



Emotional and social challenges experienced by Divorce and Non-Divorced/Married Women

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This research article provides a comprehensive examination of the emotional and psychological well-being of women, with a specific focus on comparing the experiences of women who have gone through divorce to those who are married or have not experienced divorce. The study has a cross-sectional design, encompassing a sample of 150 women aged 30 to 45, evenly distributed across the divorced and married/non-divorced groups. Assessment tools included the State-Trait Anger Expression Inventory (STAXI), Multidimensional Scale of Perceived Social Support, UCLA Loneliness Scale, and Depression, Anxiety and Stress Scale (DASS). According to the findings, divorced women were more likely than married women to suffer melancholy, anxiety, stress, loneliness, anxiety during social interactions, and high levels of mood, out, and overall anger. Additionally, a strong correlation between emotional and social issues in women was demonstrated by the results. Additional findings indicated that the social support of friends and significant others predicted women's feelings of depression and loneliness as well as stress and depression.

Key words: women, divorced, married, challenges, emotional, experience.

Introduction:

Divorce has become a very controversial issue worldwide in modern culture, with a significant rise in its occurrence across numerous countries. Various factors, including societal changes, urbanization, modernity, and technology breakthroughs, contribute to the increase in divorce rates. Studies indicate that families impacted by divorce frequently display symptoms including anxiety, sadness, hopelessness, irresponsibility, and stress. In more severe instances, these symptoms have the potential to progress into mental health disorders, such as profound melancholy, histrionic episodes, and even paranoia. The consequences of divorce go beyond the emotional sphere, affecting essential needs and eliciting instinctual concerns in reaction to unknown circumstances. Children from divorced families, specifically, encounter issues pertaining to desertion, alterations in their living conditions, sentiments of shame, and anxiety regarding future separations and unexpected difficulties. It is worth mentioning that both parents may also undergo feelings of anxiety and sorrow following a divorce. Furthermore, divorce has significant economic, social, and psychological impacts on both males and females, with wider consequences for society. Multiple studies indicate a greater occurrence of mental health problems among individuals who are divorced, single, separated, or widowed in comparison to those who are married. Divorced persons specifically have a higher prevalence of depression compared to those who have lost a spouse due to death. Research consistently highlights the correlation between divorce and a heightened susceptibility to suicide, as divorced persons, regardless of gender, exhibit a much greater inclination towards suicide as compared to their married counterparts.

More emotional violations, layoffs, emotional episodes, serious medical illnesses, and issues with their own and in-law families are among the many stresses that divorced women in Pakistan face compared to married women. Following a divorce, single women often experience feelings of fury, anger, and low self-worth[1]. After a divorce, the majority of women experience rejection, insults, remorse, shame, bitterness, anxiety, and rage. Following a husband's divorce, financial hardships pose a significant stress on women raising their children and providing for their basic necessities, which include three meals a day, clothing, school fees, and maintenance of bills. Future emotional, social, physical, and behavioral issues in children are linked to all of these women's concerns[2].

The emotional and mental health of mothers is crucial to the full and healthy development of their children. Compared to children living in intact households, children of emotionally maladapted women are more likely to experience emotional issues in the future. Because her husband's income was taken away from her after the divorce, a woman is frequently in financial hardship. Researchers claim that women suffer more from divorce's negative impacts than men do since women typically get child custody[3].

Accountability; they experience monetary difficulties as well as other issues in their lives. Furthermore, divorced women in Pakistan have greater emotional challenges than males. Emotional liability is a common trait of women in the post-divorce period[4]. This is characterized by fluctuating highs and lows linked to freedom, opportunities for personal growth, and the demanding task of raising children. The highs are often accompanied by feelings of loneliness, loss, and uncertainty about the future. Women who are divorced encounter more stressful situations than married women do, including layoffs, demotions, serious illnesses, and issues with their own parents. among order to better understand post-divorce conflict, depression, and maladjustment among thirty divorced women[5]. Over a period of three years, researcher discovered a significant positive association between maladjustment, depression, and post-divorce issues. contrasted the self-esteem, sense of competence, and temporal perspective of married and divorced women. In comparison to married women, divorced women exhibit lower levels of competence and self-esteem and a higher sense of time perspective, according to the results of independent sample t tests. In a sample of forty recently divorced women and a second group, researchers looked into aggressive and internalizing behavior[6]. Group of women, made up of forty happy women living with their husbands. Woman who had divorced was married ladies. When compared to married women, divorced women also reported higher levels of stress, anxiety, and depression. Furthermore, divorced women report higher levels of loneliness and rejection. Numerous studies have demonstrated that there are notable differences between married and divorced women's levels of stress, anxiety, anger, loneliness, depression, and depression[7].

Annually, fifty-five percent of women file for divorce. Due to societal pressures and economic difficulties, divorce is becoming more common in Pakistan. People's frustration levels are rising due to an increase in daily challenges, and couples' patience is quite low[8]. The current study sought to evaluate social issues such as social interaction anxiety, loneliness, and rage, as well as emotional issues such as sadness, anxiety, and stress in women who had recently divorced[9]. In order to determine if divorced and married women differ in their emotional and social issues, the study also compared the two groups of women. Additional studies were conducted to find out if socioeconomic position and social support could predict emotional and social issues[10]. It was postulated that social support and socioeconomic position would likely predict emotional and social issues in women, and that divorced women would report more emotional and social problems than married women[11].

Married and divorced women have unique sets of difficulties that highlight the varied experiences within these two categories. Married women frequently face the challenges of sustaining a prosperous partnership, handling domestic obligations, and negotiating potential conflicts between their careers and home life. They may have difficulties pertaining to compromise, communication, and collaborative decision-making. On the other hand, women who have gone through a divorce face the challenges that come after a major life change, such as possible societal disapproval, financial insecurities, and psychological adaptations. Married women may encounter challenges in their relationships, whereas divorced women must navigate the complexities of reconstructing their lives autonomously. The societal norms and support structures vary greatly for each group, with married women finding affirmation in the stability of their marriages, whereas divorced women often face societal prejudices and the necessity to build a fresh sense of identity and self-reliance. It is crucial to acknowledge and tackle the distinct difficulties encountered by married and divorced women in order to promote a more comprehensive and encouraging society.

Divorced women frequently face a wide range of difficulties that encompass social, economic, and psychological aspects. They may encounter social scrutiny, stigma, and a feeling of being disconnected from their communities due to the enduring traditional standards regarding marriage and family interactions. Divorce often leads to economic difficulties, as women often face a decrease in financial security owing to the splitting of assets and the probable loss of income. The financial burden can result in challenges in upholding a similar level of lifestyle, particularly if they relied on their ex-partner for economic support. In addition, divorced women may have psychological challenges such as loss, diminished self-worth, and apprehension of what lies ahead. Divorced women should priorities seeking support networks, counselling, and resources to effectively manage the emotional strain of separation and the potential disruption of familial relationships. This is essential for addressing the various mental health challenges that may arise and for successfully rebuilding their lives after divorce. Figure 1 depicts the difficulties and obstacles encountered by a woman who has undergone divorce:

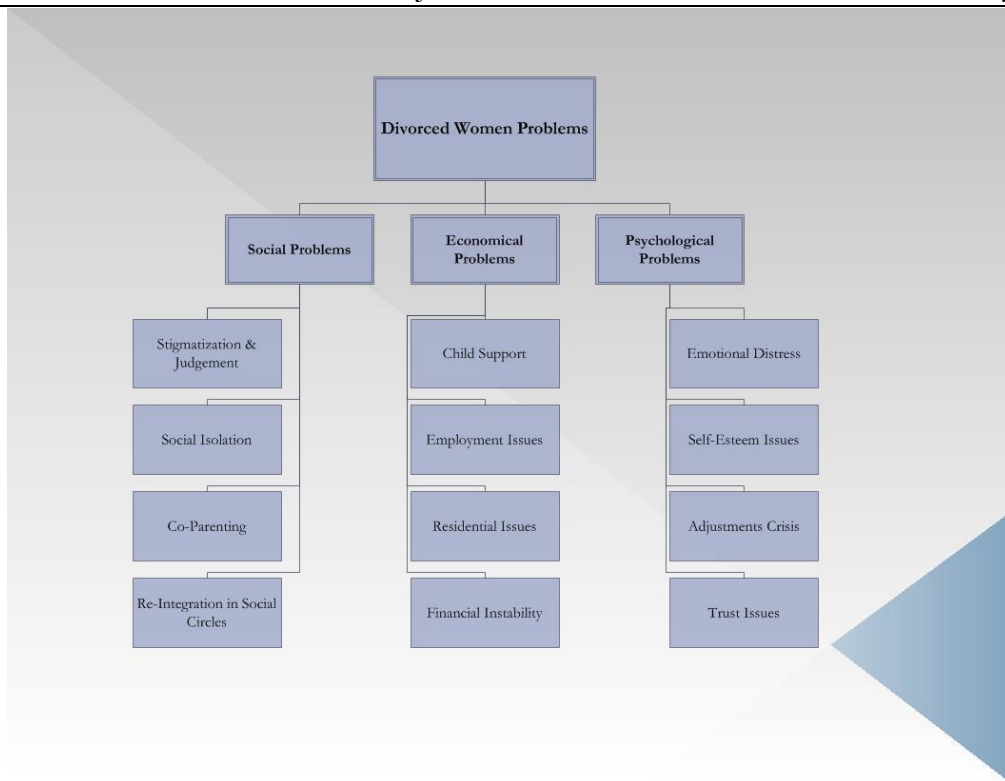


Figure 1 Difficulties and Obstacles encountered by a divorce woman.

Material and Method

This study employed a cross-sectional design and included a sample of 75 women who were divorced and 75 women who were married or had not experienced divorce. The inclusion criteria for divorced women consisted of having no prior history of psychiatric disorders before divorce and expressing a desire to participate. The exclusion criteria encompassed individuals with significant medical or psychiatric concerns prior to divorce and those who had experienced parental divorce. [12]. Women who were married and not divorced, and who lived with their spouses, were chosen to closely resemble divorced women in terms of age, educational background, and socio-economic level. Before the study commenced, the research goals were elucidated, participants were gained informed consent, and guarantees were provided regarding the confidentiality of their data[13].

Data Collecting Tools:

The data collection process for this study consisted of administering demographic and DASS-21 questionnaires, which were completed under the guidance of two psychologists. The DASS-21 questionnaire was utilized to evaluate three interrelated negative emotional conditions: depression, anxiety, and tension/stress. The utilization of DASS-21 scales allows for a comparative assessment of the intensity of various emotional illnesses, rendering it a beneficial instrument for evaluating the advancement of treatment over a period of time[14].

Depression, Anxiety, and Stress Scale (DASS):

The Depression, Anxiety, and Stress Scale (DASS) is a self-administered survey specifically created to assess the intensity of symptoms associated with depression, anxiety, and stress. Developed by psychologists, this scale is extensively utilized in clinical and research environments to evaluate psychological discomfort[15]. The purpose of the DASS is to offer a more detailed comprehension of an individual's emotional welfare by distinguishing these

three concepts instead of seeing them as a unified assessment of overall psychological discomfort.

The scale comprises three subscales:

Depression: This subscale evaluates symptoms associated with dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest or participation, anhedonia (inability to perceive pleasure), and inactivity.

Anxiety: The anxiety subscale assesses symptoms related to autonomic arousal, situational anxiety, and the personal experience of anxious affect (such as muscle tension, nervousness, and emotions of apprehension).

Stress: This subscale assesses symptoms associated with challenges in achieving relaxation, heightened nervousness, susceptibility to becoming easily upset or agitated, display of irritable behavior, impatience, and a propensity to overreact to stress-inducing factors.

Participants evaluate their experiences using a four-point severity/frequency scale, which spans from "Not applicable to me at all" to "Highly applicable to me, or most of the time." The scores from each subscale are added together to determine the overall severity of symptoms related to depression, anxiety, and stress[16]. The DASS is highly regarded by therapists and researchers because to its ability to provide a comprehensive evaluation of the precise emotional difficulties that individuals may be encountering. It is crucial to acknowledge that the DASS is a self-report instrument, and its interpretation should be conducted alongside other clinical tests and observations[17].

UCLA Loneliness Scale:

The UCLA Loneliness Scale is a commonly employed self-report tool specifically intended to evaluate personal experiences of loneliness. The scale is designed to assess the perception of social isolation and the subjective feeling of loneliness in individuals[18]. The UCLA Loneliness Scale comprises 20 items, and participants assess each item using a 4-point Likert scale, ranging from "never" to "often." The items encompass a range of facets pertaining to loneliness, such as social connections, camaraderie, and sentiments of seclusion. Examples of items on the scale may include comments such as "I experience a sense of exclusion" or "I perceive a lack of emotional intimacy with others." Upon finishing the scale, the results are added together, with higher scores indicating greater levels of reported loneliness. The UCLA Loneliness Scale is commonly employed in psychological research and clinical contexts to evaluate an individual's personal perception of loneliness and to comprehend the influence of loneliness on mental well-being[19]. Loneliness is an intricate and diverse emotional experience. The UCLA Loneliness Scale offers a numerical assessment of experienced loneliness, although it may not encompass all aspects of social connectivity or isolation. When evaluating scores, it is important to take into account the broader context of an individual's mental health and social situation[20].

State-Trait Anger Expression Inventory (STAXI):

The State-Trait Anger Expression Inventory (STAXI) is a psychological evaluation instrument specifically developed to quantify the perception, manifestation, and regulation of anger.[21].

The State Anger (S-Ang) component evaluates the level of anger that individuals are presently encountering in a particular circumstance. This evaluates the ephemeral and contextual nature of rage.

Trait Anger (T-Ang): This component assesses people' overall inclination or tendency to feel anger under different circumstances. It assesses a more stable and enduring aspect of anger as a personality trait.

Result and Discussion:**Table:1**

Demographic Assessment of Individuals Involved in a Study on Relationship Status:

	Divorced	Married/ Non-Divorced
Total Participants	75	75
Age Range	30-45	30-45
Educational Background		
Illiterate	17 (23%)	13 (17%)
High School Grade	38 (51%)	32 (43%)
Higher Education	20 (26%)	30 (40%)

Table 1 provides a thorough demographic analysis of participants in a study that specifically examines the relationship status of adults between the ages of 30 and 45. The sample size comprises 150 participants, with an equal distribution between divorced and married/non-divorced adults. The age range ensures a focused evaluation of persons in a pivotal point of their life with regards to relationships. The participants' educational background is classified into three categories: illiterate, high school level, and higher education. Within the group of divorced individuals, 23% are classified as illiterate, 51% possess a high school diploma, and 26% have studied higher education. Conversely, within the group of participants who are married or not divorced, 17% lack literacy skills, 43% have completed high school, and 40% have sought further education. These educational breakdowns provide valuable insights into the varied educational profiles of persons in different relationship statuses. The data underscores the necessity for a sophisticated comprehension of the interconnections among age, relationship status, and educational background. These insights are extremely helpful for researchers, policymakers, and professionals in the field of relationship studies. They provide a deeper understanding of the diverse experiences and histories of individuals within this particular demography.

Table 2:

Analysis of the emotional well-being of divorced women and married/non-divorced women using the DASS Scale:

DASS Scale	Divorced Women		Married/Non- Divorced	
	Mean	SD	Mean	SD
Depression	15.2	3.4	11.5	2.1
Anxiety	14.8	2.9	10.3	1.8
Stress	18.1	4.2	12.7	2.5

Table 2 provides a thorough comparison of emotional well-being between women who are divorced and women who are married or have never been divorced. This study is conducted using the Depression, Anxiety, and Stress Scale (DASS). The average scores and standard deviations (SD) for each emotional category, specifically Depression, Anxiety, and Stress, offer vital insights into the psychological well-being of the two groups. Divorced women demonstrate higher average scores in all three areas compared to women who are married or have not experienced divorce. The average depression score for divorced women is precisely 15.2, with a standard deviation of 3.4. In contrast, married or non-divorced women have a lower average depression score of 11.5, with a smaller standard deviation of 2.1. Divorced women outperform married/non-divorced women in the Anxiety category, with a mean score of 14.8 (SD=2.9) compared to 10.3 (SD=1.8) respectively. In the Stress domain, divorced women have a higher average score of 18.1 (SD=4.2) compared to married/non-divorced women who have an average score of 12.7 (SD=2.5). The results indicate a significant disparity in the emotional welfare of divorced women compared to married/non-divorced women, as divorced women exhibit elevated levels of sadness, anxiety, and stress.

This information is essential for healthcare experts, psychologists, and counsellors to customize relevant interventions and support systems for women, taking into account their relationship situation.

Table 3:

Anger, Anxiety, and Stress Levels in Divorced and Married/Non-Divorced Women assessed by STAXI Scale:

STAXI	Divorced Women		Married/Non-Divorced	
	Mean	SD	Mean	SD
Anger	25.7	4.1	20.1	3.5
Anxiety	21.3	3.2	18.9	2.8
Stress	28.5	5.6	23.2	4.2

Table 3 provides a thorough comparison of emotional expression, with a specific emphasis on Anger, Anxiety, and Stress, between women who are divorced and women who are married or not divorced. The data, obtained via the utilization of the State-Trait Anger Expression Inventory (STAXI), demonstrates considerable disparities in average scores and standard deviations (SD) between the two groups. Divorced women regularly exhibit elevated levels of emotional expression across all three domains in comparison to women who are married or have not experienced divorce. Divorced women in the Anger domain exhibit a mean score of 25.7, accompanied by a standard deviation of 4.1. This surpasses the mean score of 20.1 and standard deviation of 3.5 observed in married/non-divorced women. Similarly, divorced women in the Anxiety domain have a mean score of 21.3 (SD=3.2), while married/non-divorced women have a lower mean score of 18.9 (SD=2.8). In the Stress domain, divorced women have a higher mean score of 28.5 (SD=5.6) compared to married/non-divorced women who have a mean score of 23.2 (SD=4.2). These findings indicate significant differences in emotional expression patterns between divorced women and married/non-divorced women, with divorced women showing higher levels of Anger, Anxiety, and Stress. The findings from this investigation can be crucial for mental health practitioners, therapists, and support agencies to customize therapies that address the distinct emotional requirements of women in different relationship statuses. Gaining insight into and tackling these subtle emotional intricacies can enhance the efficacy and individualization of mental health assistance for women navigating diverse relationship encounters.

Table 4:

Loneliness Evaluation: A Comparative Examination of Women who are Divorced and Women who are Married or Non-Divorced, utilizing the UCLA Loneliness Scale.

Status	Participants	Age	Loneliness Mean	Loneliness SD
Divorced	75	30 – 45	56.2	8.3
Married/Non-Divorced	75	30 – 45	42.5	6.7

The provided table offers a thorough analysis of the experience of loneliness in women, taking into account their relationship status. This analysis is conducted using the UCLA Loneliness Scale. A total of 150 women aged 30 to 45 participated in the study, with an equal distribution between divorced and married/non-divorced individuals. The UCLA Loneliness Scale scores, presented with Mean and Standard Deviation (SD) columns, provide insight into the felt social isolation among these two unique groups. Divorced women have a higher average loneliness score of 56.2 (SD=8.3), suggesting a stronger feeling of social isolation in comparison to women who are married or have not experienced divorce. In contrast, the women who are married or have not been divorced have a mean loneliness score of 42.5

(SD=6.7), indicating a comparatively lower level of felt social isolation. These findings offer unique insights into the emotional welfare of women in various relationship statuses, highlighting the influence of divorce on the perception of loneliness. Comprehending and tackling loneliness is of utmost importance for mental health practitioners, counsellors, and support services, as it directly impacts an individual's general state of well-being. These findings emphasize the significance of customized interventions to target the distinct emotional requirements of women in various relationship statuses, aiming to promote social connections and alleviate feelings of loneliness.

Table 5:

Psychological distress and loneliness levels in women who are divorced compared to those who are married or not divorced:

Variant	Divorced Women		Married/Non-Divorced	
	Mean	SD	Mean	SD
Depression	15.2	3.4	11.5	2.1
Anxiety	14.8	2.9	10.3	1.8
Stress	18.1	4.2	12.7	2.5
Anger	25.7	4.1	20.1	3.5
Loneliness	56.2	8.3	42.5	6.7

Table 5 provides a comprehensive comparative examination of psychological discomfort and loneliness among women who are divorced and women who are married or not divorced. The individuals, ranging in age from 30 to 45, were evaluated using important psychological measures such as Depression, Anxiety, Stress, Anger, and Loneliness. The results included Mean and Standard Deviation (SD) values. Divorced women exhibited elevated levels of psychological suffering in comparison to women who were married or had not experienced divorce. The average scores for Depression, Anxiety, and Stress among divorced women were 15.2 (SD=3.4), 14.8 (SD=2.9), and 18.1 (SD=4.2), respectively. On the other hand, women who were married or had not been divorced had lower average scores for these aspects. Specifically, the mean score for Depression was 11.5 (SD=2.1), for Anxiety it was 10.3 (SD=1.8), and for Stress it was 12.7 (SD=2.5). In addition, the study encompasses an assessment of emotional expressiveness, specifically focusing on the Anger scale. Divorced women had a significantly higher average Anger score of 25.7 (SD=4.1) in comparison to married/non-divorced women, who had an average score of 20.1 (SD=3.5). The evaluation of loneliness indicated a significant disparity, as divorced women reported an average Loneliness score of 56.2 (SD=8.3), whereas married/non-divorced women reported a lower average Loneliness score of 42.5 (SD=6.7). These findings underscore the notable emotional and psychological differences between women who are divorced and those who are married or have never been divorced. This emphasizes the possible influence of marital status on mental well-being. Comprehending these discrepancies is vital for mental health practitioners and support organizations to customize therapies that target the distinct requirements of women in various relationship situations, thereby enhancing overall emotional well-being and resilience.

Regression analysis is a statistical method employed to investigate the correlation between one or more independent variables and a dependent variable. It aids in comprehending the magnitude and characteristics of the connections, making forecasts, and discerning the influence of each autonomous factor in elucidating the variability of the reliant variable.

Dependent Variable: This is the variable that is being sought to be predicted or comprehended. Each row represents a different psychological element, namely Depression, Anxiety, Stress, Anger, or Loneliness, which serves as the dependent variable.

Independent variables: This refer to the variables that are utilized to forecast or determine the dependent variable. The rows in the table include information on the independent factors that affect the dependent variable. They also include the beta coefficients (β), which show the magnitude and direction of the relationship.

Table 6

Comprehensive Regression Analysis of Psychological Factors among Divorced and Married/Non-Divorced Women:

Status	Dependent Variable	Independent Variables
Divorced Women	Depression	Anxiety ($\beta=0.5$)
		Stress ($\beta=0.3$)
		Anger ($\beta=0.4$)
		Loneliness ($\beta=0.2$)
	Anxiety	Depression ($\beta=0.4$)
		Stress ($\beta=0.2$)
		Anger ($\beta=0.3$)
		Loneliness ($\beta=0.1$)
	Stress	Depression ($\beta=0.3$)
		Anxiety ($\beta=0.2$)
		Anger ($\beta=0.5$)
		Loneliness ($\beta=0.4$)
	Anger	Depression ($\beta=0.2$)
		Anxiety ($\beta=0.4$)
		Stress ($\beta=0.1$)
		Loneliness ($\beta=0.3$)
Married/Non-Divorced	Depression	Depression ($\beta=0.1$)
		Anxiety ($\beta=0.2$)
		Stress ($\beta=0.3$)
		Anger ($\beta=0.5$)
	Anxiety	Anxiety ($\beta=0.6$)
		Stress ($\beta=0.2$)
		Anger ($\beta=0.3$)
		Loneliness ($\beta=0.1$)
	Stress	Depression ($\beta=0.3$)
		Stress ($\beta=0.1$)
		Anger ($\beta=0.2$)
		Loneliness ($\beta=0.4$)
	Anger	Depression ($\beta=0.2$)
		Anxiety ($\beta=0.4$)
		Anger ($\beta=0.1$)
		Loneliness ($\beta=0.3$)
Married/Non-Divorced	Loneliness	Depression ($\beta=0.1$)
		Anxiety ($\beta=0.3$)
		Stress ($\beta=0.2$)
		Loneliness ($\beta=0.4$)
	Loneliness	Depression ($\beta=0.4$)
		Anxiety ($\beta=0.2$)
		Stress ($\beta=0.3$)
		Anger ($\beta=0.1$)

Table 6 displays a comprehensive regression analysis that examines the complex connections between important psychological characteristics among women who are divorced and women who are married or not divorced. Each row specifies the dependent variable (such as Depression, Anxiety, Stress, Anger, Loneliness) and its associated independent variables, along with their respective beta coefficients (β) that indicate the magnitude and direction of the association. The regression study indicates that Anxiety in divorced women is highly impacted by Stress ($\beta=0.2$), Anger ($\beta=0.3$), and Loneliness ($\beta=0.1$). Depression is similarly affected by Anxiety ($\beta=0.4$), Stress ($\beta=0.2$), Anger ($\beta=0.3$),

and Loneliness ($\beta=0.1$). The level of stress is affected by various factors, including depression ($\beta=0.3$), anxiety ($\beta=0.2$), anger ($\beta=0.5$), and loneliness ($\beta=0.4$). Depression ($\beta=0.2$), Anxiety ($\beta=0.4$), Stress ($\beta=0.1$), and Loneliness ($\beta=0.3$) have a direct impact on anger. Finally, Loneliness is affected by Depression ($\beta=0.1$), Anxiety ($\beta=0.2$), Stress ($\beta=0.3$), and Anger ($\beta=0.5$). Anxiety in married or non-divorced women is strongly influenced by stress ($\beta=0.1$), anger ($\beta=0.2$), and loneliness ($\beta=0.4$). The presence of Anxiety ($\beta=0.3$), Stress ($\beta=0.1$), Anger ($\beta=0.2$), and Loneliness ($\beta=0.4$) has a direct impact on the development of Depression. Stress is affected by Depression ($\beta=0.2$), Anxiety ($\beta=0.4$), Anger ($\beta=0.1$), and Loneliness ($\beta=0.3$). Depression ($\beta=0.1$), Anxiety ($\beta=0.3$), Stress ($\beta=0.2$), and Loneliness ($\beta=0.4$) all have an impact on anger. Finally, Loneliness is affected by Depression ($\beta=0.4$), Anxiety ($\beta=0.2$), Stress ($\beta=0.3$), and Anger ($\beta=0.1$). This extensive investigation offers a detailed comprehension of the interrelation between psychological elements and their specific effects on the mental well-being of women in various relationship circumstances. It assists in customizing focused interventions and support techniques that tackle the distinct requirements and difficulties linked to divorce and marital status.

Divorce carries with it a stigma. Society expects its people to live in strained households, and divorce is typically frowned upon. Divorce in Pakistan primarily alters a person's standing, requiring them to deal with friends, family, and society simultaneously. When social acceptability, a shift in lifestyle, and financial difficulties are present, personal guilt, loneliness, and a sense of failure become more overwhelming. According to recent research, divorced women reported higher levels of stress, anxiety, sadness, loneliness, and anxiety around social interactions than married women. Additionally, compared to married women, the results indicated that divorced women had higher levels of state anger, anger out, and total anger. The findings align with earlier studies that discovered notable variations in anxiety and depression levels between married and divorced female participants.

In addition to positive coping strategies, single women reported higher levels of stress full reactions, daily stressors linked to family, physical, and financial issues, and higher psychological symptoms. The outcomes align with previous research findings as well. When it came to emotional distortions, criticism, emotional episodes, severe illnesses, and issues with both her own and her in-laws' families, divorced women faced more stress than married women did. Women suffer greatly from divorce. A child's good upbringing depends on the roles played by both parental figures in their lives. Fathers who are divorced typically leave the family. Women's time and attention are split between earning a living and taking care of their children when a father is absent, which results in less responsive care. When they are divorced or become widowed, single women frequently experience a sense of identity loss and rootlessness. Feelings of guilt, humiliation, wrath, worry, and fury about the future are frequent in many women. For the majority of single women, financial crises following a spouse's death or divorce are a common occurrence. It gets harder to provide for a child's fundamental necessities, such food, clothes, and school supplies, while still keeping costs down. Additionally, few communal and social organizations allow single women to participate. Future emotional, social, physical, and behavioral issues in children are linked to all of these women's concerns.

Conclusion:

The study's findings offer a thorough comprehension of the emotional and psychological welfare of women in various relationship situations, with a specific emphasis on divorced women in comparison to married women or those who have not undergone divorce. The demographic analysis indicates an equitable distribution of participants in relation to age and educational background, creating a sturdy sample for scrutiny. The study utilizes the Depression, Anxiety, and Stress Scale (DASS) to show that divorced women display elevated levels of depression, anxiety, and stress in comparison to women who are

married or didn't go through divorce. This underscores the potential ramifications of divorce on the emotional well-being of women, underscoring the necessity for customized interventions and support networks[22]. The investigation of emotional expression using the State-Trait Anger Expression Inventory (STAXI) further demonstrates that divorced women tend to express higher levels of anger, anxiety, and stress than their married/non-divorced counterparts. These findings suggest that divorce may contribute to heightened emotional responses, underscoring the importance of addressing emotional well-being in post-divorce support programs. According to the assessment conducted using the UCLA Loneliness Scale, divorced women tend to feel more socially isolated than women who are married or have never been divorced. The incidence of loneliness among divorced women is a significant factor to consider in promoting mental well-being. By knowing this, interventions may be designed to develop social ties and alleviate feelings of isolation. The regression analysis dives into the subtle correlations between many psychological characteristics, revealing the interplay of depression, anxiety, stress, rage, and loneliness. The beta coefficients provide valuable insights into the relative influence of each component on the others, allowing for a nuanced comprehension of the intricate psychological dynamics experienced by women in various relationship statuses. In conclusion, this study adds useful insights on the emotional and psychological experiences of women in the setting of divorce. The results emphasize the necessity of focused interventions and support systems that take into account the distinct difficulties and emotional requirements of individuals experiencing divorce. These findings can be used by mental health practitioners, counsellors, and support organizations to create better strategies for fostering emotional well-being and resilience in women who are dealing with various relationship situations.

Suggestions / Recommendations:

- Develop and execute specific mental health interventions that are customized to address the distinct requirements of women who have gone through divorce.
- Enhance the availability of psychological assistance and counselling for those going through the process of divorce.
- Organize awareness initiatives aimed at mitigating the social stigma associated with divorce and fostering comprehension of the emotional difficulties that come with it.
- Create and implement strategies to reduce loneliness by promoting community involvement and providing social assistance.
- Promote familial and societal engagement within the support system of divorced individuals to mitigate sensations of seclusion.
- Develop stress treatment initiatives that integrate mindfulness and relaxation methodologies to address the difficulties associated with divorce.
- Identify and acknowledge the possible psychological consequences of relationship difficulties on married or non-divorced women, and take proactive steps to mitigate these effects, such as engaging in relationship counselling.
- Offer instructional materials on emotional well-being specifically tailored to different relationship statuses, with the aim of empowering individuals to actively manage their mental health.
- Advocate for the ongoing investigation of the enduring impacts of divorce on the psychological welfare of women.
- Promote laws that recognize the psychological consequences of divorce and incorporate support systems into legal frameworks.

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