

Effects of Divorce on Mental Health

Dr. Mamta Trichal^{1*}

ABSTRACT

Introduction-The association between mental distress and divorce is well established through researches. Researches reveals that divorcees face more mental health problems than married and never married. **Aim**-The purpose of the study is to review the association between marital dissolution and poor mental health outcomes. **Method**-The current paper gives a systematic review of 12 original studies of divorce during the period of 2011-2021. The focused literature provided information regarding consequences of divorce on health outcomes. **Result**- Findings reveals that depression, anxiety, stress and other behavioral and emotional disturbances are the outcome of divorce. **Conclusion**-The review identified the significant relationship between poor mental health and lack of support and loneliness as the major outcomes of divorce.

Keywords: *Marital Dissolution, Health Outcomes, Lack of Support*

The bonding and liabilities of marriage are becoming fading away and marriage becoming less common across most of the countries-people are marrying later in life, cohabitation (couple living together without marrying), single parenting etc. There has been a general up trend in divorce rates globally since 1970's. But this pattern varies significantly country to country. In the last few decades, the family structure in Western European countries has undergone many changes. Sociologists have traced out, among others, the increase of cohabitation (Kasearu and Kutsar 2011; Perelli-Harris et al. 2014), late marriages and the rise of non-marital childbearing, as well as the increase of divorce rates (Amato 2010; Schoen et al. 2007) are the new features of societies. In the last few decades, the family structure in Western European countries has experienced many changes. Sociologists have pointed out, among others, the increase of cohabitation (Kasearu and Kutsar 2011; Perelli-Harris et al. 2014), delayed marriages and the rise of non-marital childbearing, as well as the increase of divorce rates (Amato 2010; Schoen et al. 2007). The same patterns have occurred recently in Poland as according to the Central Statistical Office, approximately 30% of Polish marriages established currently lead to divorce (Demographic Yearbook of Poland 2017). Additionally, Polish sociologists indicate that informal relationships are becoming more and more popular especially among young people who do not have previous marital experiences (Szukalski 2013).

¹Lecturer, Social Work, Dept. of Sociology and Anthropology, University of Dar-es-Salaam, DSM, Tanzania
**Corresponding Author*

Received: June 21, 2021; Revision Received: September 01, 2021; Accepted: September 11, 2021

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All the societies have customs governing how and under what circumstances sex and reproduction can occur-generally marriage plays a central role in these customs. It is a socially approved union that united two individuals as spouses. Implicit in this union is procreation and permanence in the relationship. It fulfills the sexual desires of marriage partners, regulated the sexual behavior fulfills the economic needs of the marriage partners, perpetuate kinship groups and provides institution for care and enculturation of children. It gives social and mental support to both the partners. It is universal for all cultures and societies.

Anxiety, frustration, anger and other psychological and emotional disturbances are leading forces that are causing chaos in the world leading conflicts among individuals. These are the stressor force to the people bonded into the marital relation to choose the different paths. Divorce is emotionally difficult event but is necessary for healthy break –up. In the United States, couples marrying for the first time have approximately a fifty percent chance of divorcing. Changes in divorce rates have been linked to ideational changes, changes in religious and civil laws, extent social support and increasing education. It appears that increasing economic independence of women are influencing divorce trend in Asian countries. It was found in a study that divorce rate in east Asian countries have been increasing day by day, divorce in south Asia is relatively rare and divorce rates are low (P. Dommaraju, G.Jones, 2011). Current trends suggest that close to two third of the new marriages will result in divorce. Divorce rates climbed in 1960and 1970's, reached a peak in 1980's. The U.S. divorce rate is still very high as compared as compared to the earlier eras and in other societies (White,1990). Indistinguishably, in recent years Africa has also witnessed the increased rates of marital dissolution as a result of westernization and globalization (Adeniran Olaniyi,2015). Table-1 is showing the marriage and divorce rate in recent years in few countries.

Table-1: Crude rate of Divorce

Country/region	Marriage	Divorce	Data source year
1.Algeria	8.1	1.7	2018
2.China	7.2	3.2	2020
3.France	3.7	1.9	2018
4.Germani	4.9	1.9	2016
5.Japan	4.8	1.7	2019
6.Poland	5.1	1.7	2018
7.United Kingdom	4.4	1.8	2015
8.United States	16.3	7.6	2019
9.Russia	9.2	4.8	2011
10. India	7.4	1	2015
11.South Africa	3.5	0.6	2015
12.Saudi Arabia	9.6	2.1	2020

Source-Marriage and divorce rate in few countries obtained from the census data published by governmental statistics.

Process of divorce-There are three key features of marital dissolution in world whatever may the culture or society. Bounding the institution of marriage, breaking of marriage and outcomes of dissolution of marriage. Marital status is an identity of a person. Marriage is highly valued but also considered optional (Cherlin,2005). We can define marriage as the segregated and unblemished union between a man and a woman rooted in a commitment of

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mutual love with the intent to remain so committed last in death. In mostly societies, rule, laws and norms and social customs or the other ways of social control to maintain this loyal institution. Family provides the social support necessary for a healthy society. The intact, stable family offers the best environment for upbringing children, providing them with the love, support, and best education necessary for success in future life as the parents are the first teacher of a child. The family, therefore, is the first and sole institution for nurturing and rearing our upcoming generations, strengthening them for the responsibilities that they require to lead society later on.

There is no any single reason responsible to break down the relationship. However, once it starts to break down, there is a foreseeable sequence of incidents or episodes that tends to occur. The breakdown process involves uncompromising conflict and accusations. All couples have conflicts or combats, simple or may be serious sometimes, but some couples are able to resolve those conflicts successfully or 'agree to disagree', while others find that they are helpless unable to do so. Couples that get into problematic situation and find themselves in conflicts in marital conflictual situations, becomes unhappy. Unhappiness is an only word to describe the causes of divorce, may be this unhappiness is due to the lack of emotional support, spousal rejection, infidelity, abuse etc. that put the marital union at stake. But here is culture, values, norms of the particular society or community which impact the divorce rate and plays a specific role in divorce process. Here is a question arising from the statistics of divorce rate that why there is a low divorce rate in Muslim culture, followed by Hindus, while in European countries the rate is very high. May be because their religious preaching /values are not allowing them to get divorce even though they are suffering from mental trauma or physical assault. They have to continue their marriage with life stressors and more proneness to mental illnesses. Statically the United States has more than 50% of divorce rate, this is a pretty high similar in many European nations. India, Pakistan and so many Asian countries which has a culture less accepting divorce has rates as 1 percent or less than. It doesn't mean that these countries have more happy marriages than in European countries. It just shows that these countries have a different cultural norms and religious values, forbidding them to get divorce either they are suffering physically or mentally. This cultural impact is a leading cause poor mental and physical health in pre-divorce period. Some people are happy to get rid of such life but after divorce the scenario is totally changed, they have to suffer the other consequences like dealing with loneliness, economic crises, custodial responsibilities etc. After divorce the couple often experience effects including, low levels of happiness, change in economic status, and emotional disturbances. The effects on children include improper education, behavioral problems and emotional disturbances. Studies suggest that children from divorced parents are more likely to exhibit behavioral problems than those from both parents families as for the healthy upbringing of the children both the parents are necessary. Divorce increases the risk for mental and physical health problems. In the context of physical health in relation to gender, research reveals that marital discord impairs men's health, but not women's (Williams and Umberson 2004; Wu and Hart 2002). The negative health behavior identified by scientists after marital break-up includes the increased risk of alcohol intake among men (Wu and Hart 2002), as well as tobacco use (Umberson 1992), whereas smoking (Rydzewski 2010) and loss of weight have been noticed among women (Umberson 1992).

The stressors leading to poor mental health as the outcome of divorce-Transition of marital status after marriage either due to dissolution or death of the spouse mostly encompass the coincidence of anxiety and depression among both females and males. However, the results of studies whether men or women suffer more after divorce/separation

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are incompatible. Some findings suggest that women may be psychologically more vulnerable than men to a marital status change (Horwitz et al. 1996; Simon 2002), whereas other research reveals that divorce has a more traumatic effect on the mental health of men than women (Carr 2004; Williams 2003).

Who suffers more from divorce men or women? Studies identified that the ill consequences of divorce are incommensurate—women experience more economic crisis (de Vaus et al., 2015; Smock 1994) and low standard of living and poor mental health problems as they need more support than their ex-partners. Several researches have reported that men were more susceptible than their health decline (Umberson et al., 2010), unhappiness in life (Leopold and Kajmijin, 2016), dissatisfaction with custodial arrangements (Bauserman, 2012; Sheets and Braver, 1996) and social isolation (Dykstra and Fokemma, 2007). A gender-based study (Sara Symoens et al. 2017) shows a lower mental health status of women than men in all spheres of life. Few comparative studies of marital status show the significant relationship of socio-economic and social relational factors with divorce, with more depressive complaints evidenced than the married. The effects of education specifically for divorced women benefit from higher education in concern of their autonomy. Women strive for relatedness and men for individualism (Brake, 1998; Courtenese, 2000). Men focus more on being themselves active and autonomous while women give priority investing in interpersonal relationships. This presupposition leads that divorced women will experience more from anxiety and depression while men will suffer more in decrease in autonomy.

Another domain is remarriage. Marriage the second time around (or third or fourth) can be a very different process than the first. Remarriage lacks many of the classic courtship rituals of a first marriage. In a second marriage, individuals are less likely to deal with issues like parental approval, premarital sex, or desired family size (Elliot 2010). In a survey of households formed by remarriage, a mere 8 percent included only biological children of the remarried couple. Of the 49 percent of homes that include children, 24 percent included only the woman's biological children, 3 percent included only the man's biological children, and 9 percent included a combination of both spouse's children (U.S. Census Bureau 2006). To sought out familial, spousal and social support mostly the individual remarries. European culture and even in Asian also men have more privileges to get married (Ivanova et al. 2013, Wu and Schimmele, 2005). In a study (De Graaf and Kalmjin, 2003) found that 70% of men and 50% of women got married in the first 10 years after divorce. Accordingly, men with better education, higher income, better housing conditions tend to remarry more easily despite the fact that the advantage of remarriage for women is because of life pressures. Studies show that the economic needs, income decline immediately after divorce increases the likelihood of remarriage for women who have economic crises. (Caroline Dewilde & Wilfred Uunk, 2008). A new marriage triggers anxiety about the children and its confrontation with new family.

Economic outcomes of divorce—Financial status for women appear change after divorce. After separation, women experience a sharper decline in household income and a greater poverty risk (Smock 1994; Smock and Manning 1999). The economic situation of an individual after divorce is key because it affects other domains of life. Studies show a higher gender difference in a loss in income among men and women (Barkausar et al. 1991, Hauser et al. 2018, de Vaus et al. 2017). For women, especially if they have spent so many years as home makers, returning to work after divorce can seem daunting and stressful for a number of women. It presents an emotional move after years of raising children and emerging with confidence in family life. Situation is more stressful when the women have

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fewer opportunities to get the job due to the less education or other unsupportive circumstances like physically and mentally not ready to do the job, it is a burden and arises anxiety. A study of the impact of divorce on housing wealth and tenure with it shows the negative impact of homeownership and tenure change upon divorce and well-being. It is found that when women moved from an owned and rented house, it has a negative effect on happiness and financial satisfaction. Furthermore, for men housing wealth mitigates financial stress when remaining in an owner-occupied house after divorce (Stefanie andre et.al.,2019)

Psychological stressors-Studies supporting that a high level of psychological stress is a general cause of divorce resulted in more or less permanent elevation of psychological stress (Aneshensel et.al.1991, Simon 2002, Breslau et.al. 2014). Predivorce resources and outlooks increases stress, further the comparison of divorcee with married shows a pre divorce rise in stress which then returns to levels comparable to those reported by married individuals (Alan Booth et.al.,19). Loss of spouse through death expected to emotional pain while when a spouse is no more in life through divorce is more painful for some who are emotionally attach with the spouse. Many people are able to restore themselves and get success in creating the identity separating from marriage, while for others divorce is a relieving end to a dissatisfactory relation which itself cause a deep psychological distress and anxiety. For some common feelings of same, anxiety, anger, during and after divorce take up permanent residency in emotional make up and negative impact on both physical and mental health. These psychological struggles and profound emotional turmoil become the leading causes of mental health disorders. Homes and Rahe stress scale recognized the divorce as the” second most stressful life event a person can experience, second only to death of a spouse.”

The effects of divorce on health are not just revealed through emotional pains only yet it may be articulated through behavior disturbances that endanger physical and mental health. Development of common mental health disorders and co-occurring disorders like eating disorders and substance consuming is a major outcome of divorce. People divorcing due to the cheating spouse might find themselves depressed and over or under eat due to feeling ugly, foolish or inadequate. People divorcing emotional or physical abuse can seek comfort and safety in food without the pressures of not needing to be accepted which can cause these disorders. Midlife eating disorders can form from the stress and anxiety of divorce (Daniel Pearce). In a multinational study, it was found that specific phobia, major depression, and alcohol are associated with the largest population of divorces (Breslau et.al.,2014).

A study of post –traumatic relationship experiences in women pointed to several factors that may influence once married life, the decision of divorce, and current life situations which can affect the amount of stress on individual might face concerning their post –traumatic relationship. The factors influencing stress experiences during a traumatic marriage included involvement and support from one’s family and may be in-laws’ nature and cause of abuse. The process for overcoming fear, mistrust, grief, child custody were factors that affected stress related to the process of divorce (Ria & Anuradha,2019). Although studies understanding the gender differences in IPV suggest that effect of abusive relationships on the victims are significant in both male and females, females are more likely to report such complaints (Karakurt & Silver,2013). IPV can change from rare or extreme cases like homicide to behaviors like verbal assault, isolation, pushing, slapping etc. (Jackson & Mentlor,2016). The after affects can be direct and physical like injuries of various kinds, other acute and chronic health conditions like migraine, irritable bowel syndrome, insomnia, sexually transmitted infections etc. Almost 31–84 percent of women who have faced IPV

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showed symptoms of PTSD and such chronic mental health consequences were greater for sexual IPV when compared to physical and psychological (Zolotor, Denham, & Weil, 2009). Studies also suggest that traumatic relationship experiences can affect the individuals' personality, coping mechanisms, strength and empowerment as well (Campbell, 2002; Devries et al., 2011; Orzeck, Rokach, & Chin, 2010).

Social stressors-Divorce is a chronic strain which requires adaptation over an extended period of time or lifelong. In chronic strain individual can experience behavioral, psychological and socio-emotional changes. Which can be a greater risk for developing mental disorders and physical illness (Kreiger&Nancy,2001). Parental divorce is believed a cause of behavioral and emotional problems in children and adolescents (Kelly & Emery,2003; Brian &Robert,2019). Family change and children in transition are over represented in mental health systems with warning signs. Such children's may experience more externalizing problems such as conduct disorders, delinquency and impulsive behavior than kids from 2 parent families. Divorce rates were also found higher for people whose parents were divorced (Parelli-Herris et.al.,2017), it shows the poor adjustment and inability to adapt with life transitions.

Divorce changes the whole family dynamics. Family friends, relatives and sometimes even family members feel forced to take side. Change in family friends, income or employment, restrictions in social activities, lack of social support can put an adult in dilemma and children of such parents may struggle with transition. For some children, parental separation and adapting with the accompanying stressors are a bit impossible which make divorce the most difficult. Changing schools, moving to a new home, and living with a single parent who feels a little more disappointed are just a few of the additional stressors that lead to poor mental health to parents as well as the kids. A healthy family can build with both parents, a single parenting can be stressful for adult and child both. They can feel overwhelmed by responsibilities of judging, caring for the children, maintaining job, performing household chores with reduced resources after the break-up. Here is a question arises that how custodial arrangements effect divorce parents and what would be the possibilities to participate in outdoor home leisure activities and to maintain the social contacts with carrying out the responsibility of single parenting. In a study social consequences of single parenthood community participation or integration was found very low among single parents and a feeling of incompetence was found among single parents (Michael J.Smith,1980).

Divorce should effect individuals social integration which is a part of a healthy life. Marriage in itself a source of change in life style. When a person is single, less responsibilities, more contacts, more time for attending the social gatherings and activities, less boundations. Mostly the people have a lot of friends and have enough time to spend with them but after marriage the couple becomes focused with each other and around the family and social participation also changes accordingly. Now in a changed phenomenon they participated more in family-oriented activities, participators are also mostly family oriented. After divorce, the scenario is totally changed, participating in such activities and continuing social participation is burdensome and stressful, it is more stressful when the kids are in the family. In such circumstances, explaining to the kids becomes the source of guilt and humiliation. As such, women participate less in social clubs, going out to the theatre and bars, and for church attendance etc. Women are less integrated in society as they have fewer resources after divorce, fewer financial resources and less time in comparison to men (Kalmijin & Broese Van,)

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The studies also identified that divorce has negative effect on the support network because contacts with mutual friends and relative of the formal spouse diminish with breaking of the marriage (M.E. Duffy,1993; Terhell&Van Tilberg,2004). To sought out social status, social support some divorcees get marry again, also men has more privileges to get married (Ivanova et.al. 2013; Wu Schimmele,2005) In a study of divorce it was found that 70% of men and 50% of women got married in the first 10 years of the divorce. But again, the failure rate of second marriage is even higher than first marriage and further the result is stress for adults and the kids.

Aim of study-The basic aim of the study is to examine the mental health outcomes of marital dissolution.

METHODOLOGY

The article draws on 11 research publications during 2011-2021 on marital dissolution. The literature was searched on the data bases Pub. Med. and Google scholar. The full text of each article was reviewed to understand the details of the study. The inclusion criteria for the paper considered for review were: published studies between 2011-2021, published in authentic journal, studies carried out on only primary data, and-studies aimed at mental health outcomes of marital dissolution.13 articles were included for the thorough study. Out of which 5 studies were comparative and representing the results of divorcees with comparison of married. Most of the studies were gender based. Meta-analysis was carried out with the focus of the objectives of the study (Table-2).

Table-2-Showing the location, target and aims of the selected study.

No., Author of the study & Name	Location and target	Aims of study
1.Emotional & social problems in divorced and married women. Nida Zaffar & Ruksana Kausar,2014	Pakistan 80 women (40 married and 40divorced)	To compare emotional and social problems in married and divorcee
2.An assessment of quality of life of divorced females residing Darul Aman, Swat Khyber, Pukhtungwa .Pakistan.	Pakistan 210 divorced women	To assess the quality of life of the divorced females
3.Linking infidelity, stress, anxiety, and depression-evidence from Pakistani married couple and divorced individuals. A.Azhar, Zaffar Abbas, Zhang Wen Hong, Tanveer Akhtar & M.Akeel, 2018	Pakistan 200 divorced women, 100 married couples and 100 divorced individuals.	To examine the moderating role of marital status between infidelity and development of stress, anxiety and depression.
4.Ex-husband rejection and psychological distress among Pakistani remarried women following divorce- Does emotional intelligence moderate. Sultan Sujja et.al., 2020	Lahore, Pakistan 99 remarried Women, previously divorced	Ex-partners rejection is likely to associate with increased symptoms of psychological distress among remarried previously divorced.
5.Mental health problems of women undergoing divorce process. Maksoud Akhtar & Rouquia Begam.	Agaragaon, Dhaka 11 divorced women	To explore mental health problems in different functional

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		areas of women.
6.Divorce and multidimensionality of men and womens mental health-the role of social-relational and socio-economic conditions. Sara Symoens et.al., 2013	14,072 married & 4,304 ever divorced 25 European countries	To examined that divorced generally face more mental health problems than the married.
7.Transition out of marriage and its effects on health and health related quality of life among females and males, courage and courage-POLFUS, population-based follow-up study in Poland. Grzegorz Wojcik. Et.al.,2021	1073 women 87% married,9.1 widowed and3.9 divorced, Poland	To explore short term effects of dissolution of union through divorce, separation and widowhood on physical and mental health among males and females in Poland.
8.Perception of subjective well-being among divorced women-A comparative study of Hindus and Muslims. Kaneez S.,2015	55 divorced women(H-25&M-25) and 60 married women (30 H&30M) Aligarh, India	To investigate the phenomenon of divorce in the given socio-cultural context and to find out how it affects the subjective well-being of Hindu and Muslim divorced women.
9.Problems faced by divorced women in their pre- and post-divorce period-A sociological study with reference to divorce and married. Pooja Rathi & J.P. Pachauri,2017	Meerut 38 women	To assess the problems of divorced women in their pre and post divorced period.
10.Sharma et.al.,2011	100 divorcee women- 50 (20-30 yrs) & 50 (30-40yrs). India	To examine the effect of passage the time on mental and emotional health of divorced women of varied age groups
11.A multinational study of mental disorders, marriage and divorce. J.Breslau et.al.,2014	age at first marriage in 19 countries (n = 46 128) and age at first divorce in a subset of 12 countries (n = 30 729).	To study the prevalence of mental disorders in married and divorced
12.Anxiety, depression and associated factors among recently divorced individuals. Gert Martin Hald, Cipric Saran Sander, Jenna Marie, 2020	1856 Divorced Danes Germany	To investigate symptoms of depression and anxiety among recently divorced Danes.
13.A study on psychological well-being and quality of life of divorced Muslim women.	316 Muslim divorced women, Kerala. India	To find out consequenses associated with

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Michael. E.M.,2015		divorced in terms of social, psychological and economic aspects with the process of divorce in Muslims.
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RESULTS AND DISCUSSION

The findings of almost all of the studies of divorced revealed significantly positive relationship in depression, anxiety, stress, anger control, and feeling of loneliness (Table-2). Some other divorce studies are also supporting the results significantly revealing the fact that marital distress has severe impact on mental health of individual in divorce process (Hope S, C Power and B Rodgers 1999;Thabes V 1997;Weitof GR, B Haglund,2002;Johnson DR and J Wu 2002;Batra L and S Gautam 1995;AriplokandGeorge., 2014,Kumari.,2016).The studies compared the prevalence of mental disorders and increased level of illness in married and divorced shows that stressful coping management and anxiety was highly prevalent in divorced .Most studies show that married people are less likely to suffer from mental disorders and tend to have a high level of psychological and emotional wellbeing compared to those who are single, divorced or cohabiting. (Zafar &Kausar,2014; Akeel.et.al.,2018;Sara,2013;PoojaRathi&J.P.Pachauri,2017;J.breslauet.al.2014;Kaneez,201). For instance, Rognmo et al (2013) highlighted that marriage offers a protection against the feelings of loneliness by providing a sense of greater love and intimacy. Single women reported more financial stressors, low level of self-esteem and competence. Impact of marital status categories differ accordingly in depression, it is presented in less than five in married, it was about 2.5 times more showed among widow and over 5 times more frequently prevalent among divorced (Grzeroz Wojcik et.al., 2021). It is found that married people have low level of stress hormones (Gottman.,2015). Another comparative study of changed marital status suggests that divorced women faced social, financial, emotional and health related difficulties, after divorce reported more complaints of unhappiness and worries pertaining to sad aspect of their life. Beside socio-economic worries, a majority of divorced women has psychological trauma, resulting in poor psychological well-being (Kaneez.,2015). By comparison during the 1990's the rate of dissatisfaction among married and divorce was 16.6% and 47.5% respectively (Rydzewski,2010). Divorced individuals experienced more emotional infidelity they had more likely to develop the anxiety as compared to the married couples (A. Azhar & Zafar). It could be analysed that people in marriage/cohabitation are recognized by a increased level of life satisfaction than those unattached (Clipperfield and heavens, 2001; Kamp D.& Amato 2005; Soons et.al. 2009) In an another study of divorced women (Sharma,2011) it was found that elderly women faced more emotional mental disturbances as compared to younger women. In multinational study of mental disorders, it was found that some evidences and associations between specific disorders and divorce are modified by the number of co-occurring disorders. Accounting for the specific of each 18 measured individual disorders with divorce, mental disorders account for a small but meaningful reduction that marry and increase in the proportion that divorce (J.Brishal et.al., 2014). Comparing to married and cohabiting the divorced or separated visit professional health carers more often than married. (Brake.et.al., 2010; Zafar & Kausar.,2014; Kaneez,., 2015)

The cultural impact of the studies of Pakistan and India shows that lack of spousal interest in marital life, unsupportive attitudes of husbands in the time of adversity, mistrust, lack of commitment could be major risk of poor mental health after getting divorce(Aqueel., 2018; Sujja et.al., 2020; Zafar and Kausar, 2014; Michael E.M., 2015 and Mallapuram, 2015;

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Kaneez., 2015 etc.). Women in such cultures socialize to internalize their thoughts, adjust life and promote the dignity of husband either they are the victim of maltreatment or avoiding their personal interests. As such besides the discord within their relationship, they have to tend to be in relationship and may suppress the tension and stress which could later be lead to divorce (Bodennman et.al. 2007) and consequently later in poor mental health. A study of Pakistani remarried women who have been previously divorced successfully perceived that ex-spouse rejection independently predict symptoms of depression, anxiety and stress (Sultan Sujja et.al., 2020). Those women who have experienced the husband's infidelity or threats were six times more likely to be diagnosed with major depression and anxiety. It was found that partners ending marriage for infidelity had led to low confidence, rage, low self-esteem, loss of trust and social isolation (Aqueel et.al.;2017). The criticism, content, defensiveness and stonewalling in relationships will ultimately lead to divorce and further poor mental health as the outcome of divorce (Sharma, et.al., 2011).

Table 3-Showing the outcome measurements and results of studies.

Study	Outcome measurements	Mental illnesses identified
1. Emotional & social problems in divorced and married women. Nida Zaffar & Ruksana Kausar, 2014	1-Depression, anxiety and stress scale (DASS)-14 items. 2 Feeling of loneliness (UCLA), loneliness scale - 20 items. 3. Social interactional anxiety scale (SIAS)-20 items 3. State Trait Anger Expression Inventory (STAXI). 4. Self structured interview schedule.	Depression, anxiety, stress, loneliness, state anger anger out etc.
2. An assessment of quality of life of divorced females residing Darul Aman, Swat Khyber-Pakhtunkhwa. Pakistan.	Interview Schedule	87% have mental health problems, mostly depression.
3. Linking infidelity, stress, anxiety, and depression-evidence from Pakistani married couple and divorced individuals. A. Azhar, Zaffar Abbas, Zhang Wen Hong, Tanveer Akhtar & M. Akeel, 2018	1. Marital adjustment scale –R- designed to evaluate emotional and sexual infidelity-10 items. 2. Depression, anxiety, stress scale, developed by Gordon and Baucom (1999)-42 items.	More emotional infidelity, anxiety, stress in comparison to married women.
4. Ex-husband rejection and psychological distress among Pakistani remarried women following divorce- Does emotional	1. Emotional intelligence scale (EI) 2. Social Emotional Intelligence Scale (SEI) Batool & Khalid, 2009.	Depression, Anxiety, Stress.

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intelligence moderate.Sultan Sujja et.al.,2020	3-Depression, anxiety, stress scale (DASS)	
5.Mental health problems of women undergoing divorce process. Maksoud Akhtar& Rouquia Begam.	Topic guide Developed questions for assessing depression by dept. of Psychology, University of Dhaka	Increased level of anger, distressful thoughts about real life crisis, helplessness and depression.
6.Divorce and multidimensionality of men and women's mental health-the role of social-relational and socio-economic conditions. Sara Symoens et.al.,2013	Center for epidemiological studies depression scale (Redford, 1977) CES-D-8 items version.	Depression is found increased in divorcee in comparison of married, lower level of self-esteem and competence was also more prevalent in divorcee.
7.Transition out of marriage and its effects on health and health related quality of life among females and males, courage and courage-POLFUS, population based follow-up study in Poland. Grzegorz Wojcik. Et.al.,2021	WHO Disability Assessment Scale (WHODAS)-12 items.	Depression-less than 5 in married, 2.5 times more in widows and over 4 times more frequent in divorcees.
8.Perception of subjective well-being among divorced women-A comparative study of Hindus and Muslims. Kaneez S.,2015	Self- developed subjective well-being scale	Divorcee in comparison to married represented more complaints of depressive moods and has emphasized psychological trauma and negative feelings.
10.Sharma et.al.,2011	1.Eight State Questionnaire scale 8SQ to measure emotional health. 1.Mental Health Inventory (MHI).	
11.A multinational study of mental disorders, marriage and divorce. J.Breslau et.al.,2014	Diagnosis based on version 3.0 WHO Composite International Diagnostic Interview (CIDI), ICD-10 and DSM-iv criteria is utilized.	All 18 studied disorders are significantly associated with divorce. Among mental disorders, specific phobia, major depression and alcohol abuse was highly prevalent in divorcees.
11.Anxiety, depression and associated factors among recently divorced individuals. Gert Martin Hald, Cipric	Self-developed semi structured performance	A significantly higher levels of both depression and anxiety symptoms were found in divorcees. Both sociodemographic- and

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Saran Sander, Jenna Marie,2020		divorce characteristics were predictive of symptoms of depression and anxiety.
12.A study on psychological well-being and quality of life of divorced Muslim women. Michael. E.M.,2015	5point likert scale developed by Kamala Gopala (1976) PGWB-22 items developed byDUPUY(1970)-to assess inner personal state Quality of life assess scale WHO-QOL(1996)-26 items Self- structured questionnaire	Majority of the respondents 84.8% felt anxiety,45%experienced moderate and 3.50%severe emotional disturbances and 66.1%having sleep disturbances.
13.Problems faced by divorced women in their pre and post-divorce period-A sociological study with reference to divorce and married. Pooja Rathi & J.P. Pachauri,2017	Self – developed questionnaire	Emotional disturbances, anxiety feeling of loneliness and lack of confidence was prevalent in divorcee women

CONCLUSION

The studies elaborated that divorced individuals are more vulnerable on psychological problems as compared to married couples. It has also been concluded that depression, anxiety, stress and emotional disturbances are the major outcomes of lack of support and loneliness. Although the studies on the effects of divorce on men are scarce but the available studies identified that it is a strong predictor of poor psychological well-being for both men and women, indiscriminately giving the impact on individuals of different cultures and societies. The sum of the poor health outcomes adds to the further research demonstrating adverse effects of divorce emphasizing on various stressors and the role of psycho-education in diminishing the impact of adverse effects of divorce.

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Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Trichal M. (2021). Effects of Divorce on Mental Health. *International Journal of Indian Psychology*, 9(3), 1377-1392. DIP:18.01.128.20210903, DOI:10.25215/0903.128