to long-term consequences. This feeling may lead to self-blame as well as the feeling of intense emotions that have effects on emotional and cognitive levels. The feeling of regret is psychologically based on the decision-making process and the property of learning and adaptation through analysis. Regarding feelings of remorse and, overcoming the past and doing things right, the feeling of regret may be a positive motivation to find new solutions and move forward. As for feeling remorse and how the brain rethinks its choices, feeling remorse can improve decision-making skills, and analyzing feelings of remorse and studying its causes can deter you from acting in a wrong way again. Thus, this reduces regret and helps to take advantage of opportunities [11]. [12] defined remorse as "an emotional state in which the individual felt sorry and responsible, and wanted to apologize for getting rid of the constant self-blame, and that his feeling of regret as a result of committing an act what, which is tantamount to admitting error" (p. 524). [1] define remorse as "an essential element of moral and social experience, involving real or imagined moral transgressions in which an individual believes that their actions and decisions have contributed to negative outcomes, and remorse affects emotional and cognitive processes" (p.2) [13], also defined remorse as "a set of unpleasant emotions that a woman feels as a result of her incorrect behavior that generates feelings of sadness, guilt and regret" (p. 19). Accordingly, the previous definitions agree that the feeling of regret concerns an emotional state and negative feelings that show the extent of regret for women's actions and the desire of women to correct their mistakes. Some believe that the feeling of remorse hinders thinking, while others see it as an incentive to correct mistakes and to be careful in making decisions in the future. Meanwhile, according to [1], remorse affects women's emotional and social aspects and mental processes, including decision-making processes, and is more comprehensive, as it includes ethical, social, and cognitive aspects.

Terms Associated with Feelings of Regret

Some previous foreign studies, such as [14]. Some Arab studies, such as [15] and [16], have indicated that many human feelings are somewhat similar to the feeling of regret but differ in the mechanism of their occurrence or their effects; therefore, it was important to mention these terms and to show the relationship between them and the feeling of regret as well as the differences between them, although the main relationship between them is that they are all forms of human emotions.

- 1) Feeling of remorse and guilt: Taylor believes that the feeling of remorse occurs when moral errors are committed; thus, you feel sorry and regret what one has done, but guilt is a legal concept, and an individual is guilty if they violate legislative law and, therefore, becomes worthy of punishment. [14] and the study of [15] proved that regret is associated with guilt and social anxiety, that regret is one of the components of guilt, and that the regret factor is saturated with the guilt factor.
- 2) Feeling of regret and feeling of psychological grief: Grief is defined as a set of emotional, physiological, and cognitive responses that are accompanied by emotional rituals and issued by an individual when one of their close relatives dies and they continue for a certain period and gradually fade through successive stages. They are feelings of sadness and consolation resulting from loss due to the calamities experienced by man. Psychological distress is linked to feelings of sadness and loss, which are more severe than feelings of regret [17].
- 3) Feeling remorse and shame: Shame includes involuntary responses or reactions that may be accompanied by physiological reactions and withdrawal from situations, with discomfort and anxiety [18]. Remorse is a state of shame in which an individual feels sorry, holds themselves accountable and to blame, and even reproaches their conscience for what they have done, and feelings of regret are more substantial in their impact than feelings of shyness in making an individual look at themselves lightly, perhaps reaching a sense of inferiority [7].
- 4) Feeling of regret and denial: The feeling of denial (denial) includes trauma, a major response that lasts for some time and controls an individual subjected to bereavement as a refusal to acknowledge that an event has already happened and is interspersed with a retrieval of memories of the past associated with a traumatic event, and anguish involves itself and withdraws, while the feeling of remorse is emotional and painful, with an individual feeling sorry and responsible. The desire to apologize is tantamount to admitting a mistake [12]. Therefore, it can be said that the feeling of regret is related to the factor of guilt and feelings of regret and that the feeling of regret is different from the feeling of sorrow, shame, and denial; a woman's feeling of remorse pushes her to desire to change and correct mistakes by making appropriate decisions.

3. Previous studies

In [1] conducted a study to know the guilt management scale's factor structure and psychometric properties, with the study sample consisting of 339 for a non-clinical sample and 67 for a clinical sample. The dimensions of the scale were adaptation, control of thoughts, and psychological distress. The study results showed that the interpreted variation of

the factor analysis represents 56.14%. The results proved the quality of factor analysis, internal consistency, and a higher correlation to the level of guilt and distress.

In [19] also developed the scale of guilt and shame and the assessment of psychological characteristics through a survey that included 1101 (34.4% of) females and 26.9% of men. The results of the study indicated that the feeling of guilt is higher in women than in men, and the factor analysis results showed affirmative and exploratory factors. The coefficient of stability of alpha was 0.68, and MacDonald's was 0.88%, with an association being found between the components of the tool and its basic factors.

In [20], the study examined various psychometric properties of items comprising the shame and guilt scales of the Test of Self-Conscious Affect-Adolescent (TOSCA-A) in a group of children between 8 and 11 years of age. A total of 699 children (367 females and 332 males) completed these scales, as well as measures of depression and empathy. Confirmatory factor analysis (CFA) supported an oblique two-factor model, with the originally proposed shame and guilt items comprising shame and guilt factors, respectively. There was good internal consistency reliability for the shame and guilt scales, with omega coefficient values of 0.77 and 0.81 for shame and guilt, respectively. Additionally, shame correlated with depression symptoms positively ($0.34, p < 0.001$) and had no relation with empathy ($-0.07, ns$). Guilt correlated with depression symptoms negatively ($-0.28, p < 0.001$) and with empathy positively ($0.13, p < 0.05$). Thus, there was support for convergent and discriminant validity of the shame and guilt factors.

Multiple-group CFA comparing this group of children with a separate group of adolescents (320 females and 242 males), based on the chi-square difference test, supported full metric invariance, with intercept invariance of 17 of the 30 shame and guilt items, as well as higher latent mean scores among children for both shame and guilt. The non-equivalency for intercepts and mean scores were of small effect sizes.

Al-Harbi's [21] study (2013) aimed to investigate the social factors associated with divorce among newlyweds. The sample consisted of 220 divorced men and women in the city of Riyadh, the results of which revealed several social effects of divorce, such as estrangement between the couple's family and society's non-positive outlook, as well as a low level of social acceptance, and the study revealed several psychological effects of divorce, such as feeling remorse. It was one of the most psychological effects of divorce for them, as it occurred to a large extent in 38.6% of the sample members. At the same time, in the study of [22], which examined the effects of divorce and perspectives on the concepts of marriage and divorce after its occurrence, the sample consisted of 12 divorced women, and the most important results indicated that divorced women suffer from a negative mood and feel guilt and regret, with some of them reluctant to decide to divorce and seek advice from close people to help them to make the right decision, with a need for psychological and social support. The study of

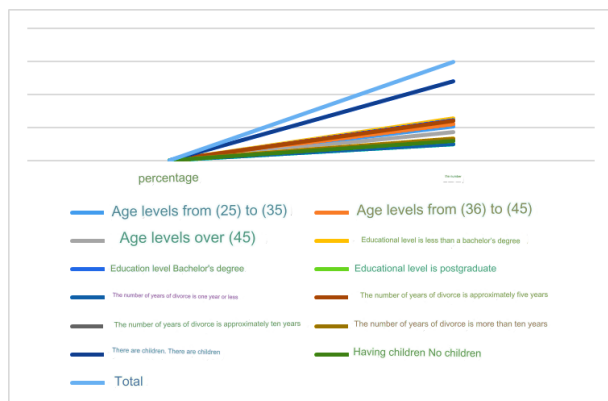


Figure 1: shows the distribution of the study sample according to demographic changes (N=150)

[23] also aimed to examine the problems women suffer after divorce and how to cope with them. The sample consisted of 28 divorced women, and the results showed that divorced women suffer from emotional and social problems, most notably the feeling of regret, their suffering from society's negative view and a lack of acceptance of it, and their need for social support.

4. Materials and Methods

Participants: The study sample consisted of 150 divorced women in Riyadh, who were selected in a stratified random way so that they represented all categories of divorced women who met the conditions of the current study, namely, living in the city of Riyadh, being a Saudi national, frequenting the Association of Ayami and the Mawaddah Association for the Care of Divorced Women, their ages ranging from 25-50, and agreeing to answer the study tools. Figure 1 shows the description of the study sample.

Figure 1 shows that 52 members of the study sample are aged 25 to 35 years, 34.7% of the total sample, and that 55 members of the study sample are aged 36 to 45 years, 36.7% of the total sample. It is also found that 43 of the study sample members are above the age of 45 years, 28.6% of the total sample, while the distribution of the sample according to educational levels shows that 64 of the study sample members have a scientific degree (less than a bachelor's), 42.7% of the total sample and that 61 of the study sample have a scientific degree (bachelor's), 40.7% of the total sample. Moreover, it is found that 25 members of the study sample have a scientific degree (postgraduate studies), 16.7% of the total sample. According to the number of years of divorce, it is found that 25 members of the study sample have been divorced (within a year or less), 16.7% of the total sample.

In addition, 60 members of the study sample have been divorced (within 5 years), 40.0% of the total sample, and it is also found that 32 members of the study sample have been divorced (within 10 years), 21.3% of the total sample, and that 33 members of the study sample have been divorced (more than 10 years), 22.0% of the total sample. Finally, about the

presence of children, it is found that 120 members of the study sample have children, 80.0% of the total sample and that 30 members of the study sample do not have children, 20.0% of the total sample.

5. Measures

The guilt management scale prepared by [1], consisting of 27 banana items on six dimensions, was used:

- 1) **Self-punishment:** refers to the thoughts that a woman generates while going through negative experiences, so the woman feels that she is the reason for her exposure to this experience, and is represented by paragraphs 1-6.
- 2) **Compensation:** refers to the ideas and desire of women to compensate for previous events and an attempt to find appropriate solutions, represented by paragraphs 7-11.
- 3) **Spirituality:** refers to a state of constant reflection on emotions and with associated thoughts about a negative event, represented by paragraphs 12-14.
- 4) **Focus on others:** refers to seeking support from close people when exposed to negative experiences, as well as comparing oneself with others, and is represented by paragraphs 15-18.
- 5) **Metacognition:** the extent to which women are aware of their ideas and accept and adapt to current events, represented by paragraphs 19-24.
- 6) **Avoidance:** refers to the avoidance and suppression of women's ideas, and is represented by paragraphs 25-27.

The scale is corrected according to a five-point Likert scale, with the scale as follows: Always and 4 degrees, Mostly and 3 degrees, Sometimes and 2 degrees, Rarely and 1 degree, and Absolutely and zero degrees. The level of management of regret can be explained by dividing the scores into three categories, with the length of each category established by subtracting the minimum upper limit of the total score for each dimension and then dividing the result by 3, so the length of the category is 8 for the dimensions of self-punishment and metacognition, 6.6 for the dimension of compensation, 5.3 for the dimension of focusing on others, and 4 for the dimensions of spirituality and avoidance.

Thus, the total degree of each dimension can be judged. The scale is as follows: 1. Low: from zero to 8 for the dimensions of self-punishment and metacognition, to 6.6 for the dimension of compensation, to 5.3 for the dimension of focusing on others, and to 4 for the dimensions of spirituality and avoidance. 2. Medium: from 8.1 to 16 for the dimensions of self-punishment and metacognition, from 6.7 to 13.3 for the dimension of compensation, from 5.4 to 10.6 for the dimension of focusing on others, and from 4.1 to 8 for the dimensions of spirituality and avoidance. 3. High: from 16.1 to 24 for the dimensions of self-punishment and metacognition, from 13.4 to 20 for the dimension of compensation, from 10.7 to 16 for the dimension of focusing on others, and from 8.1 to 12 for the dimensions of spirituality and avoidance, knowing

that all paragraphs were positive, the total degree ranges for each dimension of the scale of managing the feeling of regret, and there is no total score for the scale.

Psychometric properties of the scale in its original form: Truthfulness: the values of the correlation coefficients ranged between the score of each paragraph of the scale and the sum of the scores of the dimension to which it belonged (0.437** - 0.905**). Stability: The values of the stability coefficient (Cronbach alpha) ranged from 0.70-0.89 for the dimensions of the scale.

6. Results

First:

Verifying the truthfulness of an Arabised version of the scale of managing the feeling of remorse among divorced women in the city of Riyadh

- 1) The scale was translated from English into Arabic, presented to a translation specialist to ensure the correctness of the translation of the scale phrases, and then presented to a specialist in Arabic to ensure the integrity of the wording, and the wording of some paragraphs was modified in light of the observations of the arbitrator specialised in translation, as well as in light of the observations of the arbitrator specialised in the Arabic language.
- 2) The tool was presented in its first form that consisted of 28 phrases after the translation procedures to 13 academic arbitrators with experience and competence by faculty members in Saudi universities, who were asked to express their opinions on the scale in terms of: clarity of the paragraphs, good wording, filling the range of its alternatives, its belonging to the dimensions at stake, and any observations that they deemed to be appropriate. The arbitrators' observations and suggestions were utilised, and amendments were made in the light of their opinions, and the phrase "I think about the different feelings of blood No. (5)" was deleted because of B's repetition, and phrases were modified to suit the Saudi environment. Phrases were retained that won an acceptance rate of 80% or higher than the opinions of the arbitrators, with the number of phrases of the tool in its final form (27) modified according to the directives of the arbitrators.
- 3) Verification of the structural validity of the scale by factor honesty (confirmatory factor analysis): confirmatory factor analysis was performed using the Amos 27 program after applying the scale to the study sample consisting of 150 to verify the validity of its factorial structure, and it was assumed that there were six factors for the scale. The results of the confirmatory factor analysis confirmed that the structure of the scale already consisted of six first-order factors (self-punishment, compensation, spirituality, focus on others, metacognition, avoidance). Figure 2 illustrates the factorial structure of the scale using confirmatory factor analysis, as in Table 1 (indicators of conformity

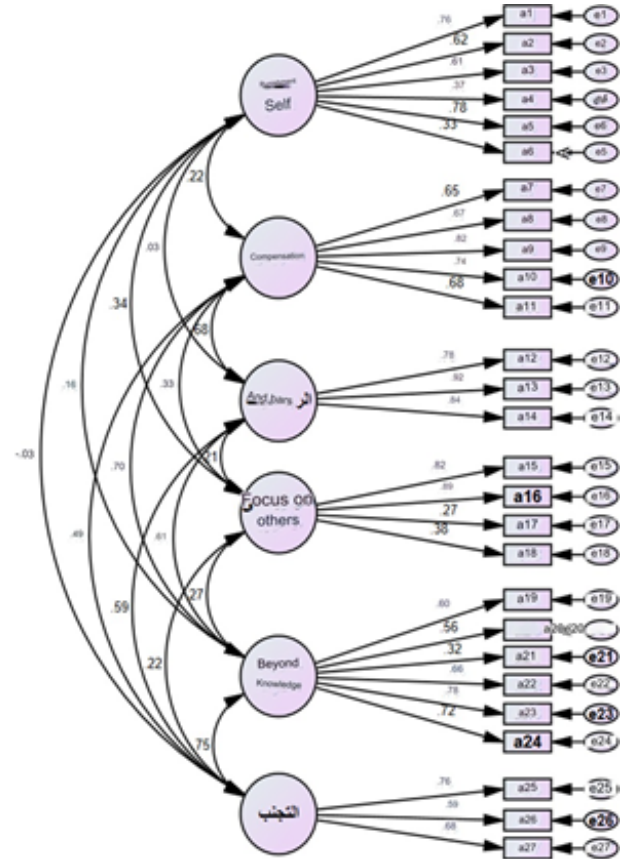


Figure 2: Results of the confirmatory factor analysis of the remorse management scale

Pointer	Value	Indicator
Chi-square (CMIN)	618.77	Chi-square (CMIN)
df	309	
sig	0.00 (function)	
CMIN/DF	2.002	To be <3
RMSEA	0.033	To <0.08
RMR	0.047	To be <0.08
GFI	0.956	To be >0.90
AGFI	0.902	To be >0.90
NFI	0.901	To be >0.90
CFI	0.916	To be >0.90
SMOKE	0.921	To be >0.90
TLI	0.971	To be >0.90

Table 1: Conformity quality indicators for the proposed model of the structure of the remorse management scale

quality for the proposed model of the regret management scale).

Table 1 noted that there is a good match of the structure of the proposed regret management scale with the data of the study sample; all values were in the ideal range except for the value of the chi-square, i.e. 618.77, which is a statistically significant value at degrees of freedom (309), but more important than the value of the chi-square is that the ratio between the value of the chi-square and the de-

degrees of freedom CMIN/DF is less than 3 (the level of chi-square significance often reveals inaccurate results due to several factors, the most important of which is a large sample size, which contradicts the assumptions of using structural equation modelling, which requires a large sample size, as taken on the chi-square based on the assumption that there is a perfect match of the assumed model with the sample data, which is an ideal situation that is difficult to achieve in reality), in addition to the fact that the rest of the conformity quality indicators came within the acceptable range, as shown below:

- The ratio between the value of the chi-square and the degrees of freedom CMIN/DF was 2.002, which is less than 3, indicating that the proposed model is identical to the assumed model of the sample data.
 - The RMI value of the rounding error square (0.033) and the RMM value of the RMR squares (0.047) are both less than 0.05, which indicates that the proposed model is identical to the assumed model of the sample data.
 - The values of the conformity quality indicators (GFI, AGFI, NFI, CFI, IFI, TLI) ranged from 0.901 to 0.971, all of which are > 0.90 , which indicates that the proposed model is identical to the assumed model of the sample data, and confirms the factorial validity of the scale.
- 1) As for the honesty of internal consistency calculation of internal consistency coefficients for the measure of managing the feeling of remorse, the correlation coefficients were used in a manner (Pearson) on the study sample consisting of 150 divorced women in Riyadh, and then the correlation coefficients were calculated between the degree of each paragraph of the scale and the total degrees of the dimension to which it belonged, and Table 3 includes a presentation of the results of the statistical treatment of the validity of internal consistency.

Table 2 shows the following:

- The values of the correlation coefficient between the score of each paragraph of the scale and the total degree of the dimension are all statistically significant at the level of significance (0.01).
- The values of the correlation coefficients between the paragraphs of the first dimension and the total degree of the dimension ranged between 0.457 and 0.805, the values of the correlation coefficients between the paragraphs of the second dimension and the total degree of the dimension ranged between 0.457 and 0.837, the values of the correlation coefficients between the paragraphs of the third dimension and the total degree of the dimension ranged between 0.884 and 0.926, the values of the correlation coefficients between the paragraphs of the fourth dimension and the total degree of the dimension ranged between 0.527 and 0.820, the values of the correlation coefficients between the paragraphs of the fifth dimension of the scale and the total degree

of the dimension ranged between 0.590 and 0.748, and the values of the correlation coefficients between the paragraphs of of the sixth dimension of the scale and the total degree of the dimension ranged between 0.745 and 0.829, all of which are appropriate and statistically significant values at the level of significance (0.01), indicating the internal consistency of the regret management scale.

Second: Verification of the stability of an Arabised version of the scale of managing the feeling of remorse among divorced women in the city of Riyadh

- 1) The stability of the scale on the current study sample was verified by calculating the stability coefficient (Cronbach alpha), and the stability of the corrected half-fraction was calculated using the Spearman-Brown equation for each dimension of the scale, and the results were as shown in Table 3.

Table 3 shows the following:

- The values of the stability coefficient via the method of Cronbach alpha ranged between 0.715 and 0.877 for the dimensions of the scale.
 - The values of the stability coefficient using the half-fraction stability coefficient corrected using the Spearman-Brown equation for the dimensions of the scale ranged between 0.704 and 0.872.
 - All values of the stability coefficients (> 0.7), whether calculated using Cronbach alpha or using half-fractionation, are appropriate values that indicate the stability of the measure of managing the feeling of remorse, which confirms the possibility of relying on it and trusting its results in the current study.
- 2) As for calculation of the values of the Cronbach alpha stability coefficient for the dimensions of the scale when the paragraph score is omitted, the results are presented in Table 4.

The previous table shows that the values of the stability coefficients via the Cronbach alpha method for each dimension of the scale decreased and did not improve when each item was omitted, indicating the importance of retaining all of the paragraphs of the scale and not deleting any of them. The previous results indicate that the scale of managing the feeling of regret has appropriate stability indicators for divorced women in Riyadh, where several methods were used to verify stability. The values of the stability coefficient using the Cronbach alpha method showed the presence of acceptable values. They indicated that the scale has good stability. Regarding the values of the stability coefficient using the stability coefficient of the half-fraction corrected using the Spearman-Brown equation, the scale enjoys good stability, with all values of the stability coefficients being > 0.7 . There was also no improvement in the values of the Cronbach alpha stability coefficients when any of the paragraphs of the scale were omitted, which indicates that all vocabulary is

N	Items	Correlation coefficient with degree of dimension
First dimension: Self-punishment		
1	I feel remorse when I remember my mistakes.	0.786**
2	I punish myself when I feel remorse.	0.730**
3	I think I'm a bad person.	0.657**
4	I have multiple ways to hurt myself.	0.457**
5	I worry about regret.	0.805**
6	I'm thinking about what I should do.	0.521**
Second dimension: Substitution		
7	I learn from my mistakes so that I don't repeat them in the future.	0.748**
8	I learn to deal with my expected mistakes.	0.761**
9	I'm thinking about the steps I need to take to solve the problem.	0.837**
10	I care about treating and solving the problem.	0.755**
11	I practise positive behaviours to make amends for my mistakes.	0.785**
Third dimension: Spirituality		
12	I abide by the religious duties assigned to me.	0.887**
13	I draw near to God by praying as worship.	0.926**
14	I adhere to Islamic values and principles when correcting my mistakes.	0.884**
Fourth dimension: Focus on others		
15	I ask friends or family for help or advice.	0.802**
16	I ask for advice from someone with previous experience.	0.820**
17	I apologise to others if I make a mistake.	0.527**
18	I think about the problems or mistakes others make.	0.674**
Fifth dimension: Metacognition		
19	I try to accept my thoughts, regardless of whether they make me happy or sad.	0.748**
20	I stay aware of my thoughts without responding to them.	0.736**
21	My thoughts are fiction, not facts.	0.590**
22	I observe my thoughts without being distracted.	0.791**
23	I try to think rationally when I feel remorse.	0.689**
24	I focus on the present moment in light of what is happening around me.	0.635**
Sixth dimension: Avoidance		
25	I ignore my negative thoughts.	0.829**
26	I postpone or suppress my negative thoughts.	0.821**
27	I distract myself from the negative thoughts by doing other activities.	0.745**

Table 2: Calculation of internal consistency (Pearson) for the paragraphs of the scale of managing the feeling of remorse among divorced women in the city of Riyadh (N=150)

Dimensions	N	Statistics	
		(Cronbach alpha)	Spearman
Self-punishment	6	0.744	0.774
Compensation	5	0.832	0.836
Spirituality	3	0.877	0.872
Focus on others	4	0.773	0.736
Metacognition	6	0.783	0.733
Avoidance	3	0.715	0.704

Table 3: shows the stability of the regret management scale using the Cronbach alpha coefficient and half-fractionation

necessary for properly measuring the management of regret. Therefore, all of the vocabularies was kept on the scale without deleting any of it, and in general, the results of the stability coefficients support the remorse management scale with appropriate stability indicators and its ability to measure the desired variable reliably.

It is clear from the results of the study that the measure of managing the feeling of regret (the Arabised image) was consistent with the general framework of the original scale when using exploratory and confirmatory factor analysis, as

well as tables that demonstrate the quality of conformity, which is what previous studies have indicated; that is to say, the scale was consistent in terms of the general conceptual framework in several countries in which it was conducted, such as Spain, which confirms the validity of the tool for application in several countries and its relevance in the current study.

7. Recommendations

- Verification of the psychometric properties of the remorse management scale in other samples in the Saudi environment.
- Studying the relationship between the management of feelings of regret and the number of variables related to family relations in general and among divorced women in particular.
- Benefit from the current scale in studies and research that are concerned with studying the management of feelings of regret among divorced women.

Items	Cronbach's alpha	Items	Cronbach's alpha
First dimension: Self-punishment		Fourth dimension: Focus on others	
1.	0.715	15.	0.701
2.	0.722	16.	0.697
3.	0.721	17.	0.714
4.	0.740	18.	0.705
5.	0.725		
6.	0.738		
Second dimension: Substitution		Fifth dimension: Metacognition	
7.	0.807	19.	0.722
8.	0.811	20.	0.725
9.	0.815	21.	0.740
10.	0.822	22.	0.715
11.	0.817	23.	0.735
		24.	0.731
Third dimension: Spirituality		Sixth dimension: Avoidance	
12.	0.799	25.	0.615
13.	0.785	26.	0.622
14.	0.801	27.	0.629

Table 4: shows the values of the stability coefficient of Cronbach's alpha for the dimensions of measuring the management of regret when omitting the degree of items

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Conflict of Interest

The authors declare no conflict of interests. All authors read and approved final version of the paper.

Authors Contribution

All authors contributed equally in this paper.

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