Summary

I- Problem of the Study:

A family is a primary group in which an individual grows. It is the basic of life and the first social background that provide man with experiences, values, norms, and desirable and undesirable expectations before one can start from the family to experience real life.

Through a family where a person grows, personality, behaviors, appearances, ideas, feelings, values, and life style are affected.

Divorce is a painful event and a social disaster that happens to the family and affects the stability of the husband and wife's life. It is an indicator of the failure of marriage and the couple's functioning.

The early divorce is a negative phenomenon that has affected the Egyptian society and family. With the accumulation of social problems such as unemployment, high age of marriage, spinsterhood, and poverty..etc., the early divorce has emerged as phenomenon that can be due to various reasons. Of these reasons are the lack of recently married couple's awareness of the family life and its responsibilities, imposing one's personality over the other, incompatibility between the couple, the intervention and control that may conducted by the couple's families, and lack of religious awareness…etc., beside other many reasons. Accordingly, the couple find the divorce as the breathing space to get rid of those problems. Instead of sitting together to negotiate the solutions of their problems themselves, with the first problem they face, they look at the divorce as the only solution.

The Cognitive Behavioral Therapy (CBT) is one of the therapies that are based on assumption that human thoughts direct man. Accordingly, if the one has sound thoughts, this will lead to better and desirable feelings and behaviors.

If the human cognitive processes, such as thinking, remembering, perception, consciousness..etc., are based on a sound ground, this will lead to desirable feelings and behaviors. On the other hand, if the cognitive processes are based on fancies, illusions, and devil whisperings, this will have reflection on man's feelings and behaviors, so he/she will experience sadness, loneliness, introversion, depression, lack of confidence, and dislike of life.
The cognitive behavioral therapy is based on the effective modification of human thoughts, judgments, and perceptions, or the cognitive process within human mind. If one wants to lead a quiet and stable life, he/she should reconsider the surrounding events, and to analyze the patterns of thinking and perception to the surrounding events. Most problems in our life result from misunderstanding and bad management of the surrounding events. We should not oversimplify nor exaggerate the problems that we face. We should use the sound thinking with all surrounding events so that it reflects on our feelings and behaviors, which in turn, are felt by others around us.

Accordingly, the problem of the current study can be stated as the identification to the nature of the problems which may lead to early divorce, and to provide a proposal to work with problems on using the CBT in Casework to face those problems.

II- Concepts of the Study:

1- Cognitive Behavioral Therapy,
2- Problem
3- Divorce

III- Goals of the Study: The study aims to accomplish the following:

1. To identify the nature of problems which may lead to early divorce as perceived by the recently married couple.

Other sub-aims stem from this one, as the following:

a. To identify the nature of problems associated with the pattern of social relations which may lead to early divorce as perceived by the recently married couple.

b. To identify the economical problems which may lead to early divorce as perceived by the recently married couple.

c. To identify the cultural problems which may lead to early divorce as perceived by the recently married couple.

d. To identify the psychological problems which may lead to early divorce as perceived by the recently married couple.

e. To identify the health problems which may lead to early divorce as perceived by the recently married couple.
2. To identify to what extend the recently married couple exposure from problems which may lead to early divorce.

3. To reach a suggested proposal to work with problems which may lead to early divorce among the recently married couples using the cognitive behavioral therapy through Casework.

**IV- Questions of the Study:**

The current study attempts to answer the following main question:

1. What are the nature of the problems which may lead to early divorce as perceived by the recently married couple?

Other sub-aims stem from this one, as the following:

a. What are the nature of problems associated with the pattern of social relation which may lead to early divorce as perceived by the recently married couple?

b. What are the economical problems which may lead to early divorce as perceived by the recently married couple?

c. What are the cultural problems which may lead to early divorce as perceived by the recently married couple?

d. What are the psychological problems which may lead to early divorce as perceived by the recently married couple?

e. What are the health problems which may lead to early divorce as perceived by the recently married couple?

2. What are the vulnerability of the recently married couples of the problems which may lead to early divorce?

3. What is the suggested proposal to work with problems which may lead to the early divorce among the recently married couples using the Cognitive behavioral therapy through casework?

**V- Type of the Study:**

This study belongs to the descriptive analytical approach.

**VI- Methodology of the Study:**

The current study uses the social comprehensive survey applied to the recently married couples whose marriage lasted from a year to five years in departments and faculties of Fayoum University.
VII- Tools of Studies:

A scale for problems leading to early divorce.

VIII- Fields of the Study:

1- **Place**: the study was applied in Fayoum University's departments and faculties.

2- **Human Scope**: the sample of the study was 57 recently married persons (37 females and 20 males).

3- **Time Scope**: the form of the scale was applied in the period from September 2013 till April 2014.

IX- Results of the Study:

The current study reached the following results:

**First**: The order of problems which may lead to early divorce from sample's individuals perspectives are as the following:

1. Psychological problems (86.21 %)
2. Cultural problems (83.77 %)
3. problems associated with the pattern of social relation (81.43 %)
4. Economical problems (78.85 %)
5. Health problems (70 %)

**Second**: The recently married individuals working in departments and faculties of Fayoum University experience high rates of problems which may lead to early divorce.

**Third**: A suggested proposal to work with the problems which may lead to early divorce among the recently married using the CBT through Casework was developed.