

## Assessing Divorce Effects on Women in the Preamble of Psychological Inferences in Malakand, Khyber Pakhtunkhwa, Pakistan

<sup>1</sup>Ahmad Ali, <sup>1</sup>Mussawar Shah, <sup>1</sup>Bushra Shafi and <sup>2</sup>Abbasullah Jan

<sup>1</sup>Department of Rural Sociology, the University of Agriculture Peshawar, Pakistan

<sup>2</sup>Department of Agriculture Economics, The University of Agriculture Peshawar, Pakistan

**Abstract:** For the study “assessing divorce effects on women in the preamble of psychological inferences” a sample size of 210 respondents (divorced women) were randomly selected for in-depth interview, representing the whole Malakand division Khyber Pakhtunkhwa, Pakistan. *Darul Aman Swat* (abode) was selected as population for this study. A conceptual framework based on independent variable “psychological aspect” and dependent variable “effects of divorce on female” was worked out for simple frequency and assessing the level of association through cross tabulation by the application of chi-square test statistics. Moreover, reliability analysis was also carried out and reliability coefficient was explored as 0.75. Dissatisfaction of women in sex, yelling and guilty behavior of husband, inferior status of woman at household level, vulnerability to pain and hardships, self-esteem (restive), domestic unrest, depression and Schizophrenic disorder were the prominent causes of divorce. At bi variate level female self-esteem (restive) was found Significant ( $P < 0.05$ ) while depression problem to female was found highly significant ( $P = 0.000$ ) with effects of divorce on female. At multi variate level, a spurious relationship was found between psychological aspect while controlling type of marriage and literacy. The study concluded that insecurity of life to either spouse led to divorce, which multiplied the distress of women leading to depression and self-esteem. Literacy and type of marriage were found ineffective in predicting the occurrence of divorce and its subsequent effects on women. Treatment from some qualified doctors and arranging psychological and religious counselling from the experts of the field could mitigate the occurrence of divorce and belittling its effects for both genders with women folk in conspicuous

**Key words:** Females • Divorce • Psychological inferences • Marital stability

### INTRODUCTION

Depressed individuals express higher levels of dissatisfaction with their marriage and their spouses also. Moreover, the divorce rate is nine times higher when one of the partners suffering from depression. Researchers have found that some personality factors put people at more risk for divorce; one of the most important factor is feeling insecure about oneself and one's worth. Insecure individuals are more likely to become separate [1].

Alisha [2] expressed that incompatibility or mismatch sexual incompatibility and emotional imbalance affects the marital status and subsequently ends in marriage. In addition, Laroche [3]; and Statistics of Canada survey [4] supported these findings were consistent with their studies on divorce and self-esteem

of women. Divorce generally involves a period of stress, instability, loneliness, hurt feelings and often hostility. This period of transition is often related to health problems. Furthermore, it can happen due to lingering feelings of sadness, longing, worry and regret that coexist with competent psychological and social functioning [5, 6]. Graaf and Kalmijn [7] reported that aggressive behavior at home is a reason for separation is less habitually specified than in the past in Canada and in other Western nations.

In Bangladesh, the reasons of separation are multi-dimensional, extending from sterility and sexual inconsistency of spouses to even endowment [8]. Divorce may lead to psychological distress, but psychological distress lead to divorce in any type of marriages. Divorcees who remain without a partner may

continue to experience higher levels of psychological distress. Divorce may lead to psychological distress, but psychological distress lead to divorce in any type of marriages [9]. Fighting and yelling are also responsible factors for divorce. In addition, divorce is also related to vulnerability to pain and hardships and frequently exposed to sexual power of women [10-12]. According to Mohamad [13] every woman and child needs for sociological and psychological safety as well as love and respect from husband, his family and community. Those who are from Single-parent families and divorce homes, face the psychological challenges as well as deprivation of love and basic needs. Cetingok *et al.* [14] anticipated the social impacts on sex contrasts in clinical qualities and symptomatology of schizophrenia among 369 schizophrenic patients from the United States and Turkey. Turkish isolated, completely separated, or widowed female schizophrenics and American wedded male schizophrenics. Turkish wedded female and Turkish isolated, separated, or widowed male schizophrenics were for the most part confused.

Zimmerman *et al.* [15] supported that depression spectrum disease and loneliness problem is common in women when their spouse's behavior is not satisfactory. According to Zastrow [16] traditional divorce laws erroneously assume that one partner is the guilty party especially the male partner. Matussek and Wiegand [17] found that in endogenous depression, real loss often triggers depression. Traditional divorce laws often intensify the trauma that both partners are undergoing. Olbrich and Bojanovaky [18] concluded that sexual dissatisfaction is a stronger barrier to marital relation could be mentioned in supporting these findings. According to the distribution power theory, William [19] reported that in the traditional cultures man is dominant, but in modern times, women believed that, they are equal to the men and don't accept dominance of men therefore they feel domestic unrest that could lead to divorce. Children of the divorced couple had great vulnerability and pain. Disagreement is one of the factors painfully addressed on the part of the parents that could minimize the distress of breakup. South Africa has witnessed every second marriage faced with divorce [12]. It is perhaps due to no efforts on part of committing partners to negotiate avoiding. It is traumatic for all involved, with most suffering for the children. The stressful nature of parental separation would have high propensity for the child to psychological, social, academic and health problem [20, 21].

## MATERIALS AND METHODS

The present study (Assessing Divorce Effects on Women in the Preamble of Psychological Inferences) was conducted out in Malakand Division Khyber Pakhtunkhwa, Pakistan. Keeping in view the above findings, this paper has been designed to look into the divorce in its psychological fallout on women in Malakand, Khyber Pakhtunkhwa, Pakistan. Sample was drawn from a population of 395 divorcee (female) residing in abode as per yardstick [22]. The primary data were collected through a well thought out and wide-ranging interview schedule. This schedule was designed, encompassing all the basic characteristics of the study. The data were collected by the researcher and trained female team under the supervision of the researcher. The collected data were coded and SPSS software (20<sup>th</sup> version) was used for its analysis; Uni – Variate or simple percentage and; Bi-variate analysis were carried out to measure the relationship between independent (Psychological aspect) and dependent variable (Effects of divorce). To assess the level of association Chi square test was used by indexing the dependent variable [23]. To determine the spuriousness or non-spuriousness of the relationship between independent and independent variables at bi variate level through the level of significance, multi variate analysis were carried out. Both independent dependent variables were indexed to get the desired degree of the responses. The Cronbach alpha test was used to indicate the underlying dimensions of the items consisting of an index. The coefficient of reliability was stood at 0.75, thus indicating the reliability of the data. The statistics used in the study are presented below;

Chi Square test

$$(x^2) = \sum \sum (f_{ij} - F_{ij})^2 / F_{ij}$$

where

$(x^2)$  = Chi-square for two categorical variables

$f_{ij}$  = The observed frequencies in the cross-classified category at  $i$ th row and  $j$  the column

$F_{ij}$  = The expected frequency for the same category, assuming no association between variables under investigation

Df =  $(r-1)(c-1)$

Df = Degree of freedom

r = Rows number

c = The columns number

Probability Fisher Exact Test =  $\frac{(a+b)! (c+d)! (a+c)! (b+d)!}{N! a! b! c! d!}$   
 (Baily, 1982 and Mc. Call, 1975)

**RESULTS AND DISCUSSIONS**

**Frequency and Percentage Distribution of Psychological Aspect of Divorce:** Evils originated from human minds, however its nature and intensity variate as mind setup is always different from individual to individual. The Table 1.1 itemized that majority of the respondents i.e. 62% were not satisfied with their husbands’ sexual power therefore got separated, 69% divorced women responded that they had suffered due to the yelling of their husbands. Vulnerability to pain and hardships and self-esteem sometimes forced females to break marriage in this regard 60% wives expressed that they were vulnerable to hardships and pain while 54% wives were the victims of self-esteem. Similarly, Alisha [2] expressed that incompatibility or mismatch/ incompatibility sexually and emotionally affect the marital status and subsequently end the marriage. Olbrich and Bojanovaky [18] concluded that sexual dissatisfaction is a strong barrier to marital

relation could be mentioned in supporting these findings. Moreover, fighting and yelling are also responsible factors of divorce. In addition divorce is related with vulnerability to pain and hardships and frequently exposed to sex of women [11, 12].

Psychological disorder is the outcome of domestic unrest, loneliness, husbands’ guilty behavior and inferior status of women. The Table 4.3 disclosed that 66% wives were divorced due to domestic unrest while, 61.4% said that loneliness problem was the cause of divorce. Moreover, 70% wives expressed that abnormal behavior (neurosis, psychosis, or personality disorder along with 55% claimed that their inferior status had led to divorce. Furthermore, 71% wives (divorces) reported that due to depression problem while 63% wives blamed Schizophrenia of their husbands. It could be detected that marriages were mostly arranged and little consideration were given to physical and mental health to both bride and bride grooms. However women enjoy equality to women in the recent period. This situation of feeling equity has disturbed the marital equilibrium in the traditional societies. These findings have some resemblance to distribution power theory as William [19]

Table 1.1: Showing frequency and percentage distribution of psychological

Psychological aspect	Response		Total
	Yes	No	
Sexual dissatisfaction from husband forced you for divorce.	131(62)	79(38)	210(100)
Yelling of your husband on you was one of the reasons of your divorce.	146(70)	64(30)	210(100)
Due to loneliness feelings yours husband divorced you.	129(61)	81(38)	210(100)
Husband guilty behavior (neurosis, psychosis, or personality disorder).	147(70)	63(30)	210(100)
Keeping you suppress due to your inferior status at household.	116(55)	94(45)	210(100)
Your vulnerability to pain and hardships separated you from your husband.	126(60)	84(40)	210(100)
Your self-esteem (restive).	115(54)	95(45)	210(100)
Any psychological disorder due to domestic unrest.	139(66)	71(34)	210(100)
Depression problem (to you) led to dissolution of this union.	149(71)	16(29)	210(100)
Schizophrenia disorder was responsible for separation.	133(63)	77(37)	210(100)

Values in each cell indicate frequency and parenthesis value show percentages.

Table 4.3.4: Showing association between psychological aspect and effects of divorce

Independent variable (psychological aspect)	Dependent variable	Statistic
Sexual dissatisfaction from husband forced you for divorce.	Effect of divorce	$\chi^2 = 1.417(0.234)$
Yelling of your husband on you was one of the reasons of your divorce.	Effect of divorce	$\chi^2 = 0.19(0.66)$
Due to loneliness feelings problem your husband divorced you.	Effect of divorce	$\chi^2 = 0.024(0.877)$
Husband guilty behavior (neurosis, psychosis, or personality disorder).	Effect of divorce	$\chi^2 = 1.320(0.251)$
Keeping you suppressed due to your inferior status at household.	Effect of divorce	$\chi^2 = 1.672(0.196)$
Your vulnerability to pain and hardships separated you from your husband.	Effect of divorce	$\chi^2 = 0.064(0.800)$
Your self-esteem (restive).	Effect of divorce	$\chi^2 = 6.122(0.013)$
Any psychological disorder due to domestic unrest.	Effect of divorce	$\chi^2 = 0.034(0.854)$
Depression problem (to you) led to dissolution of this union.	Effect of divorce	$\chi^2 = 15.684(0.00)$
Schizophrenia disorder was responsible for separation.	Effect of divorce	$\chi^2 = 0.386(0.534)$

Values in each cell indicate Chi Square and parenthesis values show significance at 0.05 level of confidence.

reported that in the traditional cultures man is dominant but in modern times, women believe that, they are equal to men and do not accept dominancy of men therefore they feel domestic unrest that could lead to divorce. Zimmerman *et al.* [15] supported that depression spectrum disease and loneliness problem is common in women when their spouse behavior is not satisfactory. According to Zastrow [16] traditional divorce laws erroneously assume that one partner is the guilty party especially the male partner. Matussek and Wiegand [17] found that neurotic depressives fell ill more frequently as a result of disappointments and injuries caused by the partner is a major dilemma of separation. Cetingok and Park [14] studied 369 schizophrenic patients in United States and Turkey and found cultural influence on sex differences.

#### **Association Between Psychological Aspect and Effects of Divorce:**

Table 1.2 disclosed a non-significant relationship between Sexual dissatisfaction from husband and effects of divorce. Sexual dissatisfaction of wife from husband could be one of divorce cause. However, a strict cultural environment with containment of getting ashamed. While, disclosing the male sexual weakness had maintained the relationship for a longer period of time. Moreover, getting separation/ divorce on part of woman is highly discarded as social, moral and religious taboo. In Bangladesh, the reasons of divorce are multi-dimensional ranging from infertility and sexual incompatibility of husbands to dowry even [8]. Furthermore, a non-significant relationship was found between Yelling of husband over wife and effects of divorce Husband yelling, clouding and murmuring is a curse for wife and sometime causes to break the relationship. Such evils put a woman in misery, strain, stress and getting physical and psychological illness. Such events in life of a woman has high probabilities of getting divorced. These findings are in close resemblance to Bradshaw [11], who stated that fighting and yelling are responsible factors of divorce because it creates tension depression and stress in women.

The study further revealed a non-significant relationship between loneliness feelings and husband guilty behavior (neurosis, psychosis, or personality disorder) and effects of divorce (Table 1.2). Those female, who like isolation or feel themselves comfortable without husbands and those whose husbands has a guilty behavior had more vulnerability to divorce. Such type of immoralities create an unpleasant environment after divorce/ separation. Divorce generally involves a period of stress, instability, loneliness, hurt feelings and often

hostility, this period of transition is often related to health problems. Furthermore, it can happens due to lingering feelings of sadness, longing, worry and regret that coexists with competent psychological and social functioning [5, 6].

Likewise a non-significant relationship was also found between inferior status of women at household and vulnerability to pain and hardships and effect of divorce (Table 1.2). On the other hand self-esteem (restive) and domestic unrest also showed a non-significant relationship with the effect of divorce. Marriage is a compromise for surrendering the emotions and feelings just to get things going. Arrogant behavior and self-imposition in marital relationship especially by women, certainly lands into chaos and disturbance and even dissolution of marriage. These findings had high matching with findings of Graaf and Kalmijn [7], who reported that domestic violence is one of the reasons for divorce is less frequently mentioned than in the past in Canada and in other Western countries such as Holland. In addition, Laroche [3, 4] also supported these findings were consistent with their studies on divorce and self-esteem of women. However, a significant ( $P < 0.05$ ) relationship was found between depression problem to women and effect of divorce (Table 1.2). Depression either with social background i.e. non adjustment or misunderstanding with husband due to some permanent physical, psychological and social disorder usually makes a woman intolerable in terms of enjoying a sound household and marital life. Depressed individuals express higher levels of dissatisfaction with their marriage and their spouses are more dissatisfied with the marriage, also. Moreover, the divorce rate is nine times higher when one of the partners suffers from depression [24].

On the other hand, a non-significant relationship existed between Schizophrenia disorder and effect of divorce on women. Schizophrenia is a long term or everlasting psychological disease which brings complications in further proceeding of the marital life. According to Menaghan and Lieberman [25] divorce formal or informal, may contain the probability of stressful events in personal life. Divorced people tend to experience increased depressive feelings over time and pass the days with great psychological changes as a result of the decline in standard of living, current economic difficulties and reduced availability of intimate, reliable support following divorce. Thus, marital termination provides some escape from a distressing relationship, the transition of divorce brings a change in life conditions that have depressive consequences.

Table 1.3: Showing association between psychological aspect and effects of divorce on women (controlling type of marriage)

Controlling variables	Independent variable	Dependent variable	Statistics
Arrange	Psychological aspect	Effects of divorce	$\chi^2 = 0.635(0.425)$
Love	Psychological aspect	Effects of divorce	$\chi^2 = 0.080(0.777)$
Elopement	Psychological aspect	Effects of divorce	$\chi^2 = 0.686(0.407)$

Values in each cell indicate Chi Square and parenthesis values show significance at 0.05 level of confidence.

Table 1.4: Showing association between psychological aspect towards effects of divorce (controlling literacy)

Controlling variables	Independent variable	Dependent variable	Statistics
Literate	Psychological aspect	Effects of divorce	$\chi^2 = 1.588(0.208)$
Illiterate	Psychological aspect	Effects of divorce	$\chi^2 = 0.796(0.372)$

Values in each cell indicate Chi Square and parenthesis values show significance at 0.05 level of confidence.

### **Association Between Psychological Aspect and Effects of Divorce on Females (controlling Type of Marriage):**

A non-significant relationship existed between psychological aspect and effects of divorce in arranged type of marriage along with a non-significant association in love and elopement marriages (Table 1.3). These results indicated a spurious relationship for above mentioned variables (Table 1.3). It is obvious that person with divorce had little psychological issues in either types of marriages existed in the study area. It could be due to a fractional existence of divorce cases or keeping divorce as secret as social stigma. Furthermore, the primitive nature of social involvement could also be of non-identification of such mental sickness probably due to hard working environment and nonexistence of medical facilities. However, Wu and Hart [9] indicated that divorce may lead to psychological distress, but psychological distress can also lead to divorce in any type of marriages. Divorcees who remain without a partner may continue to experience higher levels of psychological distress.

### **Association Between Psychological Aspect Towards Effects of Divorce (Controlling Literacy):**

The relationship of literate and illiterate respondents' responses on psychological causes for divorce and effects of divorce on female was found non-significant (Table 1.4). A spurious relationship existed between the abovementioned variables in both literate and illiterate respondents' responses at bi-variate level as explored in the relative level of significance. According to Mohammad [13] every woman and child needs sociological and psychological safety as well as love and respect from husband, his family and community. Those who are from Single-parent families face the psychological challenges as well as deprived of love.

## **CONCLUSIONS AND RECOMMENDATIONS**

It was inferred from the results that psychological dissatisfaction in sexual relationships from husband, yelling of husband without any misconduct, loneliness feelings problem in female, abnormal personality traits on the part of husband, neurosis, psychosis, or personality disorder and damaging the self-esteem of women and mental disorder like schizophrenia were some of the attributing factors to divorce. In addition, security of either spouse led to divorce which multiplied the distress of women leading to depression and self-esteem. Literacy and type of marriage were found ineffective in predicting the occurrence of divorce and its subsequent effects on women. Considering mental illness a disease, to accepting it from both involved in marriage while making it public. Treatment from some qualified doctors and arranging psychological and religious counselling from the experts of the field could mitigate the occurrence of divorce and belittling its effects for both genders with women folk in conspicuous.

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