



“Exploring the Dimension of Futurity in Women being Divorced”

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ABSTRACT

Divorce is an unforeseen circumstance that may occur to anybody and has occurred to some married people. Unfortunately, some women experience a reduced quality of life after being divorced due to issues with their finances, way of life, and even their social connections. On the other hand, some women may become more independent and successful after divorce. In this study, the researcher aimed to explore the futurity of woman being divorced. A purposive sample of 15 females was taken and in-depth interviews were done. Thematic analysis was used for collecting and analyzing the data. For selecting the study participants, a purposive sampling technique was used and the researcher conducts 15 in-depth interviews. The data was analyzed by using thematic approach. Three key themes were identified: Problems (individual problems, social problems, and familial problems), Consequences (adaptive and emotional consequences), and Coping strategies (practical coping, religious coping, support keeping and acceptance). The findings showed that women being divorced experienced problems after divorced, experienced consequences of divorce and to cope with them they are using coping strategies that shows the dimension of futurity in divorce women. This research will certainly help all those Government organization, Non-Governmental organizations and other authorities, who want to help the divorced women through legislation and other measures so that this segment of society may not be left at their mercy. Moreover, this study will also help the divorced women to adopt such measures and mechanism which makes her psychologically strong to move forward in future life.

Chapter I Introduction

Divorce is having an increasing adverse ramifications and heavy ordeal based influence on families all across the world. Divorce necessitates adjusting to a new living environment and family transitions, which can be difficult for divorcees as well as their children. As a result of the loss of numerous sources of support, whether they be material, emotional, or financial, it is a very difficult life event (Beisert, 2000; Baek, 2014; Coleman, Ganong, & Leon, 2006; Przybya-Basista, 2006). Throughout the past few decades, divorce research have concentrated on a variety of themes, including the effects of divorce on men and women, the wellness of divorcees, treatments for dissolving families, and divorce predictors (Amato, 2010). Although literature has already allowed us to draw many conclusions about the difficulties and challenges of parents adjusting to divorce, there are still some research gaps, and new alternatives for study topics have been presented (Amato, 2010). In this study, we discussed about a dimension of futurity in divorced women. The stressful circumstances associated with divorce tend to lessen over time for most divorced women, even if a successful adjustment to new living circumstances typically includes taking on more obligations (Amato, 2014).

Therefore, divorced individual needs to create new identities that are distinct from their ex-spouse in order to properly adapt to their new position (Amato, 2014). To put it another way, the process of independence should result in the development of the so-called independent identity of a divorcee, which is unrelated to the previous spouse's marital status or the lifestyle that was associated with it (Yárnoz-Yaben, 2015).

Even though the majority of divorcees eventually succeed in overcoming their post-divorce stress, how quickly they do so depends on their access to resources. These resources may include having a high level of education, earning a living wage, and receiving support from friends, family, and new romantic partners (Amato, 2014). Social skills, effective coping mechanisms, and people's perspectives on divorce are all significant personal resources that may be helpful throughout the transition period (some people considered divorce as a personal failure and a tragedy, at the same time some people considered it a life changing opportunity). Unquestionably, individuals who start the divorce process are happier than those whose partners leave them (Amato, 2014). Those who are wealthy and have a favorable outlook on divorce have a tendency to move past their divorce quickly (Amato, 2000).

We need women who are fearless, strong, and independent in this time. Women can now access the same financial resources as males and can work. Numerous examples showed that divorced women's positive outlooks could make them more productive in their surroundings. Some women go through uncomfortable circumstances after a divorce, but it does not make them weak. It is due to their determination to survive and keep living. For example, being a strong woman for their cherished children or focusing on long-term growth and problem-solving are typical priorities for this type of women (Barron, 2010).

These optimistic people have gone through a long life process, especially a challenging divorce, which may have strengthened them and given them the confidence, bravery, and maturity to face reality. The effort to bounce back from

setbacks is resilience. Self-resilience is the capacity to move through an unstable process while mentally improving oneself. Self-resilience is also the ability to adapt, keep oneself healthy and stable, and overcome any obstacles in life (Karela & Petrogiannis, 2018). The difficulties of life can act as a trigger for anxiety and other mental problems. But divorced women still struggle to deal with a range of problems in their life on their own, without the support of their ex-husbands once more. The future prospects of divorced women are the main topic of this study.

Spirituality has been shown in the literature to be essential for post-marriage adjustment. For instance, 11 out of 12 divorced women who participated in a qualitative study claimed that their spirituality had assisted them in moving over their divorces (Nathanson, 1995). Similarly, faith ranked fourth among the factors that were helpful in the process of adjusting to divorce, according to teenagers and parents from 98 divorced homes (endorsed by 51% of participants; Greeff, & Merwe, 2004). Finally, fathers with higher religiousness reported better bonds with their children after divorce in a nationally representative sample, even after controlling for factors like traditional attitudes (King, 2003). These results imply that religion might facilitate successful divorce adjustment, but it is clear that more thorough research is needed.

Throughout the process of transitioning to a post-divorce setting, a lot of emphasis is placed on the indirect mediating or moderating effect of social support in the adaptation process (Amato, 2000; Demo & Fine, 2010). Benefits from the help that people receive after a divorce are multiplied or extended to include the children. This is due to the fact that children have less issues if their parents

receive a lot of social support, as research has shown (Amato, 1994). Given that the most frequent forms of social support received by divorcees are from family and friends, their number and the quality of support appear to be significant in light of the relational, material, and financial losses that a divorce causes. However, sometimes the support offered by other relatives or members of the extended family may have a negative effect on the adjustment during the transition period of divorce. That might happen if the immediate family views the divorce negatively. In that case, the divorcee will likely experience social isolation as well as the condemnation of their family (Gaffal, 2010). Social support may lessen a little after a divorce.

Rationale

The main aim of this study was to find out the dimensions of futurity in divorced women. It has long been observed that after the termination of marriage a woman comes face to face with the brutal hardships of life and is caught between the intense struggles to move forward while fighting against odds. Her personality drastically transforms from normalcy to sensitivity and low resilience, minimize the self-esteem which also affect the futurity of divorced women. Pakistani society is a male dominating society and without support of a male member of family the survival of divorced women becomes difficult which also affect her independency. This quantitative study will enlighten to other researchers for their futuristic studies with empirical findings and impact of divorce on women. This research will certainly help all those Government organization, Non-Governmental organizations and other authorities, who want to help the divorced women through legislation and other

measures so that this segment of society may not be left at their mercy. This study will also encourage the divorced women to transform their lives according to new situation as well as provide strength and energy to make their future better and satisfied. Moreover, this study will also help the divorced women to adopt such measures and mechanism which makes her psychologically strong to move forward in future life.

General question: What are the dimensions of futurity in women after divorce?

The specific question I: how systems such as economics, support systems, religion, and family contexts contribute in divorce?

Specific question II: How do the women deal with the challenges that faced after divorce?

Chapter II

Method

Research design

Exploratory qualitative research design laid down through thematic analysis strategy will be used.

Thematic analysis

Thematic analysis used in qualitative research and focuses on examining themes or patterns of meaning within data. It also emphasizes identifying, analyzing and interpreting patterns of meaning (or "themes") within qualitative data (Braun, Virginia; Clarke, & Victoria, 2006). Qualitative study with thematic approach used to get the information about the dimensions of futurity in divorced women. Thematic approach allow researcher to conduct semi-structured interview for in-depth information from the students.

Sample

The researcher conducted 15 in-depth interviews from women being divorced. Women being divorced participated in the study as the research participants. The researcher used non-probability purposive sampling technique for selecting research participant. The sample was recruited from early adulthood age ranges, 25-59 years of age (WHO, 2019). The sample was targeted specifically from district Punjab. The sample was selected from family courts of all districts of Punjab through non-probability purposive sampling strategy. In order to approach divorced women from their residence or other concerned forum, it is extremely difficult, rather non-feasible; that is why the only option remains that the required data may be collected from the family courts, because the women being divorced normally visit such forums for finding the solution to their grievances

Procedure

A sample of 15 women being divorced was selected by using non-probability purposive sampling strategy. To get in-depth information from women being divorced regarding the dimensions of futurity after divorce, a semi-structure interview guide was prepared. Interviews were conducted from the women being divorced living in any district of Punjab. The research participants were approached individually. The researcher gave brief introduction to participants about study. Researcher took both verbal and written consent from the participants for their voluntary participation in study. The researcher took permission for recording their responses as audio and video. The participants were ensured about the confidentiality of their information as this information was only be used for research purposes. Interview duration was 20-30

minutes. Data was stored to avoid data lost and ensured data anonymity.

Interviews

A semi-structured interview schedule was designed and questions were phrased in such a way to move from general issues to more particular ones. The semi-structured interview schedule was kept flexible so that the role of the interviewer as an active listener was maintained and when required could be abandoned to follow the concerns of the participant. The interview schedule included open-ended questions that broadly addressed the perception of divorced women about the dimensions of futurity.

Table I. Summary of the Key Participant Characteristics.

Participant pseudonym	Duration of marriage	Period after Divorce	Education level	Gender	Background
S	10 years	6Months	F.A	Female	Rural
A	2 weeks	6 year	BS(Hons)	Female	Urban
G	5 years	1 year	B.A	Female	Urban
D. U	1.5 years	6 Months	MBBs	Female	Urban
R	2 years	4 months	middle	Female	Urban
R	6 Years	1 years	B.A	Female	Urban
S	22 years	2years	No education	Female	Urban
P	2 years	1 year	F.A	Female	Rural
R	4.5 years	6 months	F.A	Female	Rural
S.B	10 years	4 years	Matric	Female	Urban
A.B	8 years	01 years	Middle	Female	Urban
S.B	13years	5 years	No-education	Female	Rural
S.B	8 Years	2 year	Matric	Female	Rural
A.Z	7 years	1 year	M.A	Female	Urban
P.B	8 years	2 years	Middle	Female	Rural

Data Analysis

The researcher transcribed audio recordings and written data. After that, the researcher rechecked it with audio recordings for removing any misrepresentation of information. Rechecking validated data in verbatim. The researcher used inductive process of data analysis. Through inductive process, the researcher identified themes from data. For identification of common themes and emergent themes, initially all the transcripts were read twice. This process allowed the researcher to make general

familiarity with data for initial codes. The researcher also analyzed individual transcripts using thematic analysis technique. In thematic analysis, the researcher did break data into smaller units i.e. sentences and paragraphs. These sentences and paragraphs provided discrete information. From discrete information, the researcher identified codes and similar codes will put in similar categories. At the end of analysis, the researcher draws themes from the data. However, revision of codes, categories and themes for removing ambiguity was also possible.

Results

The analysis resulted in 3 superordinate themes, 9 themes, and 27 codes. The three themes include problems, consequences, and coping strategies. Two or more themes falling under one broad framework were combined together to depict one superordinate theme (Table II).

Table II
Table of themes

Superordinate themes	Themes	Codes
Problems	Individual problem	loss of self confidence loss of self- esteem Role overloaded Psychological problems Being worried about the future of children.
	Social problems	lack of social support social insecurity negative attitude of society social isolation
	Familial problems	Inter- family tensions caring about other's judgments support from family
Coping strategies	Practical coping	Doing a stable job
	Religious coping	Having full faith in Allah Praying to Allah started reading the holy Quran for mental satisfaction Started reading holy books
Change	Support seeking	seeking support from parents seeking support from brother seeking support from sister
	Acceptance	it's a God will Allah has planned better for me
	Adaptive change	Trying to be independent Searching for good job

Emotional change	Prioritize to their children future
	Working on herself
	Compassion and satisfaction
	Self-pity

Problems (individual problems, social problems, familial problems)

Female reported experiencing individual, social and familial problem after the divorce. Females reported individual problems that include loss of self-confidence, loss of self-esteem, role overloaded, psychological problems and being worried about the future of children. All the females faced problems as one female said

I am very uncertain and worried about my children future. My family is not accepting the decisions of divorce. However, if they support me I may face less difficulty. My ex-husband attitude is very cruel and he is not paying the maintenance of my children (Ayesha).

I was very upset and sad due to divorced, as I was defeated and mentally tortured. Despite my efforts and loyalty my husband divorced me (Razina).

During time of my marriage I was facing many psychological problems but after divorce now, I am trying to feel more relaxed because of the support of my family (Raheela).

Female also reported role overloaded as one female said

After the divorce, now I have to work to become financial independent and take care of our children and also do cooking and house work for my children. I do double work (shakeela).

Female does not reported loss of confidence because of their family support as one female said

No one can damage my confidence but a lot of people try to shatter me with their toxic conversations but with the help of my parents, I overcome it (Dr. Uzma).

Yes a lot people came to me and try to shatter my confidence that how I will take care of five girls, but my brother is my strength and hope. He always supports me that increase my confidence (Nazi).

Women also reported social problems they faced after divorced like lack of social support, social insecurity, negative attitude of society and social isolation. Women reported that they have experience negative attitude of people because of divorce, lack of support from society and due to these reason they feel social insecurity. As one of the female said *In our society, divorce is considering very negative act and it is always presumed that a women is always responsible for the divorce. Some try to take advantages of aloneness of divorce (Ayesha)*

I have received and listened very harsh words from my relatives and they consider me a reason for my divorce. Their attitude and behavior have negative impact on my son (Raheela).

Divorce is sigma, especially when you have daughters because if impact on their future as well. Yes a lot accept of people disturbed me and try to shatters me but as I told my brother is with me so I don't think of other (Nazi).

When people know that I am divorced, they try to approach me with vulnerable way. If I go out I usually do not tell people about my divorced because I know if I tell them

they will approach with different ways and try to take advantage of me (Shakeela).

Female also reported social isolation after divorce as one said.

Before marriage I used to go outside for shopping and buy things for home with my husband and sometime I go alone. After divorced I don't go outside to much because as in our society it is considered that divorced people don't have good character so people think she got divorce because she want to live freely without any restriction (Nazi).

Female reported about some family problems they get from family after divorce. There is an intra- family conflict, caring about the judgments of other and support from the family that female received after divorced. As female said as

After the divorce as I have children and I have to take decision for them but I can't take decision for them as my family is taking care of them. They thought as a female I am not capable to take important decision for them (salma).

Female have received support from their family as one said

I have only brother in my family and Allah Almighty he is very kind. His attitude is good (Nazi).

My family is very supportive so their behavior is nice and they are hoping best for me (Dr. Uzma).

My family is very helpful toward me but they are worried about my future so they want me to get married as soon as possible (Parveen).

Coping strategies (practical coping, religious coping, support keeping and acceptance)

Coping strategies deals with how people handle the stressful events to avoid stress and how they deal with the situation for problem solving. Female used practical coping in which divorced female start working to become independent so they can handle her children expenses and give them good education. Divorced women also use religious coping in which praying to Allah, having faith on Allah, and considering divorced as test from Allah and asking help from Allah to give them mental satisfaction. Most of the divorced women are seeking financial help from parents, brother and sister's as coping strategies. Female using acceptance (it's a God will) as coping strategy that gives them mental satisfaction. As females said

My parents allowed me to live with them and provided conducive atmosphere to pass on my life peacefully

I have to become independent to be strong. First I will start my job and further studies (Alena).

I will find good jobs and will give good education to my kids. And my parents have given me house, where I will live for rest of life (Ghazala).

I will find good job to be independent and will start further studies as well to provide good education to my girls (Nazi).

Yes I am focusing on further studies and I am doing job in government hospital (Dr. Uzma).

I am thinking that this is my test of patience and i trust my Allah. Present I am living with my parents and they are very supportive I want to do job and will support my daughters (Raheela).

Change (adaptive and emotional change)

Women being divorced reported change that they faced after the divorced that involve adaptive and emotional change. Women being divorced started working on themselves to become independent so they can take care of their child because their children future is so important to them. Female also experiences emotional change that is compassion and self-pity. As one said

I will find good job and become independent (salma).

Will find good jobs and will give good education to my kids (Ghazala).

Discussion

The qualitative research explored the dimension of futurity in women being divorced. This study includes the problems they faced after divorce and how they deal with these problems. The 3 superordinate themes, 9 themes, and 27 codes have emerged from this study. The three themes include problems, coping strategies, and change.

Problems included individual problems, social problems and familial problems. Females reported individual problems that include loss of self - confidence, loss of self- esteem, role overloaded, psychological problems and being worried about the future of children. All the females faced problems as one female said during time of my marriage I was facing many psychological problems but after divorce now, I am trying to feel more relaxed because of the support of my family. The results are also consistent with literature that stated divorced women are more prone to experience psychological discomfort, especially those who are also in charge of the children (Amato and Keith

1991). Divorced mothers continue to be sad and argue, which make it difficult to maintain the essential contacts with the children (Hawkins & Booth, 2005). According to the literature, women being divorced experience more stress, emotional distortion, criticism after divorce and problems with their family members as compare to married women (Broberg, Granqvist, Ivarsson and Risholm-Mothander, 2006).

Women reported role overloaded after the divorce as they are doing double work. One female said, after the divorce, now I have to work to become financial independent and take care of our children and also do cooking and house work for my children. I do double work. The result is consistent with previous researches as literature reported that divorce has many serious negative effects on women, and it also has a big influence on their kids. Fathers undoubtedly leave the house, which puts more of a financial and managerial load on women to maintain the household. A circumstance like this divides a woman's attention and prevents her from having the same type of relationship with her children before getting a divorce. Women are less attentive to their children at home, spend less time with them, and take better care of them after divorce (Clingempeel, Brand, and Ievoli, 2004). Divorced women experienced negative attitude of society as one female said, in our society, divorce is considering very negative act and it is always presumed that a women is always responsible for the divorce. Some try to take advantages of aloneness of divorce the result is supported by previous research that stated as women being divorced experienced intensive social consequences after divorce and society show negative attitude towards them (Akhavan, 2003).

Women being divorce used coping strategies to deal with the problems they faced after divorce. They used practical coping in which divorced female start working to become independent so they can handle her children expenses and give them good education. Divorced women also use religious coping in which praying to Allah, having faith on Allah, and considering divorced as test from Allah and asking help from Allah to give them mental satisfaction. Most of the divorced women are seeking financial help from parents, brother and sister's as coping strategies. Female using acceptance (it's a God will) as coping strategy that gives them mental satisfaction. The result of present study is supported by literature that showed woman being divorced used religion as coping strategies they believe on spirituality that help them to cope with stressful event in life. Previous studies reported as there was a strong correlation between spirituality and remaining positive and optimistic under stressful life events (Braxton, Lang, Sales, Wingood, and DiClemente (2007)). On the other hand, research has shown that a heavy reliance on spiritual coping mechanisms may prevent women from taking action to address the underlying problem and may delay obtaining institutional therapy (Maman et al., 2009). Healthy family interactions boost resilience, which in turn aids in the post-divorce adjustment ((Beeble, Bybee, Sullivan, & Adams, 2009; Rastogi, 2009; Richmond & Christensen, 2001; Walsh, 2002). Religion may be able to lessen the pain of divorce. Convictions, prayers, involvement in church activities, visits to holy places, and asking for guidance from religious leaders have all been listed as examples of religious coping techniques ((Lawson & Thompson, 1999; Pargament et al., 1990).

Women reported change that they faced after the divorced that involve adaptive and emotional change. Women being divorce started working on themselves to become independent so they can take care of their child because their children future is so important to them. The result of present study is supported by that stated as divorced women work independently for their children's long term growth and prioritize problem solving (Barron, 2010).

Conclusion

Thematic analysis is a sensitive and insightful method that explores transcribed text for Structure and patterns and organizes analysis and its presentation (Attride-Sterling, 2001). This study explores the dimensions of futurity in divorced women, the problems they faced after divorced, coping strategies to deal with challenges and change that comes after the divorce. This study provide the information about the futurity in divorced women that is helpful for further management plan.

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