

The effects of stress on women after divorce

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Abstract: Divorce is one of the major problems threatening the family in all societies; the increasing divorce statistics today has attracted the attention of professionals and researchers to study its causes and consequences. The main objective: This study aimed to study the impact of stress on women after divorce. Method: method of this study is review articles that have been conducted to determine the domestic and foreign studies in the past ten years, particularly in the area of the consequences of divorce on women's stress. Findings: The findings of these studies suggest that the consequences of divorce, such as stress, depression, anxiety and so on among women are more than men. Also domestic and foreign research findings show that stress in young women is more often than men after divorce. Conclusion: The findings therefore emphasize the need to address the emotional and psychological consequences such as stress in women after divorce.

Keywords: case study, the effects of stress, divorce, women.

Introduction:

The termination of a contract between two couples is called divorce. Since the emergence of man on earth both male and female together has formed a home where their children grow, but sometimes the home becomes distorted. Divorce is one of the most complex social phenomena of our time which is certainly inevitable for many people, because sometimes home environment becomes so chaotic and intolerable and that divorce is the only solution to the problem. Although some separation process help transform the future but sometimes divorce has some bitter and unbelievable feelings that understanding it is difficult for most families. Divorce is not traumatic by itself, but it may have effects that can have negative impacts for children of divorce. Also divorce can have negative effects, such as depression, frustration, addiction and so on for one spouse that is not ready for divorce and separation (Ranjbar, 2012). A divorced couple always express different reasons as the cause of their divorce as a result, a problem or cause is not always is not always the reason for divorce and can vary according to the conditions and characteristics. Some causes of divorce are as follows:

1. *Misunderstanding of couples*

Understanding means for the person to coordinate and align his interests and aspirations with the other as a result, understanding helps the person accept other people, even when they are a little different, and respect them and it leads to create a supportive and receptive behavior. As a result of misunderstandings leads to a lack of support from the parties and the coldness and distance between them are created. (Hemayat Newspaper 21 June 87, communication skills). The major issues before marriage is that young people before getting into marriage have agreed on important life issues and the deal is usually placed on the interests and mindset. Mindset is very important because the philosophy of life of every individual is formed based on it. In addition to the mindset, another important issue is the agreement that couples judge on life issues For example, if a husband fanciful and idealistic and the wife is realistic, the wife might get tired of her dreamer husband and the man can get tired of the wife's dryness and think that she does not understand the spirituality and subtlety. Of Course interest has close relationship with mindset and includes multiple daily activities such as going to the cinema, watching TV, reading books, going to a party and so forth. Of course, one should not expect that the couple have agreed on all these interests, but for domestic bliss, local agreements for the bulk of interests are necessary.

2. *Class differences*

Happiness of married life depends a lot on small issues, which means that small and seemingly insignificant habits of a person may lead to anger and resentment of their spouse. These habits, especially

will be noticed when men and women have grown in two completely different environments. Class differences can have both material and cultural aspects. Sometimes couples families materially and in terms of amenities are at a different level. Sometimes one spouse has a different level of income from a level that the other spouse has grown with, and as a result it causes a dispute between them and the involvement of people around exacerbate it, also cultural differences often lead to divorce.

3. Academic difference

Research shows that academic degree is also very effective in family happiness, because academic degree usually depends on one's social status.

So if one spouse has a college education, but the other has primary education it may cause feelings of inferiority and resentment in the person who is less educated, this is especially true in the case of a man whose wife has a higher education because the husband may feel that his wife is superior to himself and the wife might envy her friends who have educated husbands. But it is possible to have a good life because they are similar in other respects (Shamloo, 2008).

4. Addiction

Addiction is known as the scourge of devastating because the addiction itself and also sometimes fears of the future because of drug addiction and the consequences of living with a drug addict because poverty and unemployment are leading to family breakdown.

Sometimes families think that when their child is addicted he should get married to be responsible while they just make it harder for their children and ruin someone else's future. Addiction sometimes has psychological consequences and sometimes also has other factors such as poverty and aggression.

5 aggressiveness and irritability

Irritability and aggression and disrespect to the spouse also make the relation cold and lead to disintegration of the marriage life.

6. Poverty

Inability to meet the necessities of life and everyday life often leads to the separation of couples.

7. High hopes and greed of one of the spouses.

8. Unemployment of spouse

2. Pathology of divorce

Divorce has different effects on men and women and this effect can vary depending on the circumstances, it means to investigate this case we must consider the cause of divorce.

For example, a woman who was separated from her husband due to drug addiction and got the custody of children, in this condition the divorced women do not have a good position in father's house and to meet the cost of their lives and their children they have to make money in any way and unfortunately, some divorced women are attracted to gangs and corruption.

Another of the consequences and the effects of divorce on the lives of divorced women the creation of the phenomenon of "trafficking women", because no society institutions and organizations are responsible for financial and moral support for divorced women, and children. Prison in terms of culpability on the divorced increases the amount of damage (sarookhani, 2009).

Several studies have been conducted in this area show that family income is reduced for women after divorce, and is usually less than married women. Also the income and living standards of men rises after divorce, maybe because children usually live with their mother after divorce. So men have lower living costs. Also following the losses and economic reductionism divorced individuals experience downward displacement it means they move to lesser homes. Surprisingly decline in the economic situation of divorced families emerges even years before the divorce and the drop continues during the disengagement process.

These losses last at least 5 years after the divorce. So, one of the most obvious consequences of divorce is moving to a worse area in city. Divorce creates dramatic changes in social life. First of all the spouse is lost so there is a so reduce in marital activity. Moreover when the spouse is lost, the relation with family of spouse is also lost and household contacts of a previous spouse are obviously low. This reduction is more pronounced especially in family of husband. Men are less likely to take custody of children.

But not only the members of family of spouse is lost most divorced people are discovering that the same time they are losing friends, especially if the friendship is formed in duration of the marriage and is

mutual friend of ex-spouse. Lifestyle changes affect relationships with previous friends. For whatever reason, divorced people become more and more isolated than married people and feel more alone.

Divorce creates a fundamental change in the role of individuals, especially if the couple during the marriage followed gender roles. Divorce changed the role of housewives to breadwinners. While men who have only been parent "supporter" feel themselves in parenting (at least on weekends). Women in traditional marriage that the husband was the sole breadwinner have many problems in accepting the role and about children. They feel anger and frustration against their new job responsibilities. They feel guilty for not being with their children and have a double feeling about their job. The more the role change is sudden due to divorce the more difficult it will be (Shamloo, 2008).

Despite the difficulties ahead that are so far described it is not surprising if people face psychological problems. Most divorced women feel anger, anxiety, depression and loneliness. Divorce creates emotional turmoil and even mental illness. Worldwide, suicide rates are higher among divorced women; divorced people also are more addicted and depressed. Issues that divorced adults experience may be shown in their physical health, health problems of divorced people are more compared to married people and they are more likely to die earlier. Problems that arise because of stress after the divorce are reported as heart disease, weight loss, stomach imbalances, body aches, fatigue, listlessness, headaches and sleep problems. These people have less resistant cells and their immune system is less resistance to disease (pear and Amir, 2012).

3. Compatibility with divorce

People react to divorce in very different ways, for some, divorce is a privilege. For some, divorce is a temporary decrease in well-being for another group of people it is a declining path that they do not ever completely recover. Here we talk about the factors that affect the speed and utility of adult coping with divorce:

Those who have more friends and wider social networks and those who are fascinated by the constant interaction with friends cope better with the effects of divorce.

Although the effects of divorce on adults can be severe but do not last forever.

Most people will adapt to the new situation after divorce, how long will it be until they return to normal? How long will it take to stop the controversy, kids' bed be done regularly every morning and dinner is on time?

The answer is not possible because there is no single timeline for compliance, generally the first year or first two years after the divorce is especially difficult. For most people, symptoms of confusion take until the end of the year and sometimes up to a year and a half until they reach normal state, and adults adapt to their new life style, even previous levels of stress, delays returning to normal. Stress is reduced after 2 years and at the end of the fourth year is the same as married people or before separation.

Psychological symptoms such as confusion and depression during this period of 2 to 4 years after divorce are reduced. At the end of the fourth year psychosomatic symptoms are reduced. In several studies, researchers found that performance of pole does not improve with time after the divorce. The researchers said that the effects of social isolation, lack of social support, economic difficulties and the overloaded care of children continues. In summary adults have challenges during the period after the divorce. Their adjustment path may become flat by the help and support of friends and family, work and money, or become uneven by disapproval, loneliness, poverty, and unemployment (Ranjbar, 2012).

In a study of Balali and Shahmohamadi (2014) on the subject of divorce and its psychological effects on women have shown that the most common consequences and effects of divorce on women, include anxiety, depression, feelings of failure, frustration, impairment in social networks and inability to focus. As well as other foreign studies show that stress during and after the divorce is hidden for a long time and will remain in one place.

Esmaeelpour and others (2013) in a study with the subject of comparison of Intolerance of uncertainty in divorced women and non-divorced as a predictor of depression, anxiety and stress concluded that there is a significant difference in divorced women and non-divorced for depression, anxiety and stress.

Discussion and conclusion

As mentioned, there are many factors and approaches to investigate the indices of divorce in any society. These approaches can be studied and implemented individual or society to prevent the increase of divorce rate damage on the family, especially the females due to being more vulnerable. In addition, according to research conducted, the aftermath of divorce on women especially the stress and anxiety of it, can have long-term damage to their mental and physical health, and have negative change for women especially in terms of social life, which negative changes can next be grounds for personal and social problems.

Based on research, cited factors such as marital satisfaction, addiction, quality of life, income or unemployment, cultural and behavioral differences, etc. can affect the couple's divorce. Considering all these cases since the community does not support divorced women and after divorce their economic and emotional life is upon only themselves, and even family support is less for them due to traditions, therefore, we can recommend further studies in this area and the relationship between different variables in women with divorce as well as find ways to prevent the destructive consequences such as stress and anxiety.

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