

MENTAL HEALTH PROBLEMS OF WOMEN UNDERGOING DIVORCE PROCESS

A Dissertation

Submitted to the Department of Clinical Psychology, University of Dhaka,
in partial fulfillment of the requirements for the degree of Master of
Philosophy in Clinical Psychology

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MAKSUDA AKTER

M. Phil. (Part - II)

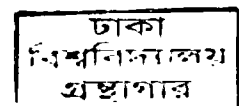
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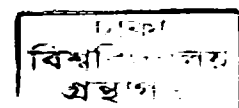
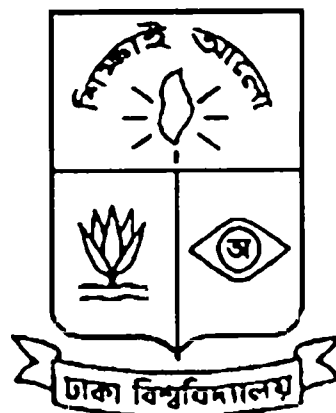
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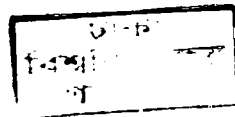
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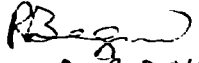
Approval Sheet

This is to certify that we have read the dissertation entitled “Mental Health Problems of Women Undergoing Divorce Process” submitted by Maksuda Akter in partial fulfillment of the requirements for the degree of M. Phil. in Clinical Psychology, University of Dhaka and the research was carried out by her under our supervision and guidance.

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ABSTRACT

Divorce is increasing day by day in Bangladesh. The consequences of divorce have a variety of effects such as economical, social, physical and psychological etc. Generally anxiety, anger, grief, guilt are the common psychological reactions associated with divorce. But the exact nature of the mental health problems of the people undergoing divorce process is unknown in the context of Bangladesh. Moreover knowledge about the factors which lead to marital breakdown in our country may play an important role for preventing relationship breakdown. Women are more vulnerable in case of marital breakdown. Hence, the present study was carried out to assess the mental health problems and factors responsible for divorce of the women undergoing divorce process. The specific objectives of the study were i) to find out whether anxiety, depression and GHQ scores of women vary according to the employment status of women and number of children ii) to assess the functional impairments of the women in divorce process iii) to assess the factors responsible for divorce of women undergoing divorce process. Quantitative design and exploratory research design under qualitative methodology were followed in the present study. Fifty five women aged from 20 to 58 years from lower to upper income group who were undergoing divorce process and taking legal support were selected by purposive sampling technique from Bangladesh National Women's Lawyers Association (BNWLA) as the sample of the present study. Anxiety Scale (Deeba and Begum, 2004), Depression Scale (Uddin and Rahman, 2005) and the Bengali version of General Health Questionnaire (GHQ-12, Ilyas and Aeysha, 2002) were administered to measure the mental health problems of the participants. In the second part, eleven samples were taken randomly

from the total sample of fifty five to explore the functional impairments of those women and to find out the factors responsible for divorce by applying in depth interview method. Results were analyzed through quantitative and qualitative technique. From quantitative analysis it was found that overall mental health status of the respondents' were poor - 83.64% women crossed the cut-off point of Anxiety Scale, 76.36% women crossed the cut-off point of Depression Scale and 76.36% were above in the middle range of GHQ scores. Most of the women in divorce process developed clinically significant psychological problems like profound anxiety, severe depressive symptoms, adjustment problems and aggressiveness. Analysis of Variance indicated that occupation and number of children of women had no significant effect on the anxiety, depression and GHQ scores of the participants. But the mean scores of these three measures for housewives were a little bit higher than that of the employed women. However the mean scores of all of them were much higher compared to the normal range. It has been found that the mean scores of anxiety, general mental health of all these women irrespective of employment status and number of children indicated profound anxiety and lower level of mental health respectively. On the other hand, the mean scores of all women indicated mild level of depression except for those having no children. Women having no children were at the moderate level of depression. In the post hoc analysis - it was found that there were significant interactions between age at marriage and level of income for all three measures i.e. anxiety, depression and overall mental health condition. The results showed that women in divorce process had higher level of anxiety, depression and lower mental health condition except women whose age at marriage was above eighteen years and own monthly income ranged from Tk 10001-above. Respondents

with lowest income group were found to have scored higher on anxiety, depression and general emotional disturbance. In post hoc analyses, it was also found that anxiety and depression score varied according to different level of education. The respondents who had poor education scored higher both in anxiety and depression than respondents having higher education. From the qualitative analysis of results it was found that participants were suffering from various types of psychological problems. Extramarital affair, substance abuse, financial problem, physical abuse, abandon, interference from in-laws and others, polygamy, dowry related problems, personality problems, criminal activity and unemployment of husbands are found as the responsible factors for divorce.

The present study has some limitations. First, sample size was small to reach at a definite conclusion. Second, the study was restricted to women only and data was collected from one legal help center. Nevertheless, the present study provides a picture of the nature of mental health problems of women undergoing divorce process and also finds out the factors which hamper the marital quality and pave the way for divorce. The study recommended that for the modification and reduction of psychological problems among women undergoing divorce process, psychological services should be provided along with other services.

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CONTENTS

	Page
Approval Sheet	I
Abstract	II
Acknowledgement	V
Contents	VII
List of Tables	XII
List of Figures	XVI
List of Appendices	XVII
 Chapter - 1. INTRODUCTION	 1-36
1.1 What is Divorce?	3
1.1.1 Divorce process	4
1.2 Marriage and Divorce around the World	9
1.2.1 Divorce in Bangladesh	10
1.3 Determinants of divorce	11
1.3.1 Theoretical perspectives	11
1.3.2 Overview of factors responsible for divorce of women	12
1.3.2.1 Process of marriage	13
1.3.2.2 Dowry related problem	13
1.3.2.3 Infidelity	14
1.3.2.4 Substance abuse	15
1.3.2.5 Communication problem	15

1.3.2.6 Financial problems/ not meeting obligations to family	15
1.3.2.7 Abusive behavior	16
1.3.2.8 Interference of family members	16
1.3.2.9 Abandonment	17
1.3.2.10 Personality problem	17
1.3.2.11 Polygamy	18
1.3.3 Other factors influencing risk of divorce	19
1.3.3.1 Early age at marriage	19
1.3.3.2 Education, employment and economic resources	19
1.3.3.3 Individual and Relationship Factors	20
1.3.3.4 Presence of children	21
1.3.3.5 Women's employment	21
1.3.3.6 Risky Marital Interactions	22
1.3.4 Identification of divorce factors of women	23
1.4 Effects of Divorce on Women	25
1.4.1 Economic Effects	25
1.4.2 Social Effects	26
1.4.3 Physical Effects	27
1.4.4 Psychological Effects	28
1.5 Psychological influences on the legal divorce process	28
1.5.1 Spousal differences in rate of emotional divorce	29
1.5.2 Anxiety	29
1.5.3 Shifts in role expectations	30
1.5.4 Trust	30

1.6 Women undergoing divorce process and their mental health	30
1.6.1 Grief	31
1.6.2 Guilt	32
1.6.3 Anxiety	33
1.6.4 Anger	33
1.7 Rationale of the present study	34
1.8 The present study	35
1.8.1 General Objective	36
1.8.2 Specific objectives	36
 Chapter- 2. METHODS	 37-47
2.1 Participants	37
2.2 Research design	39
2.3 Instruments	40
2.3.1 Questionnaire / Scale	40
2.3.1.1 Anxiety scale	40
2.3.1.2 Depression scale	41
2.3.1.3 General Health Questionnaire (GHQ-12)	42
2.4 Procedure	43
2.5 Data analysis	46
2.6 Ethical concern	47

Chapter- 3. RESULTS

48-103

3.1 Part-I	48
3.1.1 Overall mental health problems of women in divorce process	49
3.1.2 Anxiety, Employment Status and number of children	52
3.1.3 Depression, Employment Status and number of children	54
3.1.4 General health, Employment Status and number of children	56
3.2 Post hoc analysis	59
3.2.1 Anxiety as a function of Age at marriage and own Monthly income	59
3.2.2 Depression as a function of age at Marriage and Monthly income	62
3.2.3 GHQ as a function of Age at marriage and Monthly income	65
3.2.4 Anxiety as a function of Duration of marriage and Education	69
3.2.5 Depression as a function of Duration of marriage and Education	71
3.2.6 GHQ as a function of Duration of marriage and Education	73
3.3 Part II - Presentation of findings in Tables	75
3.3.1 Findings of functional impairments among women undergoing divorce process (Within Case analyses)	76
3.3.2 Findings of factors responsible for divorce of women undergoing divorce process (Between Case analyses)	87
3.4 Summary of the findings	99

Chapter- 4. DISCUSSION AND CONCLUSION

104-128

4.1 Anxiety level of women in divorce process according to their employment status and number of children	105
--	-----

4.2 Depression level of women in divorce process according to their employment status and number of children	106
4.3 General health condition of women undergoing divorce process according to their employment status and number of children	107
4.4 Functional impairments of women in divorce process	111
4.5 Factors responsible for divorce of women undergoing divorce process	116
4.6 Limitations of the present study and indication for further research	125
4.7 Implication of the results of this study and conclusion	127

REFERENCES	129-149
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APPENDICES	150-164
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A. Marriage and Divorce rates by Country: 1980 – 2007	150
B. Demographic characteristics of 55 women undergoing divorce	151
C. Psychometric Scale / Questionnaire	154
C.1 Anxiety Scale	154
C.2 Depression Scale	156
C.3 General Health Questionnaire (GHQ-12)	158
D. Demographic Data Sheet	159
E. Topic Guide	160
F. Permission Letter	165
G. Consent form	166

LIST OF TABLES

Table No.		Page
1	Demographic characteristic of the respondents (part 2)	38
2	Mental health status of women (N=55) undergoing divorce process in terms of the Anxiety Scale	49
3	Mental health status of women (N=55) undergoing divorce process in terms of the Depression Scale	49
4	The mental health status of women (N=55) undergoing divorce process in terms of the GHQ-12	50
5	Summary of the Analysis of Variance of Anxiety score according to employment status and number of children	52
6	Mean and SD of the anxiety score according to employment status	52
7	Mean and SD of the anxiety score according to number of children	53
8	Summary of the Analysis of Variance of Depression score according to employment status and number of children	54
9	Mean and SD of the depression score according to employment status	54
10	Mean and SD of the depression score according to number of children	55
11	Summary of the Analysis of Variance of GHQ score according to employment status and number of children	56
12	Mean and SD of the GHQ score according to employment status	56

13	Mean and SD of the GHQ score according to number of children	57
14	Summary of 2 way ANOVA of Anxiety score Representing age at marriage and monthly income	60
15	The Mean Anxiety scores according to age at marriage and monthly income	60
16	Cell Means representing 2 way interactions between Monthly income and Age at marriage on Anxiety Scores	61
17	Summary of 2 way ANOVA of Depression Score Representing age at marriage and monthly income	63
18	The Mean Depression Scores according to age at marriage and monthly income	63
19	Cell Means representing 2 way interactions between Monthly income and Age at marriage on Depression Scores	64
20	Summary of 2 way ANOVA of GHQ score Representing age at marriage and monthly income	66
21	The Mean GHQ scores according to age at marriage and monthly income	66
22	Cell Means representing 2 way interactions between Monthly income and Age at marriage on GHQ-12 Scores	67
23	Summary of the analysis of variance of Anxiety Scores with 3 level of education and 3 levels of duration of marriage	69
24	Mean Anxiety Scores according to duration of marriage and education	69
25	Summary of the analysis of variance of Depression Scores with 3 level of education and 3 levels of duration of marriage	71

26	Mean Depression Scores according to duration of marriage and education	71
27	Summary of the analysis of variance of GHQ Scores with 3 level of education and 3 levels of duration of marriage	73
28	Mean GHQ Scores according to duration of marriage and education	73
29	Findings of functional impairments of the respondent '1' based on interview	76
30	Findings of functional impairments of the respondent '2' based on interview	77
31	Findings of functional impairments of the respondent '3' based on interview	78
32	Findings of functional impairments of the respondent '4' based on interview	79
33	Findings of functional impairments of the respondent '5' based on interview	80
34	Findings of functional impairments of the respondent '6' based on interview	81
35	Findings of functional impairments of the respondent '7' based on interview	82
36	Findings of functional impairments of the respondent '8' based on interview	83
37	Findings of functional impairments of the respondent '9' based on interview	84
38	Findings of functional impairments of the respondent '10' based on interview	85

39	Findings of functional impairments of the respondent '11'	
	based on interview	86
40	Factors responsible for divorce - Extra marital affair	87
41	Factors responsible for divorce - Substance abuse	88
42	Factors responsible for divorce - Physical abuse	89
43	Factors responsible for divorce - Financial problem	91
44	Factors responsible for divorce – Abandon	93
45	Factors responsible for divorce - Interference from in laws and others	94
46	Factors responsible for divorce – Polygamy	95
47	Factors responsible for divorce - Dowry related problems	97
48	Factors responsible for divorce - Personality problems	98
49	Factors responsible for divorce - Other factors	98
50	Summary of the assessment findings of the women of part 2 (N=11) in terms of different functional areas	99
51	Summary of the findings of factors responsible for divorce of the individual women in divorce process of part-2 (N=11)	101
52	Summary of the findings of factors responsible for divorce of the women in divorce process of part-2 (N=11)	103

LIST OF FIGURES

Figure No.		Page
1	Summary of the procedure for the current study	45
2	summary of data analysis	47
3	Percentage of women having mental health problem In terms of anxiety	50
4	Percentage of women having mental health problem In terms of depression	51
5	Percentage of women having mental health problem in terms of GHQ	51
6	Mean scores of the respondent's anxiety score according to monthly income	61
7	2 way interaction between monthly income and age at marriage on Anxiety	62
8	Mean scores of the respondent's depression score according to monthly income	64
9	2 way interaction between monthly income and age at marriage on Depression	65
10	Mean scores of the respondent's depression score according to monthly income	67
11	2 way interaction between monthly income and age at marriage on General Health	68
12	Mean scores of the respondent's Anxiety Score according to education	70
13	Mean scores of the respondent's Depression Score according to education	72

LIST OF APPENDICES

Appendix No.		Page
A	Marriage and Divorce rates by Country: 1980 – 2007	150
B	Demographic characteristics of 55 women undergoing divorce	151
C	Psychometric Scale / Questionnaire	154
C.1	Anxiety Scale	154
C.2	Depression Scale	156
C.3	General Health Questionnaire (GHQ-12)	158
D	Demographic Data Sheet	159
E	Topic Guide	160
F	Permission Letter	165
G	Consent form	166

INTRODUCTION

MENTAL HEALTH PROBLEMS OF WOMEN UNDERGOING DIVORCE PROCESS

Introduction

Divorce is a major and traumatic event in anyone's life. It is an emotional and difficult process for every person unfortunate enough to experience it. It is associated with an increase in depression - people experience loss of partner, hopes and dreams and lifestyle. Divorce sets in motion a series of transitions in family roles and relationships, residential arrangements and economic circumstances, all with strong impact for adjustment (Bray & Hetherington, 1993).

Everyone who is married experience difficulties, but for some, this trouble reach the point that partners become profoundly disappointed and upset about their marriages and may even come to the question whether they want to continue to remain married. Marital distress is very unsettling and the way marital problems often progress make it easy for things to go from bad to worse. According to officials of Dhaka City Corporation (DCC), almost 26 divorces occurs everyday. The average divorce filed evidence of the DCC in 2007 was 5324, which increased in 2008 to 7065. The number was about 6000 cases in 2009 and 2010. According to this report nearly 80 percent of the divorce notices were served by the wives (Akhter, 2011). Another report also said that the incidence of divorce (dissolution of marriage) is increasing in Dhaka city as 50,000 divorce seeking petitions were recorded at the DCC marriage and divorce section in last three months (Arzu, 2010).

Divorce is a complex and drawn-out process. The decision to divorce may take years as individuals engage in cost-benefit analyses and vacillate between staying and leaving. Women are more likely than men to see problems in the marriage and to initiate the divorce (Goode, 1956; Kitson, 1992). Loneliness and coping with living alone are key stressors and physical and psychological health problems are common. Divorce and marital separation are considered, respectively, to be the second and third major life stressors, following only the death of a spouse, on the list of 43 stressful life events included on the Social Readjustment Rating Scale (Holmes & Rahe, 1967). Psychiatric disorder was more prevalent among unmarried, divorced and widowed. In studies, those who reported divorce or having marital discord had significantly higher rate of psychiatric morbidity (37.5%) than those who were married without conflicts or divorced (Idris et al., 1989). Dhaka City Corporation (DCC) officials said at present women seek divorce more than men for various reasons (Arzu, 2010). The current research is an initiative to find out the features and nature of mental health problems of women undergoing divorce process in Bangladesh.

1.1 What is Divorce?

Divorce has been defined in both the legal and family studies literature as the termination of a family relationship. In the societies where family is the fundamental social unit and works as an institution, the individuals in the divorce process regarded as negative, develops sleeping and nourishment deficiencies, increase drinking and smoking habits, reduce in the work efficiency, feel not self sufficient, have more often undesired feelings such as loneliness and anxiety (Atakan, 1987).

The decision to end a relationship can be traumatic, chaotic and filled with contradictory emotions. There are also specific feelings, attitudes and dynamics associated with whether one is in the role of the initiator or the receiver of the decision to breakup. For example, it is not unusual for the initiator to experience fear, relief, distance, impatience, resentment, doubt & guilt. Likewise, when a party has not initiated the divorce, they may feel shock, betrayal and loss of control, victimization, decreased self esteem, insecurity, anger, a desire to get even and wishes to reconcile (Melamed and O'Connel, 1997).

Divorce does not just suddenly happen; it is the termination of a process that may have developed over a long period of time. So divorce should not be seen as a single, static event, but as a process that often begins a substantial time before separation takes place (Pryor & Trinder, 2004).

1.1.1 Divorce process

Divorce is not simply a discrete event. It involves transitional processes that unfold over time, from the first consideration of separation, through tangled emotions and legal proceedings, to transitional upheavals in the immediate aftermath, and into varying post divorce reconfigurations.

While a legal divorce is an event, occurring when a judge signs a marital dissolution decree, an emotional divorce is best viewed as a process that occurs minimally over several years and maximally over the course of a lifetime. Typically, the divorce process begins several years before the actual date of separation, when one of the spouses begins to experience a predictable set of feelings, which may include disillusionment, dissatisfaction, anxiety and alienation. The divorce literature generally suggests that in 75 to 90 percent of all contemporary divorces, one spouse wants out of the marriage while the other does not (Ahrons, 1981; Kaslow & Schwartz, 1987; Kelly, 1982; Kressel, 1985; Wallerstein & Kelly, 1980), with women more often initiating the divorce (Kelly, 1982). This non-mutuality of the decision to divorce has major implications for the process of divorce. Since the leaving spouse begins the emotional process several years before the left spouse, by the time there is a legal filing for divorce, one spouse is ready to proceed at a time when the other may have just found out that there is going to be a physical separation. Thus, the left spouse may only begin the emotional process of divorce on that day, creating a significant discrepancy in their respective stages of the emotional divorce by the time they reach the office of an attorney.

Most divorce researchers conceptualize the divorce process as a series of developmental stages through which the divorcing families proceed (Ahrons & Rodgers, 1987; Bohannon, 1970; Federico, 1979; Kaslow, 1984; Kaslow & Schwartz, 1987; Kessler, 1975; Weiss, 1975). While the stages are generally considered linear, they are not invariant. That is, a couple can skip a stage and go through it at a later point. Or, a couple might maintain characteristic feelings and behaviors of two stages at the same time. Also, the intensity with which a given couple goes through these stages may vary and is primarily a function of the degree of ambivalence to divorce shared by the couple. These stages in these models have similar characteristic structures.

According to Melamed & O'Connell (June, 1997) emotional stages of ending a relationship is -

1. Disillusionment of one party (sometimes 1-2 years before verbalized)
2. Experiencing dissatisfaction (8-12 months before invoking legal process).
3. Deciding to divorce (6-12 months before invoking legal process)
4. Acting on decision (beginning the legal process)
5. Growing acceptance (during the legal process or after)
6. New beginnings (Completing legal process to four years after).

Geoff Hamilton and Dr. Tom Merrill (1998) referred to the stages of divorce as the following-

1. **Deliberation Phase:** This is the period of time between which the idea of divorce initially surfaces and the time when divorce is finally implemented.
2. **Decision Phase:** A brief but intense decision-making phase where the intent to divorce has been seriously communicated but the outcome remains in doubt. Family members and friends get involved and offer unsolicited advice, opinions and their own "spin" on what could or should have been done and what could or should happen now.
3. **Transition Phase ("Crazy Time"):** This is a period fraught with the potential for a wide range of "crazy" behavior. It most likely will be a time of nuttiness. This is a period requiring emotional or psychological separation.
4. **Litigation Phase:** Although litigation is not an emotional stage, it is superimposed on the emotional process of divorce and is primarily defined in terms of duration as a function of the legal process in their state. Once the legal process earnestly begins, this period is characterized by the redefinition of the roles of each partner.
5. **Healing Phase:** This period is marked by healing, a commitment to the future, and the promise of a new life. It is a period characterized by individual development of the self in the absence of the other partner.

According to Saposnek and Rose (2004) divorce process is a series of developmental stages. These are –

Pre-divorce or Deliberation stage

During this stage, which takes place before separation is even contemplated; one of the spouses (more often, the wife) typically is experiencing feelings of dissatisfaction, alienation, loneliness and despair. She engages in a long period (up to several years) of deliberation regarding how to resolve the uncomfortable feelings about her marital relationship. Typically, she attempts a variety of ways to cope with these feelings before the decision to separate and / or divorce is reached. These coping attempts may include getting angry at, confronting, and quarreling with her spouse in hopes of provoking him to change; sulking and crying; withdrawing from her spouse as a way to avoid experiencing the pain of non-communication; escaping into work or into excessive time with friends; extra-marital affairs; drugs or alcohol; or, in extreme cases, physical abuse. Anger, as manifested in threats of all kinds, is most often a secondary emotion. It is a feeling that covers up more primary feelings of hurt, fear, humiliation, loss, abandonment and powerlessness.

Legal Divorce or Litigation Stage

When none of the coping attempts resolve his / her helplessness and confusion, the spouse may consult an attorney and decision to do so may be either in response to the other spouse's having filed for divorce or it may be an offensive move with the intention to file before the other spouse does. A central concern of both parties during the litigation stage is their economic survival.

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Mediation as an alternative settlement method has many advantages over litigious attorney negotiations, the least of which is to empower the parties to negotiate directly and constructively and to allow each party to experience a feeling of control over the legal process of the divorce.

Transition Stage

This period overlaps with the litigation stage and typically ranges for about one to two years after the separation. They feel unusual pressure, insecurity and mild to severe panic. As the divorce becomes finalized and the chaos begins to settle down, the spouses enter the next stage in the divorce process.

Post-divorce Stage

The stage following the divorce is one of exploration, redirection and reequilibration. It is a time of making independent choices, based on a single life. If the divorce was settled successfully, feelings of optimism, self-confidence, independence and acceptance may abound. A spouse may re-enter the world of work or perhaps take a new job and may begin reaching out to new friends, engage in new activities and interests and begin to seek out a new love relationship. The feelings during this stage are not always positive. Even if the divorce is successful, negative feelings may still surface from time to time. Feelings of self-doubt, of indecisiveness, of fear, and of loneliness still are present. For the most part, the divorce provides the intended relief, the spouses can move through the divorce process into a new stage in their lives with all the options open to them that their interests, skills, and opportunities provide.

For this study, women undergoing divorce process is defined as any women who take legal help in women welfare organizations for problem in their marital relationship. They mainly come to the lawyers for legal support on conjugal problems involving separation, refusal to financially support the family, divorce without paying den-mohor; polygamy, women's and female child's property rights.

1.2 Marriage and Divorce around the World

Divorce is in fact present in nearly all countries in the world. In the present century industrialization, urbanization and women's suffrage were causing the divorce rate to escalate. Divorce rates are higher in European or American countries, where individual freedom is given higher value, than in Asian or African ones, where familial and social opinions cause higher value. With globalization, of course, the 'developing' countries are catching up. Women, especially, with access to higher education and higher salaries, are less willing to put up with traditional roles and expectations.

In many developed countries, divorce rates have increased markedly during the twentieth century. Among the states in which divorce has become commonplace are the United States, Korea and members of the European Union. In the USA, Canada, the United Kingdom and some other developed Commonwealth countries, this boom in divorce developed in the last half of the twentieth century. Japan retains a markedly lower divorce rate, though it has increased in recent years.

Marriage and divorce rates by country: 1980 to 2007 is given in Appendix No. A.

1.2.1 Divorce in Bangladesh

The problem of divorce is increasing day by day in Bangladesh. Ayesha Khanam, president of Bangladesh Mahila Parishad, said the trend of divorce sought by women is increasing these days. "Only a few years ago this sort of attitude by women was unthinkable in our society." (Arzu, 2010).

Dhaka city women are taking more control over their life when it comes to terminating troubled marriages. A survey conducted by the Dhaka City Corporation (DCC) reveals that in 70 percent of the divorces in the last five years, women took the initiative. According to the survey, the annual increase in the number of divorces in the city is between 50 and 55 per cent ("Dhaka Women Turn Bold in Divorce", 2009).

According to the Dhaka City Corporation sources, the city corporation received 5,101 notices for divorce in 2005, up from 3,338 in 2004 and 3,202 in 2003. Some 4,400 notices were disposed of and 356 notices withdrawn after settlement. The city corporation could not resolve the rest because they did not fall under its jurisdiction.

Between January and May of 2005, the corporation received about 2,000 notices, 85 percent of which were disposed of. Only 10 per cent of the cases did not end in divorce. The city corporation receives notices from people who are married for as short as two months ("Dhaka Women Turn Bold in Divorce", 2009).

On an average, at least 30 women every day come to the Women Repression Prevention Cell (Nari Nirjatan Protirodh Cell) under the

Women and Children Affairs Ministry at Eskaton in Dhaka. According to the cell record of 2008 and 2009, a total of 4,436 women filed complaints with family problems, 2,781 filed complaints of physical torture by husbands, 1,472 for second marriage and 1,109 for divorce on grounds of husbands abandoning the family for a long time. Seventy percent of the petitions recorded in marriage registrar offices (Kazi Office) and the courts in the city have been filed by women with allegation of their husbands' extra marital affairs, tortures and rude behaviors, said administrative officials of DCC's ten zonal offices. The lawyers dealing with such cases said the trend of extra marital affairs is increasing and both wives and husbands are filing divorce cases on the same ground (Arzu, 2010).

1.3 Determinants of divorce

1.3.1 Theoretical perspectives

Divorce is a complex event that can be viewed from multiple perspectives. To understand and explain the complexities of the divorce process, psychologists have ventured a variety of theories. Five major theoretical perspectives have influenced marital research. According to social exchange theory, marriage end when the attractions of the relationship are few. The barriers to leaving the relationship are weak and the alternatives to the relationship are enticing. The behavioral theory has concentrated on behaviors exchanged during problem solving discussion and has been guided by the premise that rewarding or positive behaviors enhance global evaluation of the marriage, while punishing or negative behaviors do harm. Attachment theory

emphasizes that relationship satisfaction depends largely on satisfaction of basic needs for comfort, care and sexual gratification (Hazan and Shaver, 1994) and the success of a given relationship will rest on whether each spouse trusts that the partner can fulfill those needs. Crisis theory derives from Hill's efforts to explain how families react to stressful events. According to this theory declines in marital satisfaction and the occurrence of separation or divorce reflect failures to recover from crisis. Cognitive dissonance theory posits that individual's strive to maintain a sense of balance or consistency among beliefs, feelings, perceptions and behaviors. The diminished emotional commitment will likely be denied in order to avoid cognitive dissonance. The continuation of the denial of cognitive dissonance becomes impossible, as depression and a sense of loss of life purpose and meaning take hold of the individual. Such a response is common place in marital erosion (Karney and Bradbury, 1995).

1.3.2 Overview of factors responsible for divorce of women

Marriage and divorce are considered cultural issues and are affected by socio-cultural factors. Reasons for divorce varied with gender, social class and life course variables. In Bangladesh, the causes of divorce could be different than the causes of divorce in developed countries. In this section the present researcher describes the factors definitions that are responsible for divorce of women in different countries including Bangladesh.

1.3.2.1 Process of marriage

The process of marriage formation is important. Research done on the causes of divorce reveals that divorces often happen because people rarely discuss their expectations in detail prior to marriage, are less willing to work on their marriages afterwards, and would like quick solutions rather than having to resolve issues. An anthropological study carried out in rural Bangladesh reported that the most desirable traits in a bride are to be young and to have physical beauty and lineage. For the groom wealth and earning capacity are desired most often (Aziz and Maloney 1985). These attributes were prime considerations when parents and relatives of the partners arranged the marriage for them.

One study in Matlab revealed that the process of marriage formation and spouses' behaviour after marriage influenced the divorce risk (Bhuiya et al. 1999). The process of marriage had some role to play in the fate of the marriage. Quick marriages without knowing much about the groom or not caring to know have been prevalent in most of the divorce and abandonment cases in Bangladesh (Momen, Bhuiya and Chowdhury, 1995).

1.3.2.2 Dowry related problem

The practice of the dowry is a social curse to women contributing to marital tensions and divorce. It reflects women's economic dependence on men. The joutuk or dowry plays a key role in the arrangement of marriages in Bangladesh. The dowry is an agreement between the bride's and the groom's family whereby the bride's family agrees to pay a certain amount of money and / or goods in kind to the groom's family (Aziz and Maloney 1985). Though the practice is illegal both under the Muslim and the state law, it is widespread

in Bangladesh. The practice has consequences for the risk of divorce (Bhuiya et al., 1999). In a number of cases the bride's party fails to pay the dowry demanded by the groom's party. In a community survey in Matlab, 20 percent of 126 married women and 35 per cent of 79 divorced women reported conflict within marriage due to non-fulfillment of the demand for dowry (Bhuiya et al., 1999). Marital discord can lead to domestic violence, which may force the bride to flee from the husband's home and accept divorce. In this way divorce is seen as a marker of extreme mental and physical insults, particularly to women in rural Bangladesh.

1.3.2.3 Infidelity

Infidelity is cheating on a spouse, leaving spouse for another partner. It is generally associated with relationship problems. According to conservative estimates, infidelity occurs in 20 to 25% of all marriages (Greeley, 1994; Laumann, Gagnon, Michael & Michaels, 1994; Wiederman, 1997) and can have a number of deleterious effects on a relationship and the individuals involved. Infidelity is the leading cause of divorce (Amato & Previti, 2003; Beitzig, 1989; Kitson, Babri & Roach, 1985) and often results in anger, disappointment, self-doubt (Buunk, 1995) and depression (Cano & O'Leary, 2000) among partners of unfaithful individuals. Infidelity has also been causally linked to domestic violence (Buss, 1994; Daly & Wilson, 1988). Couples are more likely to breakup when infidelity is discovered (Afifi, Falato & Weiner, 2001).

According to DCC, most of the divorce cases have been filed with the allegations of extra marital affairs and offensive behaviors, dowry and torture (Arzu, 2010).

1.3.2.4 Substance abuse

Numerous studies have documented an association between divorce and alcohol consumption, demonstrating that people who drink more are more likely to divorce (Prescott and Kendler, 2001; Terling-Watt, 2001). According to an American study, divorced people have the highest alcohol consumption levels in our society; they are at least four times more likely to separate or divorce (Paolino, McCrady and Diamond, 1979).

1.3.2.5 Communication problem

Lack of communication is one of the leading causes of divorce which is consistent with many studies of marriage breakdown (Burns, 1984; Eells and O'Flaherty, 1996; Wolcott, 1984; Ponzetti et al., 1992). Poor communication skills destabilize a couple's relationship. For example impulsiveness and neuroticism, combined with poor communication skills may diminish marital quality and pave the way for divorce. The major reason for marital breakdown in as many as half of all divorces is conflict between the spouses (Wadsby and Svedin, 1992).

1.3.2.6 Financial problems / not meeting obligations to family

Financial problem is not helping out with family needs such as bread winning. In other words financial problem is defined as: any event, condition, or situation in which the process of acquisition or expenditure of money, assets, goods or services causes an individual in the marital relationship to experience anxiety, dissatisfaction or physical distress. Some studies suggest

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financial problems as a reason for marriage dissolution (Burns, 1984; Cleek and Pearson, 1985, 1991). Studies that have examined finances and divorce have found that money problems generally never rank higher than fourth in importance (Lown & Chandler, 1993).

1.3.2.7 Abusive behavior

Behaviors have been mentioned in the literature as reasons for marriage breakdown such as physical, verbal and emotional violence (Thurnher et al., 1983; Wolcott, 1984; Amato and Rogers, 1997). Verbal and emotional abuse cited as a reason of divorce depends on how respondents interpreted the meaning of this reason, aspects of this form of abuse. The presence of physical violence or emotional abuse may not be alluded to as the main reason for divorce. A recent Australian survey of the incidence of spousal violence during marriage and / or after separation (Sheehan and Smyth, 1999) found fairly similar proportions of men (55 percent) and women (62 percent) reported experiencing physical violence including threats by their former spouse. Emotional abuse was reported by 84 percent of women and 75 percent of men.

In Naripokkho's Pilot Study on Violence against Women in Bangladesh (Azim, 2001) the most common forms of violence were identified as torture for dowry and battering, threats, abduction, rape, trafficking, murder, abandonment, acid burn, burns from fire, 101 lashes or fatwa-related-community violence, and gouging eyes out of sockets. This data was not only based on newspaper reports, but also on records from state institutions such as the police, courts and hospital as well as a house-to-house survey in the capital city of Dhaka.

1.3.2.8 Interference of family members

Parents, kin or friends interfere with the relationship. In Bangladesh, marriage makes the bride live in the husband's home and with in-laws. They expect a lot from her. They blame her for every trivial fault. Too much blame expressed too frequently puts her marriage in discord leading towards divorce. Their inability to live up to the expectations of their husbands and in-laws may have brought marital discord leading eventually to divorce as a solution to marital unhappiness (Alam, Saha and Ginneken, 2000).

1.3.2.9 Abandonment

In Bangladesh marital disruption also takes place due to the abandonment of wife by the husband. Their husband deserts her. They have no contact with their husband and no maintenance support for themselves and their children. The social support system has helped some women to recover some of her rights from a broken marriage but on the whole it could not play effective role in case of abandonment. Source of independent income, however small that be, makes significant difference in the life pattern of a woman. (Momen, Bhuiya and Chowdhury, 1995).

1.3.2.10 Personality problem

Individual psychopathology is a major contributor to divorce risk (Hooley et al., 1987). Research does converge on certain personality characteristics as risk factors for divorce: neuroticism and hostility in both husbands and wives (Kelly and Conley, 1987; Kurdek, 1993a); an inability to control impulses, especially

in husbands (Kelly and Conley, 1987; Tucker et al., 1998); lack of conscientiousness (Kurdek, 1993a; Tucker et al., 1998); limited perseverance and a propensity to get angry (Tucker et al., 1998). Individuals who married at younger ages were less conscientious, less persevering, and more vain and egotistic than those who married later (Tucker et al., 1998). Parental psychopathology and personality characteristics of parents have frequently been identified as risk factors for marital disruption and marriage instability. There is some evidence in the literature that elevated levels of depression especially in women, are associated with marital disharmony, marital dissolution and even multiple family breakups (Capaldi & Patterson, 1991; O'Connor, Hawkins, Dunn, Thurpe & Goldberg, 1998;). Competitiveness is another personality characteristic linked to relationship problems. A hypercompetitive person needs to be right all the time, shows little understanding and appreciation of the partner's needs, has limited ability to see the partner's perspective, and feels little empathy.

1.3.2.11 Polygamy

Polygamous marriages were found to be divorce-prone; they also tend to have a lower commitment to marriage as an institution and can more easily disregard the stigma of divorce and remarriage. Infertility, particularly inability to give birth of a male child and chronic illness of the wife are two main reasons which enhance the divorce risk (Alam, Saha and Ginneken, 2000).

1.3.3 Other factors influencing risk of divorce

Demographic and life course characteristics most frequently linked to the risk of marriage breakdown and divorce include early age at marriage, cohabitation and pregnancy prior to marriage, low education and income, parental divorce, non-traditional family values, previous marriage, women's employment (Amato and Rogers, 1997; Glezer, 1994; Ono, 1998; Sarantakos, 1994; White, 1990) and mental illness (Karney and Bradbury, 1995).

1.3.3.1 Early age at marriage

In rural Bangladesh, teenage marriage is common and desired. The 1982-83 marriage cohort in Teknaf revealed that median age at first marriage was 16 years for brides and 22 years for grooms. Very young brides and grooms may not be able to cope emotionally with the heavy load of responsibilities involved in marital life. Their inability to cope with these new responsibilities may raise tensions and thus, affect marital stability. It is also to be expected that having an education and living in favorable socio-economic conditions may help them to cope with marital responsibilities and thus keep the marriage intact, particularly in early years of marital life (Alam, Saha and Ginneken, 2000).

1.3.3.2 Education, employment and economic resources

Education, employment, and economic resources also influence marriage and divorce decisions. Men and women with at least a bachelor's degree are more likely to marry and less likely to separate than those who have only a high school degree or some college classes (Kreider and Fields, 2001).

Employment is also a good idea for men, employed men are more likely to marry and stay married than unemployed men, and the higher their earnings, the greater the probability they will do so (White and Rogers, 2000). When men are under economic pressure, they are more hostile and less warm and supportive toward their wives (Conger et al., 1990). With less money, they and their wives are less happy and more likely to divorce (Bramlett and Mosher, 2002; White and Rogers, 2000). Having more economic resources acts as a protective factor for the marriage; in sum, couples with low socio-economic status, lower education, occupational status and income are at a higher risk for divorce than those with higher socio-economic status (Korman and Leslie, 1985).

1.3.3.3 Individual and Relationship Factors

Individual and relationship factors are associated with increased divorce risk. A troubled background, a difficult personality, specific stressors, and substance abuse all contribute to the likelihood of divorce. When children witness their parents' dysfunctional relationship in their early years, their learning of important relationship skills is limited, and their ability to form committed and trusting relationships is undermined (Amato, 1996; Wallerstein and Blakeslee, 1989). In one study, adults who were experiencing marital discord in their own marriages reported that their parents also exhibited marital discord (Amato and Booth, 2001). The parental behaviors that were most likely to predict problems in the offspring's marriage included being jealous, domineering, critical and moody; getting angry easily; and not talking to the spouse.

1.3.3.4 Presence of children

The presence of children is a double-edged sword for marriage. Some evidence indicates that couples with children are slightly less likely to divorce than childless couples (Waite and Lillard, 1991). Given that approximately 60 percent of divorcing couples have children; however the presence of children is clearly not an insurmountable barrier to marital breakup (Clarke, 1995). The arrival of children, in fact, is a stressor that leads to a decline in marital satisfaction for most couples (Belsky and Pensky, 1989). Having children before a marriage is also linked to a higher probability of divorce (Bramlett and Mosher, 2002; White, 1990). Research published American Psychological Association (May 2004) by utilizing more sophisticated methodology than previous studies shows that children of divorced parents overall have more adjustment problems than children of intact families. In Bangladesh marriages are more stable if couples have children than when they do not have children. This was one of the conclusions of the review of the literature on causes of divorce (White, 1990).

1.3.3.5 Women's employment

Divorce is more likely when men's earnings are lower (Hoffman and Duncan, 1995; South and Lloyd, 1995) or declining (Weiss and Willis, 1997). Some studies find women's earnings positively related to divorce (Cherlin, 1979; Heckert, Nowak and Snyder, 1998; Hiedemann, Suhomlinova and O'Rand 1998; Moore and Waite, 1981; Ono, 1998; Ross and Sawhill, 1975; Spitze and South, 1985). Schoen et al. (2002) found that women's employment

encouraged divorce among couples where the wife expressed substantial unhappiness with the marriage, but had no effect on other couples' likelihood of divorce. Frisco and Williams (2003) study indicate that among dual-earner couples, perceived unfairness in the division of household labor is associated with more marital unhappiness for both husbands and wives and for women with a higher risk of divorce. The researchers suggest that perceptions of an unfair division of household labor not only decrease women's marital quality but also lead to role strain that makes them more likely to end unsatisfying marriages. Women also complained specifically about their husbands' lack of support for their careers - a new reason for divorce that has appeared since women became more involved in the workforce (Dolan and Hoffman, 1998; Kitson and Holmes, 1992). Typically, both spouses now work outside the home, and the simultaneous demand of work and household increase strain, especially for women.

1.3.3.6 Risky Marital Interactions

Signs and symptoms that the marriage is heading toward dissolution are evident in attitudes and interactions long before the decision is reached. These marital interactions are spouse's jealousy, moodiness, anger, and irritating habits; foolish spending, drinking, and drug use; and, last but certainly not least, infidelity (Amato and Rogers, 1997).

Other factors including societal changes, economic conditions, ethnic and community characteristics and individual and relationship qualities - and these factors are interlinked.

1.3.4 Identification of divorce factors of women

When people explaining what caused their marriages to end, they appear to give relatively little credence to widely studied factors such as age at marriage or conflict resolution skills. Studies of the reasons of marital breakdown from the perspective of divorced man and woman have provided socio cultural, psychological and historical insights into divorce (Gigy and Kelly, 1992). Salient among the early studies of marital complaints at the time of divorce is William Goode's research in 1948 on divorced women. The marital complaints mentioned most frequently concerned non support, heavy drinking and neglect (Goode, 1956). 25 years after Goode's study, Kitson and Marvin (1982) found that women cited ex-husband's lack of communication skills, internal gender role conflict, extra marital sex, distrust, immaturity and drinking problems as their reasons for divorce. Kelly (1982) found that women frequently complained of feeling unloved and having their competence and intelligence constantly belittled by their husbands. Women in Fletcher's (1983) study cited their spouse's general and specific personality problems, negative attitudes, specific behavior and extra marital sex problems as their reasons for divorce. Granvold (1979) also found that women cited reasons of lack of communication conflict over role / responsibilities, lifestyle values, extra marital sex and sexual problems.

Change (2003) examined self-reported reasons for divorced Korean immigrant and non Korean women. The majority of Korean immigrant women in the study cited their ex-husband's concrete abusive / negative behaviors and financial problems as their reasons for divorce. While non Korean American women tended to report abstract and affective reasons.

Amato and Previti (2003) used national panel data collected between 1980 and 1997 to classify 208 peoples open ended response to a question on why their marriages ended in divorce. Infidelity was the most commonly reported cause, followed by incompatibility, drinking or drug use and growing apart. In the study, people's specific reasons for divorce varied with gender, social class and life course variables.

Nassehy (1991) categorized the causes of divorce in Iranian women as economic (i.e. incapability of husband to support the family, voluntary or involuntary absence of the husband due to drug addiction, imprisonment and abandonment), sexual incoherence (Polygyny, extra-marital, lack of physical attraction) and family conflicts, age differences and personality conflicts.

Aghajanian and Moghadas (1998) reviewed the trends in divorce for the last three decades in Iran suggests that the divorce rate has been changing in response to social and legal changes and eight years of war. Iranian women who divorced, compared with married women, suffer economically and experience more psychological problems. In their study, Zargar and Doost (2008) pointed out that communication problems, addiction, interference of family members and mental disorders of one or both couples are the most important divorce factors in Flavarjan, Iran.

Chlean and Mustaffa (2008) reported that the top three reasons for divorce in Malaysia is infidelity, no longer in love and emotional problems.

Khojastehmehr and Takrimi (2009) identified the divorce factors of the divorce seeking women in Khuzestan, Iran. They found four factors as reasons for divorce. Neglect of wife's wishes, husband and his family's lack of social skills, husband's social abnormalities and husband and wife's personal and family incompatibilities (mismatches).

According to DCC seventy percent of the petitions recorded in marriage registrar offices (Kazi Office) and the courts in Dhaka city have been filed by women with allegation of their husbands' extra marital affairs, tortures and rude behaviors (Arzu, 2010). In the present study the researcher considers the women's perception why the relationship problem occurred. Identification of characteristics of spouses associated with a higher risk of divorce may help to reduce divorce and its adverse consequences for divorced persons and their children.

1.4 Effects of Divorce on Women

Divorce is one of the most stressful life experiences to endure. Recent studies have pointed a variety of long term economic, social, physical and mental health consequences of divorce.

1.4.1 Economic Effects

The economic effects of divorce studied by sociologist in the late 1990s reported that women experience a 73 percent drop in their standard of living during the first year following divorce. Men, on the other hand, often far better

in terms of the financial effects of divorce. Financial effects of divorce are sometimes remedied through alimony or child support court orders. Absence of regular income source was a big problem for most of the divorced women. Divorce results in more severe consequences for women who choose or are able to stay home in deference to child-rearing. Such women depend on marriage for financial security. Domestic skills such as child-care and house-cleaning are not highly valued by society and thus are poorly compensated in terms of money. Women who have never been employed and then experience divorce often have few options for securing adequate income. Women more often obtain custody of children after the divorce, reducing their ability to pursue well-paid employment. Child support collection is a major problem; some fathers do not accept that they have an obligation towards their children, while others accept such an obligation but cannot fulfill it. Many national and local governments provide some kind of welfare system for divorced mothers and their children.

1.4.2 Social Effects

The greatest impact of divorce is the disruption of social roles and systems of interpersonal attachments that are basic to self identity.

For most women marriage is a one-time event in life which is glorified and sanctified and is associated with much social approval. If this is broken women are shattered beyond repair. After separation almost all these women live with their parents. Social isolation and stigma is caused by this personal tragedy and stigmatized in society. Divorce also causes dramatic changes in adults' social lives. Divorced adults are more isolated and feel

lonelier than married adults (Gerstel, Riessman and Rosenfield, 1985; Wallerstein and Kelly, 1980b). Divorced individuals may isolate themselves from their friends because they feel that they no longer fit in, they are upset by seeing others' happiness, or they assume that others are critical of their behavior. Divorce also brings with it radical changes in the roles adults play, particularly if husbands and wives have been following traditional gender roles in their marriage. Divorce can turn a home maker woman into the role of breadwinner.

1.4.3 Physical effects

The problems which are experienced by divorced adults may also be seen in their physical well - being. Compared with married individuals, those who are divorced have more physical health problems and are likely to die earlier (Amato, 2000b; Tucker et al., 1996) In a study of more than four hundred thousand initially healthy women in Sweden, divorced women (who had been single for at least five years) showed increased risks of mortality and lung cancer and, if they were poor, increased risk of heart disease (Weitof et al., 2002). In an American study, almost half of the divorced men and women reported health problems (Spanier and Thompson, 1984). In another study, they reported weight loss, upset stomach, body aches, fatigue, appetite loss, headaches, and sleep problems (Bloom, Hodges and Caldwell, 1983). Underlying these differences in physical health symptoms are physiological links between divorce and immune function (Kiecolt-Glaser et al., 1987, 1988). In brief, there are links between divorce and physical well-being suggesting that divorce is a risk factor for poor physical as well as mental health.

1.4.4 Psychological Effects

Divorce is a tremendous stress and the effects of divorce on women can be devastating. The stressful effects of divorce can leave women feeling rejected, insecure and depressed. As a result of rejection, they lose their self-esteem. Divorce can be most devastating for women in traditional marriages who lose their identities as well as their financial security, with the loss of a husband (Mc Goldrick, Anderson & Walsh, 1989). Women in custody have a high level of psychological disturbance 78 percent, compared with 15 percent in women in the general adult female population (Corston, 2007).

Researchers have reported that in cases of extremely high conflict, divorce can be positive. An article in the Oklahoma Bar Journal (Bartlett 2004) defines “high conflict” in terms of ongoing litigation, anger and distress, verbal abuse, physical aggression or threats of physical aggression, difficulty in communicating about and cooperating in child care or other court-determined factors.

1.5 Psychological influences on the legal divorce process

During this period that the spouses contact attorneys and proceed, together, through the legal process. Divorcing people must face a series of challenges and decisions pertaining to legal procedures, child custody, financial and living arrangements, spousal and child support, and single parenting and single life. The challenges of coping with the legal system arise when couples cannot agree on the post-divorce arrangements and decide to seek third-party help. Dealing with legal procedures adds complex demands that are costly in

terms of finances, time, and emotions. In sum, the time leading up to the divorce decision and the actual separation are transitional periods in which spouses need to make important, life-altering decisions, manage the multifaceted challenges resulting from the decisions, and cope with the stresses of adjusting to single life and single parenting. A number of psychological factors have major impact on the nature and quality of this process.

1.5.1 Spousal differences in rate of emotional divorce

One of the most important factors is the different rate at which each spouse moves through the stages of divorce. One spouse is much further along in the process. When this spouse retains an attorney, there is a hope that the attorney will be able to speedily move the case through the pragmatic issues which stand in the way of the future. The responding spouse generally meets this pressure with resistance and, consciously or unconsciously, does everything possible to frustrate the process and delay the inevitable. The net result is a tremendous waste of time, resources, and emotions. A stronger motivating factor may be the financial cost-effectiveness of moving ahead with genuine progress when the obstacles are withdrawn.

1.5.2 Anxiety

Another factor which heavily contributes to the quality of the negotiations is the degree of anxiety and fear manifested by the parties. It is common for each spouse to have anxieties about the unknown throughout the complex and ambiguous process of divorce.

1.5.3 Shifts in role expectations

Fair division of assets often requires spouses to radically shift their perceptions of marital roles and entitlements from those which feel familiar to those which feel foreign and unfair.

1.5.4 Trust

The breakdown of trust in a divorce starts as a small crack, expands as an ever-widening fissure on the marital landscape, and becomes a canyon of disbelief between the spouses which cannot be bridged.

1.6 Women undergoing divorce process and their mental health

Mental health is an integral and essential component of health. The WHO (September, 2010) constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important consequence of this definition is that mental health is described as more than the absence of mental disorders or disabilities. Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Circumstances and conditions that society accepts as normal or ordinary often lead to mental health problems in women. Women face

dilemmas and conflicts in the context of marriage, family relationships, reproduction, child rearing, divorce, aging, education and work. Stresses that have more impact on women and may contribute to a higher risk for depression include physical and sexual abuse, sexual harassment, sex discrimination, unwanted pregnancy, divorce, poverty and powerlessness. Epidemiological data link mental disorder with alienation, powerlessness and poverty, conditions more commonly experienced by women (Russo, 1985).

According to a study conducted by Hayward and Zhang of the University of Texas (2006), women are more susceptible to the physical and psychological effects of divorce than their male counterparts. The authors found a link between heart disease in women caused by emotional suffering and financial problems due to divorce.

1.6.1 Grief

Grieving the loss of a marriage is a healthy part of the divorce process that a woman must endure in order to heal properly. Divorced mothers in one large, national, British sample, for example, were almost 200 percent more likely to be depressed than married mothers (Hope, Power and Rodgers, 1999). In another study, one-quarter of the divorced women, who had been divorced, on average, for fourteen years, had a clinically significant problem with depression (Thabes, 1997). Other studies have also documented higher levels of psychiatric symptoms in divorced women compared with married women (Garvin, Kalter and Hansell, 1993b; Weitoft et al., 2002) Divorced women in Sweden were found to be at increased risk for violence, traffic injuries and other accidents (Weitoft et al., 2002).

One kind of evidence that divorce is responsible for psychological problems comes from studies in which researchers control statistically for individuals' personality problems. These studies show that this control does not eliminate the differences between divorced and married people's rates of distress and depression, suggesting that these psychological problems are a direct result of divorce (Davies, Avison and McAlpine, 1997; Johnson and Wu, 2002; Lorenz et al., 1997). A second kind of evidence comes from the studies of people who have gone through divorce more than once. These studies show that when people get divorced for a second or third time they have even worse problems than people who have divorced only once - more anxiety, more depression, more severe distress (Cargan and Whitehurst, 1990; Kurdek, 1991). Another team of researchers examined the relation between divorce and distress in two hundred divorced mothers and three hundred married mothers (Lorenz et al., 1997). For divorced mothers, stressful events and depressive symptoms increased significantly soon after the divorce (stressful events doubled, from three to six in the first year after the divorce) and then slightly diminished over the next three years - but not to the same levels reported by married women. Divorced women experienced significantly higher occurrences of nearly all stressful life events, including having a close friend move away, having a child involved with alcohol, moving to a different residence and being physically attacked or sexually assaulted (Amato, 2000b; Tucker et al., 1996).

1.6.2 Guilt

Feeling a sense of guilt over a divorce is quite common, especially when there are children in the middle of the situation. The woman may feel shame for

failing to fulfill what she promised when she entered into the marriage, which may include deception or infidelity. It is important to accept responsibility for his / her part in the divorce. They have made mistakes, but they can learn from their actions and move forward with this awareness.

1.6.3 Anxiety

Anxiety and depression cause extreme disturbances in women's lives, but especially when they are going through a divorce. When a marriage fails, the divorce generates indefinite and unexpected circumstances, which in turn causes tremendous fear. Likewise, panic attacks can manifest themselves in severe physical symptoms like insomnia, chest pain and substance abuse. It's vital for them to seek professional help if their feelings of anxiousness or depression worsen or continue for longer than two weeks.

1.6.4 Anger

They may feel the pain of abandonment because of their ex's leaving or feel forced into the situation of having to divorce him. Some anger is justified, but how they channel it is what confirms their ability to defeat their struggles and get the healing they need.

1.7 Rationale of the present study

From the intensive literature review it was seen that the effects of divorce change every aspects of a person's life and differ by situation and personal circumstances. Women can experience the effects of divorce in different ways. Many complex, different factors are associated with marital distress and increased risk of marital failure. A large number of research has been conducted in the developed countries to understand divorce, its impact on mental and physical health, negative effects on women's economic well being (Smock, 1994); negative effects on men's family relationships (Seltzer, 1991) and negative effects on social networks and integration (Gerstel, Reissman, Rosenfield, 1985). In a society like Bangladesh women in general are constrained. Total divorce rate and the trend of divorce sought by women is increased these days. Marital disruption also takes place in Bangladesh due to abandonment of wife by the husband. It is obvious that the divorced and abandoned ones are in worse condition. So there is a need to conduct research on mental health of the women undergoing divorce process and causes of divorces as perceived by women in Bangladesh. Many national and local governments provide legal, social, financial and other welfare services to the women undergoing divorce process. However there are no or very few psychological services provided by these organizations to these women. Therefore, the study will help to strengthen the existing psychological service and will also help to find out whether there is a need for generating different types of psychological services for these women. This knowledge can be used to pursue different organizations working in this field to include appropriate psychological services along with their other services.

This study will help to examine the perceptions of divorcing women regarding the causes of their divorce. This knowledge can also suggest what factors or processes might be able to be modified to make marriage more satisfying and enduring. It is hoped that the study will also help for strengthening marital relationships and preventing relationship breakdown. For all the reasons stated above the present study was undertaken.

1.8 The present study

The present study was aimed to see the effect of divorce on mental health among women undergoing divorce process. From the literature review it is seen that the breakdown of a marriage can have more profound effects upon a person's state of mind. It can lead to anxiety, depression and other psychological problems. Therefore, some psychometric scales were applied to find out psychological disturbances up to the clinical level (e. g. anxiety, depression). It is also evident that sometimes these marital couples have a history of psychological or behavioral issues and a variety of factors that lead to divorce. As divorce rate is increasing day by day in Bangladesh and women seek more divorce than men so the researcher planned the present study to assess the mental health problems of women undergoing divorce process and factors related to marital distress and divorce. In brief, the general objective and the specific objectives were mentioned below -

1.8.1 General Objective

Objective of the present study was to assess the mental health problems and responsible factors of divorce among women undergoing divorce process.

1.8.2 Specific objectives

Specific objectives of the present study were-

1. To find out whether anxiety score vary according to the number of children and employment status of women in divorce process.
2. To see whether depression score vary according to the number of children and employment status of women undergoing divorce process.
3. To see whether GHQ scale score vary according to the number of children and employment status of women in divorce process.
4. To explore the functional impairments among women undergoing divorce process.
5. To explore the factors related to divorce of women undergoing divorce process.

METHODS

Methods

2.1 Participants

The participants of the present study were the women who were in divorce process and taking legal help for their marital conflicts. Participants were purposively drawn as the sample of the present study. Men victims were excluded from the current study, as women are more likely than men to see problems in the marriage and seek legal support for their marital distress or marital relationship problems.

The study was conducted into two parts. In the first part the aim of the research was to assess the presence and severity of mental health problems, 55 women were taken from Bangladesh National Women's Lawyers Association (BNWLA) at Agargaon, Dhaka. The age range of the subjects of this study was 20 to 58 years and their average age was 27.24. Average duration of marriage of the participants was 8.54 years. They were coming from lower to upper income group. Their education background was illiterate to Master degrees. Of the total sample 29 women were housewives and 26 were involved in different types of services. Among the participants 15 women had no children, 20 women had one child and other 20 women had more than one child. Demographic characteristics of these women were given in Appendix No. B.

In the second part, the aims were to explore the functional impairments and factors responsible for divorce. Eleven samples were taken randomly from the total sample of fifty five. The age range of subjects of this

study was 20 to 35 years and their average age was 27.73. Demographic characteristics of eleven women are given in Table 1.

Table 1: Demographic characteristic of the respondents (part 2)

Sl. No	Age at marriage	Current age	Duration of marriage	Education	Occupation	Monthly income Tk	No. of children
1	23	26	3	Masters	Teacher	12000/=	Nil
2	12	26	14	Illiterate	Housewife	Nil	1 son, 10 yrs
3	11	25	14	H.S.C.	Beautician	11000/=	1 son, 8 yrs, 1 daughter, 2 yrs
4	20	35	15	H.S.C.	Beautician	6000/=	1 son, 12 yrs
5	17	35	18	Class VIII	Housewife	Nil	1 son, 10 yrs, 1 daughter, 6 yrs
6	22	30	8	B.Sc.	Private service	15000/=	1 daughter, 3 yrs
7	18	25	7	Class V	Garments worker	6000/=	1 daughter, 5 yrs
8	14	16	2	Illiterate	Housewife	Nil	1 son, 1 yrs
9	16	30	14	Class VIII	Housewife	11000/=	4 daughter, 13, 10, 7, 2 yrs
10	27	33	6	S.S.C.	Private Service	3000/=	2 son, 5 & 2 yrs
11	15	25	10	S.S.C.	Teacher	7000/=	1 son, 8 yrs

It is seen from Table 1 that all the respondents of part - 2 came from lower to upper class. Among the respondents, 5 had primary to secondary level education, 2 had higher secondary, 2 bachelors and 2 were illiterate. Of the total sample 7 were employed women and 4 were housewives. Among the participants 1 had no child, 6 had one child and the rest of them (4) had more than one children.

2.2 Research design

In the present study both quantitative and qualitative research methods were used. The main purpose of the study was to assess the mental health problems of women undergoing divorce process. Quantitative design was used for this purpose. Quantitative design had been planned for following reasons -

1. Through questionnaire / scale it is possible to assess mental health problems objectively.
2. Structured quantitative methodology is more appropriate with large sample.
3. Their responses / problems can be compared through quantitative design.

In the second part, the qualitative method was applied to explore the functional impairments of the women and factors responsible for divorce. An important reason for choosing qualitative design was that divorce is a highly complex event or process. There are many different and complex causes and reasons for divorce, each of them specific to that particular couple's marital relationship, their individual experiences and personal problems. So qualitative research design was used for this purpose. To explore the functional impairments and the factors responsible for divorce, a topic guide was developed by literature reviewing about the appropriateness of the content and experience sharing with trained and practicing clinical psychologists. The questions were judged by experts. Then the questions were applied to women undergoing divorce process and normal population for field testing. After getting feedback from both the groups these questions were finalized and applied to women who were undergoing divorce process and taking legal support. Then the data was coded & reduced according to the objectives of the research.

2.3 Instruments

In this current study, the following instruments were used -

2.3.1 Questionnaire / Scale

To assess the presence and severity of mental health problem of women in divorce process two scales and one questionnaire were used. These were -

1. Anxiety scale
2. Depression scale
3. General health Questionnaire (GHQ-12)

2.3.1.1 Anxiety scale

Thirty six item anxiety scale was used to measure the presence and severity of anxiety in the women. This scale was developed to assess symptoms of anxiety for Bangladeshi population (Deeba & Begum, 2004). It is also widely used by the professional clinical psychologists and by trainees of clinical psychology in Bangladesh. The initial scale consisted of 39 items in 5 point Likert format. Item analysis of these items was done using 102 clinical and 102 nonclinical subjects. 36 items were selected for the final scale on the basis of item total correlation and discrimination value (both significant at $\alpha=0.01$). Experimental try-out was conducted on 410 participants (207 clinical and 203 non clinical). Split-half reliability of the scale was 0.916 ($\alpha=0.01$) and the Cronbach-alpha reliability was 0.9468. The test-retest correlation ($r=0.688$) was also found to be significant ($\alpha=0.01$). The content validity of the scale was ensured by strictly following the sequential system model of scale development and by expert's input in different stages of item construction. Three external criterion were found to be positively correlated with the present scale score (psychiatrists' rating, $r=0.317$; patient's self rating, $r=0.591$;

HADS, $r=0.628$; $P < 0.01$). Construct validity was assessed by discriminability of the scale among clinical and non clinical samples ($f=60.275$ at $\alpha=0.01$), and item – total correlation ranged from $r=0.399$ to $r=0.748$, $p=0.041$). Both severity and screening norms were developed for the current anxiety scale.

2.3.1.2 Depression scale

It is a 30 item scale that measures the presence and severity of depression in an individual. Uddin and Rahman (2005) developed this scale to assess the symptoms of depression for Bangladeshi population. The split-half reliability was 0.7608 and test-retest reliability was 0.599 (significant at $\alpha=0.01$). The scale was positively correlated with the psychiatrists rating of depression ($r=0.377$, significant at $\alpha=0.01$). Similarly, current depression scale was also found to have positive correlation with patients' self rating of depression ($r=0.558$, significant at $\alpha=0.01$). The scale discriminated between depressed and non depressed subjects ($f=85.86$, significant at $\alpha=0.001$) which were conducted on a group of 104 subjects (52 depressed and non 52 non depressed subjects). Construct validity of current scale was estimated by computing correlation between current depression scale and depression sub scale of translated version of Hospital Anxiety and Depression Scale (Zigmond and Snaith, 1983, translated in Bengali by Chowdhury, 2000). It was administered on a group of 73 depressed subjects and it was found that the two scales were positively correlated ($r=0.716$, significant at $\alpha=0.01$). Reliability and validity of the current scale were ensured. A percentile norm assessing severity of depression was developed based on responses of 124 depressed subjects. A screening norm for depression identification was also developed based on responses of the total 248 subjects (124 depressed subjects and 124 non depressed subjects). Depression scale has been developed in the cultural context of Bangladesh.

2.3.1.3 General Health Questionnaire (GHQ-12)

Bengali version of the general health questionnaire (GHQ-12) item version (Ilyas and Aeysha, 2002) originally developed by Goldberg (1978) was used to measure mental health of the participants. GHQ is a self administered screening test designed for detecting people with a diagnosable psychiatric disorder (Goldberg, 1992). It is concerned with two major phenomena. The inability to carry out one's normal healthy functions and the appearance of new phenomena of distressing nature. English and Bengali versions were administered to 30 participants with a gap of 7 days. Half of the participants were administered English version first then Bengali version. The remaining half of the participants were administered Bengali version first then English version. Significant correlation [$r(28)=0.625$, $p<0.005$] between scores of English and Bengali version indicated that the English and the Bengali version measured the same thing. Two weak test-retest reliability of Bengali version of the scale was 0.565. The alpha coefficient of internal consistency of Bengali version was 0.8136. The scale contains 6 positive and 6 negative items. The scale used Likert method of scoring with four point response scale, from 0 to 3. For positive items, score 0 indicates 'strongly agree', score 1 'agree', score 2 'somewhat agree', score 3 'not at all agree'. For negative items, scoring was in reverse order. The sum of scores of all items was the total score of the scale for an individual. A high GHQ score indicates reports of more symptoms, i.e. lower mental health.

2.4 Procedure

The study was conducted into two phases in the legal help centre of Bangladesh National Women's Lawyers Association (BNWLA). In the first phase, fifty five (55) women were selected as the sample of the present study. Lawyers of the association made the cases referral. Cases were selected on their availability of getting. After the referral, the researcher took written informed consent from the participants. To take informed consent, the researcher explained the purpose of the present study to the participants. Moreover it was explained to each participant about how they could cooperate to conduct this study by participating. It was clearly described to all participants that the information provided by them will be used only in the current research and confidentiality will be maintained. Then Anxiety scale, Depression scale and General Health Questionnaire (GHQ-12) were administered for measuring participant's distress regarding the experience of their marital problem. Where the client was unable to write or read, verbal reports were recorded. In some case the researcher helped the subject to fill up the scale. The scores of these scales were considered as the mental health state of these women. The measures were used to measure the level of mental health problems. All participants were asked what problems they are having now in marital life that brings them to sought for legal help and who provide financial support or how she managed herself in this condition. After completing the first phase, the second phase of the study was started.

In the second phase, eleven (11) samples were selected randomly from the total samples of the first phase, to explore the functional impairment and factors responsible for divorce and functional impairments

among the women undergoing divorce process. In this part all participants were assessed by in – depth interview. A detailed data collection format / topic guide was prepared to collect information from each subject. It was developed by reviewing literature and experience sharing. At the beginning a brief description about the purpose of the research was given and permission was taken for using tape recorder from each client and consent was obtained. Then through establishing rapport a working relationship with each client was built up. In the interview session demographic data were collected according to demographic questionnaire. Each client was asked to describe different aspects of their functional area (e.g. physical, emotional, behavioral, social, occupational, and sexual), previous and current mental health state, their early life and personal history of their marital relationship from the beginning to present. In covering the marital history, each client was asked to provide information starting from arrangement of marriage to the current state with an account of the quality of married life, process of marital disruption (e.g. when she perceived difficulties in the relationship etc.) and other related information individual and relationship factors were collected. During interview micro-skill like paraphrasing, summarizing, reflection of feeling, head nodding etc. were applied properly to continue each interview session successfully. The total assessment for each participant was completed within 60 to 90 minutes. After collecting data the second phase of the study was completed.

The procedure of the current study is shown in the following flowchart presented in the next page –

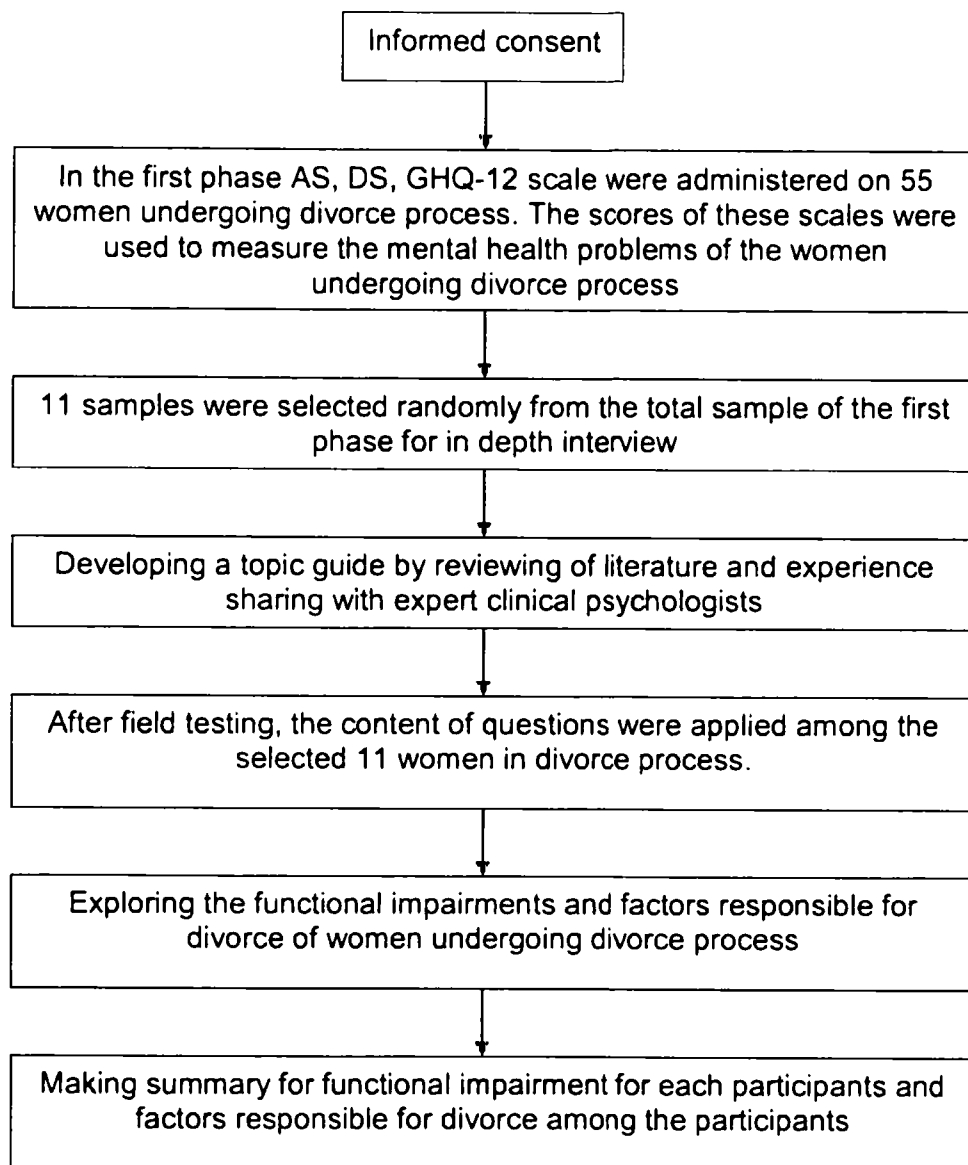


Figure 1: Summary of the procedure for the current study

2.5 Data analysis

The current study was designed to collect both quantitative and qualitative data. In the first phase of the study, computerized SPSS program was used to analyze the quantitative data of the research. All quantitative data was input into SPSS program and analysis was done according to the research objectives.

In the second phase of the present study, from the beginning of the data collection, almost all of the session conversations were recorded and transcribed in Bengali immediately after completing the session then translated it into English. After transcribing of entire interview, data were organized according to the research objectives. The transcript was revised several times for better understanding and to rule out the actual meaning of what the participants wanted to say. When the researcher fully conceptualized the data, analysis was started. Then coding was done according to different research questions to reduce the huge amount of data into manageable stage. Then unnecessary information was excluded and all coded data was written into matrix. Then individual summary for functional impairment was made for each participant. The individual summary showed the differences among all participants.

In order to achieve the objective of exploration of the factors responsible for divorce of women undergoing divorce process, the data were analyzed using following stages outlined in Figure 2 below-

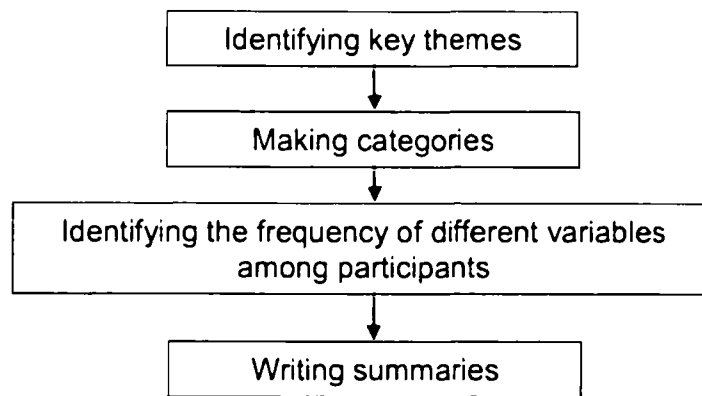


Figure 2: summary of data analysis

In this stage, each transcript was read multiple times in order to understand the relative issues under investigation. Key themes regarding the specific objectives were identified. Key themes were later grouped together for categorizing the information and to enhance comprehensibility. Summary were written to covering diverse variables among research participants.

2.6 Ethical concern

In the present study, the following measures were taken to maintain the maximum well being of the research participants.

First, informed consent was taken mentioning the research purposes, duration and the tasks performed by the researcher from the authority of BNWLA.

Second, informed consent was taken from the individual participants. They were also allowed the option for not participating in the study.

Third, each participant was assured of the confidentiality of data elicited.

Finally, the raw data were destroyed after the completion of the research and all the data in the computer file were deleted.

RESULTS

Results

The objective of the present research was to assess the mental health problems of women in divorce process. The results of the current research is presented in two parts-

Part I: Mental health problems according to demographic variables of women undergoing divorce process (3.1 and 3.2)

Part II: Functional impairments and factors responsible for divorce and summary of the findings (3.3 and 3.4)

3.1 Part-I

The major objective of the present research was to find out whether anxiety, depression and GHQ scale scores of women undergoing divorce process vary according to the employment status of women and number of children. For this purpose 55 women who were in divorce process and taking legal help for their marital conflict were taken as the sample of the present research. To assess mental health problems of women in divorce process, the Anxiety Scale, Depression Scale and GHQ Scale were used.

3.1.1 Overall mental health problems of women in divorce process

By quantitative analysis of the data obtained from the women in divorce process, the findings are presented in this part by using Tables with proper description.

Table 2: Mental health status of women (N=55) undergoing divorce process in terms of the Anxiety Scale

Anxiety Scale									
Non case 0-47.5		Probable case							
		Mild level case (54 & less)		Moderate case (55 to 66)		Sever case (67-77)		Profound case (78-135)	
No.	Percentage (%)	No.	Percentage (%)	No.	Percentage (%)	No.	Percentage (%)	No.	Percentage (%)
9	16.36	1	1.82	1	1.82	5	9.09	39	70.91
Non case		Total probable case 46 women and 83.64%							

Note: Range of the Anxiety Scale score 0-144 and cut off point = 47.5

Table 2 clearly showed that among the 55 participants only 9 participants' scores were below cut-off point. It indicates that only 16.36% of women were probably out of clinical case. On the other hand 83.64% women were probable clinical case. The Table also showed that most of the women (39 out of 55) had profound anxiety reaction. It means 70.91% women were in the profound level of anxiety when they were in divorce process.

Table 3: Mental health status of women (N=55) undergoing divorce process in terms of the Depression Scale

Depression Scale									
Non case 0-94		Probable case							
		Minimal case (30-100)		Mild case (101-114)		Moderate case (115-123)		Severe case (124-150)	
No.	Percentage (%)	No.	Percentage (%)	No.	Percentage (%)	No.	Percentage (%)	No.	Percentage (%)
13	23.64	3	5.45	3	5.45	12	21.82	24	43.64
Non case		Total probable case 42 women and 76.36%							

Note: Range of the Depression Scale score 0-150 and cut off point=94

It appears from Table 3 that out of 55 women 42 (76.36%) crossed the cut-off point of depression scores. This Table also indicates that 21.82% women scores were in moderate level and 43.64% were in severe level of depression.

Table 4: The mental health status of women (N=55) undergoing divorce process in terms of the GHQ-12

GHQ-12							
Score - 0 to 18		Score - 19 to 24		Score - 25 to 30		Score - 31 upto 36	
No.	Percentage (%)	No.	Percentage (%)	No.	Percentage (%)	No.	Percentage (%)
13	23.64	4	7.27	13	23.64	25	45.45

Note: In GHQ-12 Lowest score=0, highest score=36; Higher score indicates lower mental health

Table 4 showed that among the 55 participants 42 (76.36%) participants' Mean of the GHQ score was above in the middle range (18) or in the upper end of the scale. The results indicated that these women were very much distressed regarding their divorce process and were having poor mental health.

Now these findings are also presented in Figure 3, 4 and 5 respectively.

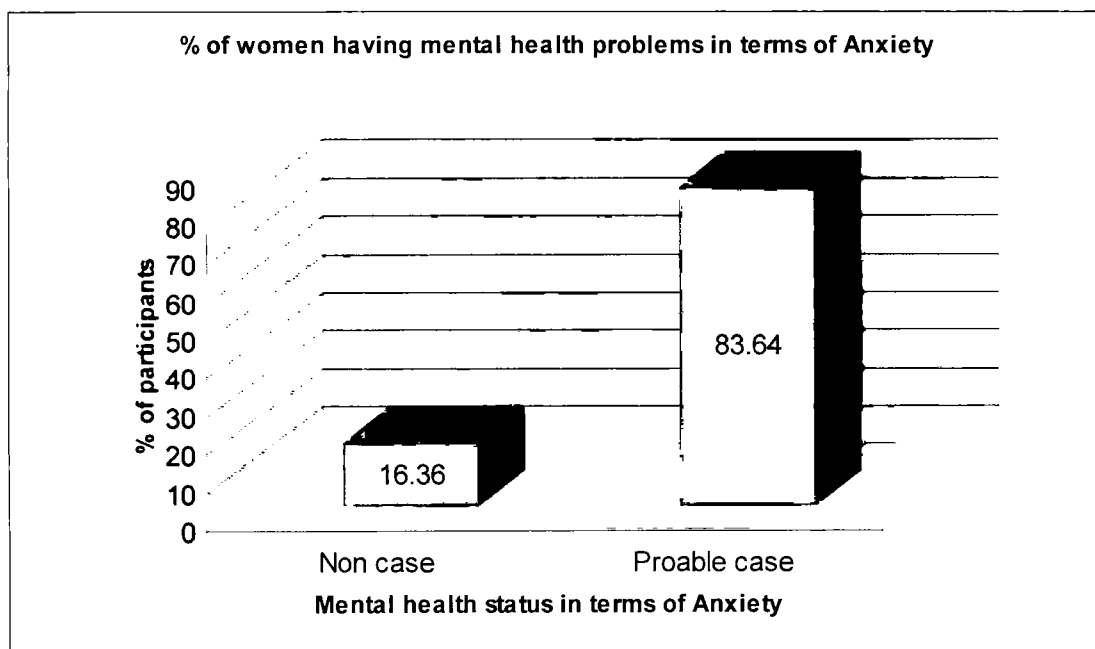


Figure 3: Percentage of women having mental health problem in terms of Anxiety

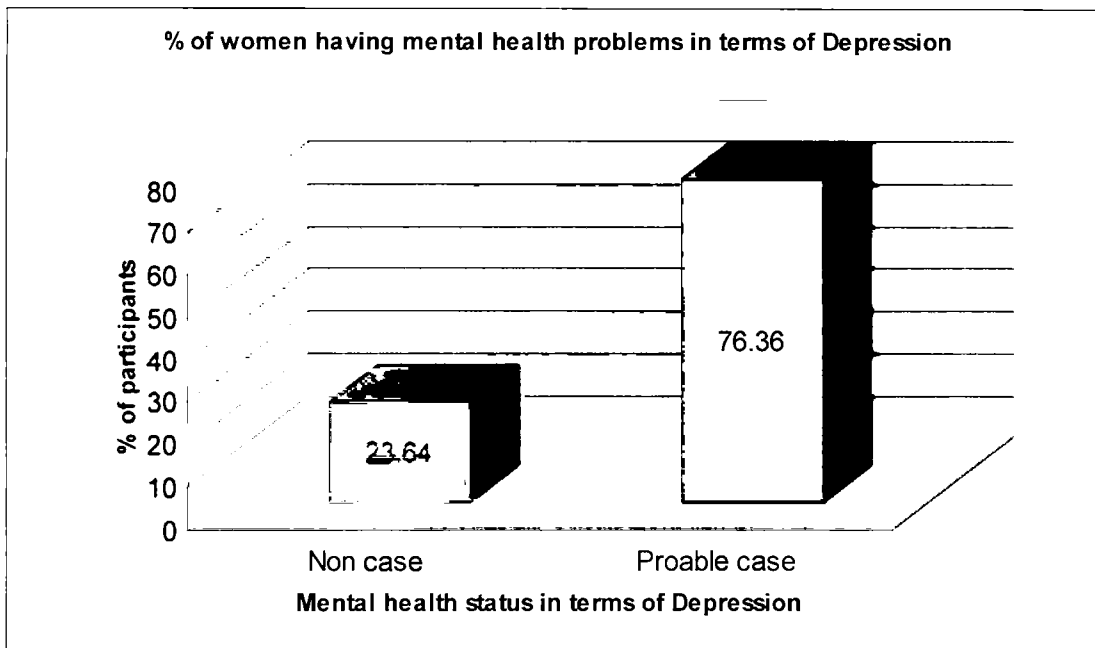


Figure 4: Percentage of women having mental health problem in terms of Depression

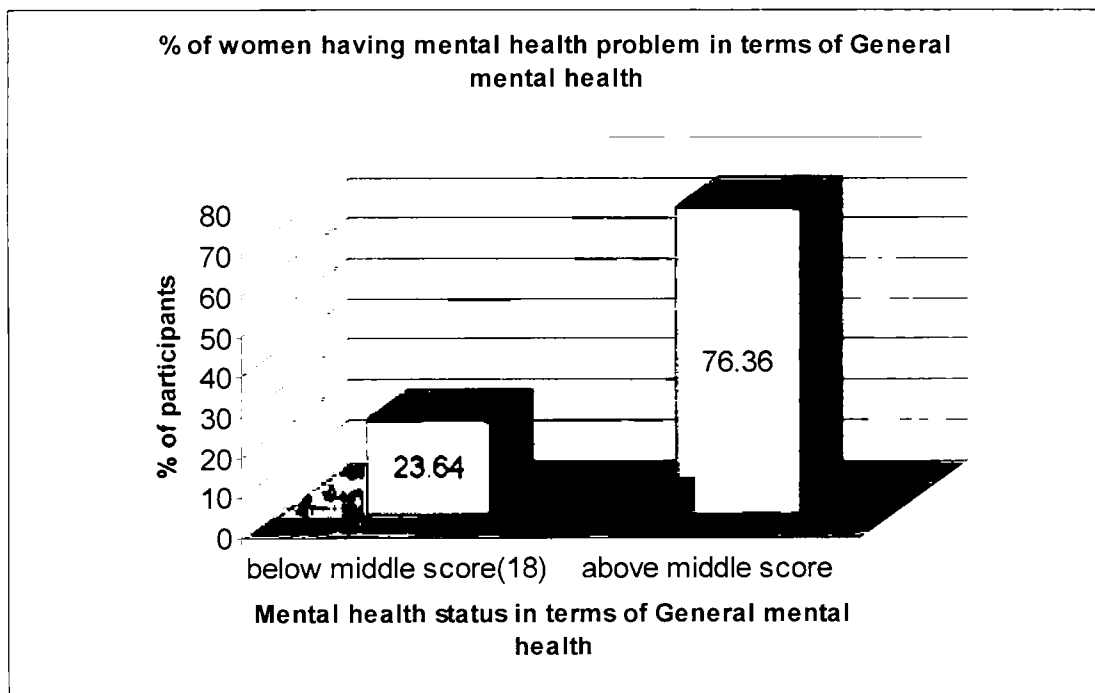


Figure 5: Percentage of women in GHQ in terms of middle score (18)

3.1.2 Anxiety, Employment Status and number of children

The first objective of the present study was to find out whether anxiety scores vary according to the employment status of women and number of children. The obtained anxiety scores were analyzed by 2 x 3 Analysis of Variance (ANOVA). The results of the ANOVA are presented in Table 5. The Mean and SD of the anxiety scores of the women according to employment status and number of children are presented in Table 6 and Table 7 respectively.

Table 5: Summary of the Analysis of Variance of Anxiety score according to employment status and number of children

Source	df	SS	MS	F
Employment Status	1	167.910	167.910	0.138
No. of Children	2	105.409	52.705	0.043
Employment Status x No. of Children	2	1085.968	542.984	0.445
Error	49	59813.868	1220.691	
Total	55	486787.000		

Table 5 shows that the effect of employment status ($F=0.138$; $df=1,49$) and number of children of women ($F=0.43$; $df=2,49$) on anxiety scores were not significant. This Table also shows that the interaction effect of employment status and number of children ($F=0.445$; $df=2,49$) was not significant. That means the anxiety of women in different kinds of employment did not differ as a function of number of children they have.

Table 6: Mean and SD of the anxiety score according to employment status

Employment Status	N	Mean	Std. Deviation
Housewife	29	90.41 (profound)	32.783
Employed women	26	85.19 (profound)	35.173

The Mean of the anxiety scores for housewives and employed women are shown in Table 6. In Anxiety Scale 54 and less = Mild, 55 to 66 = Moderate, 67 to 77 = Severe, 78 to 135 and above = Profound, where 47.5 is the cut-off point (Deeba and Begum, 2004). Their scores indicated profound level of anxiety.

Table 7: Mean and SD of the anxiety score according to number of children

Number of Children	N	Mean	Std. Deviation
No Child	15	88.00 (profound)	30.320
One Child	20	85.35 (profound)	35.507
More than one Child	20	90.50 (profound)	35.766

Table 7 shows that the Mean anxiety scores for women having more than one child, one child and no child. These Means are also found to be in the profound level.

To summarize the results it can be said that women's employment status and their number of children did not have any significant effects on anxiety of women undergoing divorce process. However looking at the cutoff point of the scale scores it has been found out that the anxiety scores of all these women were in the profound level. That means all of these women, irrespective of employment status and number of children, were equally profoundly anxious.

3.1.3 Depression, Employment Status and number of children

The second specific objective of the present study was to find out whether depression score vary according to the employment status of women and number of children. The obtained depression scores were analyzed by 2 x 3 Analysis of Variance (ANOVA). The results of the ANOVA are presented in Table 8. The Mean and SD of the depression scores of the women according to employment status and number of children are presented in Table 9 and 10 respectively.

Table 8: Summary of the Analysis of Variance of Depression score according to employment status and number of children

Source	df	SS	MS	F
Employment Status	1	193.829	193.829	0.246
No. of Children	2	246.040	123.020	0.156
Employment Status x No. of Children	2	2384.908	1192.454	1.512
Error	49	38640.011	788.572	
Total	55	730016.000		

Table 8 shows that the main effects of employment status ($F=0.246$; $df=1,49$) and number of children of women ($F=0.156$; $df=2,49$) on depression were not significant. This Table further reveals non significant interaction effect of employment status and number of children ($F=1.512$; $df=2,49$). That means the depression scores of these women in different kinds of employment did not differ significantly as a function of number of children.

Table 9: Mean and SD of the depression score according to employment status

Employment Status	N	Mean	Std. Deviation
Housewife	29	114.52 (mild)	26.407
Employed women	26	108.88 (mild)	29.615

The Mean of the depression scores for housewives and employed / service women are shown in Table 9. In Depression Scale 94+ = Depressed, 30-100 = Minimal, 101-114 = Mild, 115-123 = Moderate, 124-150 = Severe (Uddin and Rahman, 2005). Looking at the cut-off point of the scale scores, it appears that these scores fell in the mild level.

Table 10: Mean and SD of the depression score according to number of children

Number of Children	N	Mean	Std. Deviation
No Child	15	116.20 (moderate)	25.532
One Child	20	108.25 (mild)	31.385
More than one Child	20	112.20 (mild)	26.655

Table 10 shows that the Mean of the depression scores for women having more than one child, one child and no child of women undergoing divorce process. However, looking at the Mean depression score it appears women having one child and more than one child were in the mild level. This Table also reveals that women having no child were at the moderate level of depression.

To summarize the results, it can be said that employment status and number of children did not have any significant effects on depression of women undergoing divorce process. However, it has been found out that all of these women irrespective of employment status were at mild level of depression. In respect of number of children, the depression scores of women having children were at the mild level whereas those having no children had moderate level of depression.

3.1.4 General health, Employment Status and number of children

The third specific objective of this study was to find out whether GHQ score vary according to the employment status of women and number of children. Accordingly the obtained GHQ scores were analyzed by 2 x 3 Analysis of Variance (ANOVA). The results of the ANOVA are presented in Table 11. The Mean and SD of the GHQ scores of the women according to employment status and number of children are presented in Table 12 and 13 respectively.

Table 11: Summary of the Analysis of Variance of GHQ score according to employment status and number of children

Source	df	SS	MS	F
Employment Status	1	264.274	264.274	0.855
No. of Children	2	137.664	68.832	0.223
Employment Status x No. of Children	2	274.492	137.246	0.444
Error	49	15137.791	308.935	
Total	55	57881.000		

Table 11 shows that the main effects of employment status ($F=0.855$; $df=1,49$) and number of children of women ($F=0.223$; $df=2,49$) on GHQ scores were not significant. This Table also shows that the interaction effect of employment status and number of children ($F=0.444$; $df=2,49$) were not significant. That means neither employment status nor number of children of these women had any significant effect on GHQ scores.

Table 12: Mean and SD of the GHQ score according to employment status

Employment Status	N	Mean	Std. Deviation
Housewife	29	30.48 (lower mental health)	21.074
Employed women	26	24.27 (lower mental health)	11.287

The Mean of the GHQ scores for housewives and employed women are shown in Table 12. In the General Health Questionnaire (Ilyas and Ayesha, 2002), higher score indicates reports of more symptoms, i.e. lower mental health (lowest score- 0, highest score- 36). In the present study, housewives Mean score was 30.48 and employed women's Mean score was 24.27. It may be noted that both these Means indicated lower mental health.

Table 13 Mean and SD of the GHQ score according to number of children

Number of Children	N	Mean	Std. Deviation
No Child	15	27.93	9.400
One Child	20	24.15	10.589
More than one Child	20	30.65	25.502

Table 13 shows the Mean GHQ scores for women having more than one child, one child and no child of women. All of these Means are in the category of lower mental health.

To summarize the results, it can be said that employment status and number of children did not have any significant effects on general health of women undergoing divorce process. However, it has been revealed that the General Health Questionnaire scores of all these women indicated lower mental health. That means these women irrespective of employment status and number of children were equally lower in mental health.

To conclude, the results presented in Tables 5, 8 and 11 shows that the effect of employment status and number of children on anxiety, depression and GHQ scores was not significant. Besides, there was no interaction effect of employment status and number of children in any of these

three measures e.g. anxiety, depression and general health. However, it has been found out that the Mean scores of anxiety of all these women irrespective of employment status and number of children indicated profound anxiety. On the other hand their Mean scores of all women indicated mild level of depression except in those having no children. Women having no children were at the moderate level of depression. The Mean scores of general health of these women irrespective of employment status and number of children have been found to be at the lower level of mental health.

3.2 Post hoc analysis

In the present study respondents' occupation and number of children were taken as major variables in terms of AS, DS and GHQ. Findings of this study revealed that effect of occupation and number of children on Anxiety, Depression and GHQ scores were not significant. However looking at Means of Anxiety, depression and General emotional disturbance it can be said that most of the respondents are probable cases. So it is possible that some other variables played an important role for obtaining these Means such higher. So post hoc analysis was conducted to examine the effect of other variables on anxiety, depression and general mental health of these respondents. For this purpose, four variables were selected such as age at marriage, own monthly income, education and duration of marriage.

3.2.1 Anxiety as a function of Age at marriage and own Monthly income

To examine whether there were any effects of respondents age at marriage and level of monthly income on anxiety a 2 (levels of age at marriage) $\times$ 3 (levels of Monthly income) Analysis of Variance of respondents Anxiety scores was computed. The results of the ANOVA and the Mean of the anxiety scores according to age at marriage and monthly income of women in divorce process is presented in Table 14 and 15. Mean anxiety score of respondent's monthly income graphically in Figure 6.

Table 14: Summary of 2 way ANOVA of Anxiety score Representing age at marriage and monthly income

Source	Df	SS	MS	F	Sig.
Ageatmarriage	1	2,275.902	2,275.902	2.462	0.123
MonthIncome	2	6,450.850	3,225.425	3.489	0.038
Ageatmarriage * MonthIncome	2	8,875.307	4,437.653	4.800	0.012
Error	49	45,303.780	924.567		
Total	55	486,787.000			

Table 15: The Mean Anxiety scores according to age at marriage and monthly income

Variable	Mean		
Age at marriage	Upto 18 years (N=29)		Above 18 years (N=26)
	93.38		81.88
Monthly income	0-5000 Tk (N=19)	5001-10000 Tk (N=17)	10001-above (N=19)
	96.95	91.71	75.58

Table 14 reveals that the main effect of age at marriage on Anxiety is not significant ($F=2.462; df=1,49$). That means anxiety did not vary according to different age at marriage levels. The main effect of monthly income on anxiety scores were significant ($F=3.489; df=2,49; p < 0.05$). In other words anxiety of women in divorce process varied according to different levels of monthly income. Table 15 indicates that the respondent's who's monthly income is between Tk 0-5000 obtained highest score on Anxiety Scale ($\bar{X}=96.95$). The result also revealed that the group who's income range is Tk 10001 to above scored lowest in Anxiety Scale ($\bar{X}=75.58$). The other group like Tk 5001-10000 scored 91.71 in between these two extremes. Table 14 also showed that the interaction effects between age at marriage and monthly income were also found significant ($F=4.80; df=2,49, p < 0.05$). That means the effect of income varied as a function of age at marriage.

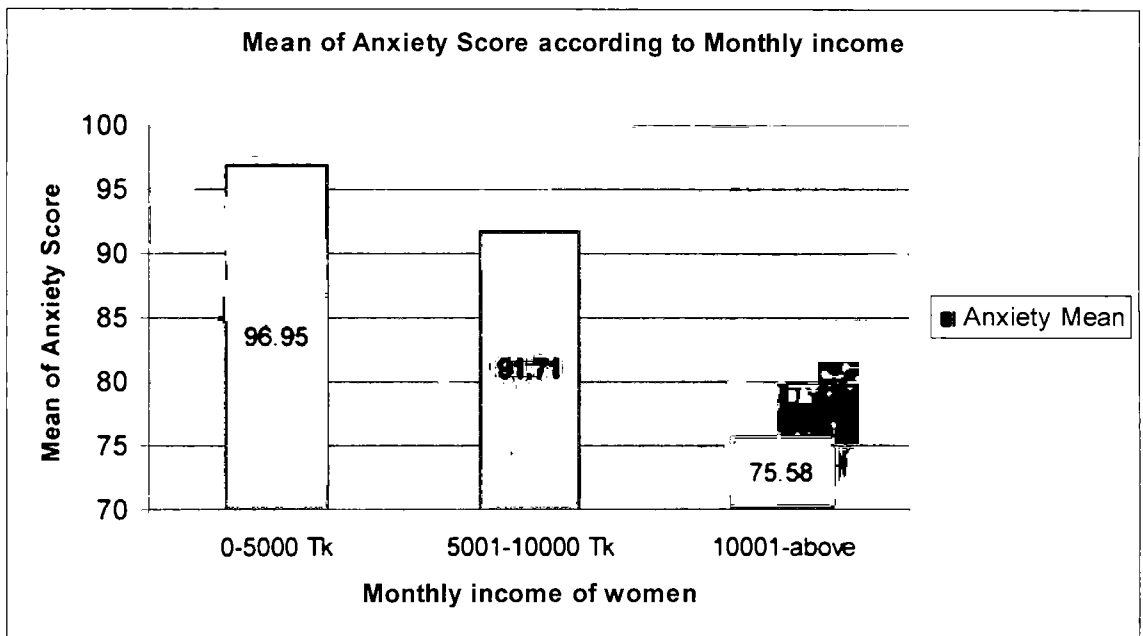


Figure 6: Mean scores of the respondent's anxiety score according to monthly income

Table 16: Cell Means representing 2 way interactions between Monthly income and Age at marriage on Anxiety Scores

	upto 18 years	above 18 years
0-5000 Tk	94	99.09
5001-10000Tk	89.7	94.57
10001-above	96.27	47.13

An inspection of Mean scores (Table 16) showed that women belonging to 10001-above Tk income group and age at marriage above 18 years scored 47.13, which is significantly lowest than all other groups. All five other groups irrespective of their age at marriage and monthly income showed significantly higher anxiety level (cut off point - 47.5). This means that all women undergoing divorce process suffered significant higher anxiety symptoms except women whose age at marriage were above 18 years and fall in higher income group (10001-above Tk). Figure7 showed the nature of the interaction.

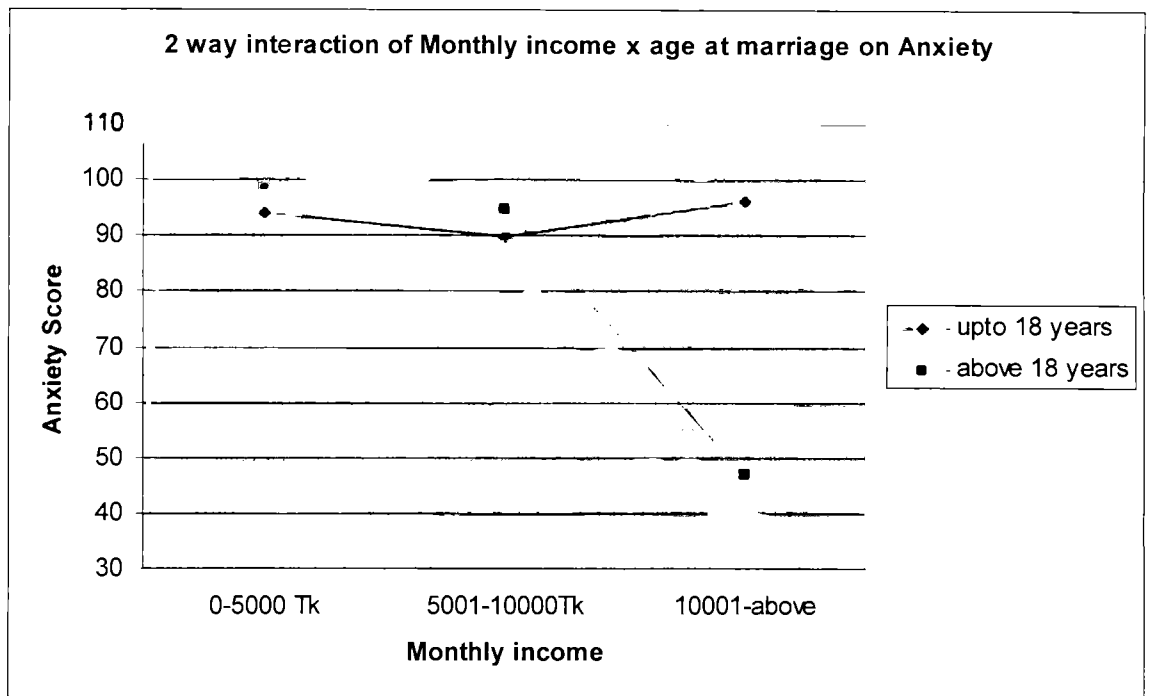


Figure 7: 2 way interaction between monthly income and age at marriage on Anxiety

3.2.2 Depression as a function of age at Marriage and Monthly income

To find out the effect of respondents' age at marriage and monthly income on depression a 2 (levels of Age at marriage) $\times$ 3 (levels of Monthly income) Analysis of Variance of depression scores was performed. The results of the ANOVA of the Depression Scores according to age at marriage and monthly income of women in divorce process is presented in Table 17 and 18 respectively. Mean of Depression Score of respondent's monthly income graphically in Figure 8.

Table 17: Summary of 2 way ANOVA of Depression Score Representing age at marriage and monthly income

Source	df	SS	MS	F	Sig.
Ageatmarriage	1	1,638.179	1,638.179	2.743	0.104
MonthIncome	2	7,188.645	3,594.323	6.019	0.005
Ageatmarriage * MonthIncome	2	5,131.889	2,565.944	4.297	0.019
Error	49	29,261.414	597.172		
Total	55	730,016.000			

Table 18: The Mean Depression Scores according to age at marriage and monthly income

Variable	Mean		
Age at marriage	Upto 18 years (N=29)		Above 18 years (N=26)
	116.14		107.08
Monthly income	0-5000 Tk (N=19)	5001-10000 Tk (N=17)	10001-above (N=19)
	123.05	113.82	98.89

Table 17 shows that the main effect of age at marriage of the respondents did not have any significant effect on depression (($F=2.743$; $df=1,49$)). That means depression of women in divorce process did not differ significantly as a function of respondent's age at marriage. But the main effect of monthly income on depression scores were highly significant ($F=6.019$; $df=2,49$; $p < 0.05$). That means depression of women in divorce process varied according to different levels of monthly income. Table 18 indicates that the highest Mean depression score ($\bar{X} = 123.05$) was obtained by the group of respondents whose monthly income ranged from Tk 0-5000 and the lowest mean depression score ($\bar{X} = 98.89$) was obtained by the group with income of Tk. 10000- above. The other group Tk. 5000- 10000 scored 113.52 was in the middle between these two groups. Table 17 also showed that the interaction effects between age at marriage and monthly income was also found significant ($F=4.297$; $df=2,49$, $p < 0.05$). This indicates

that the depression of women in different income group varied as a function of their age at marriage. Figure 9 showed the nature of this interaction.

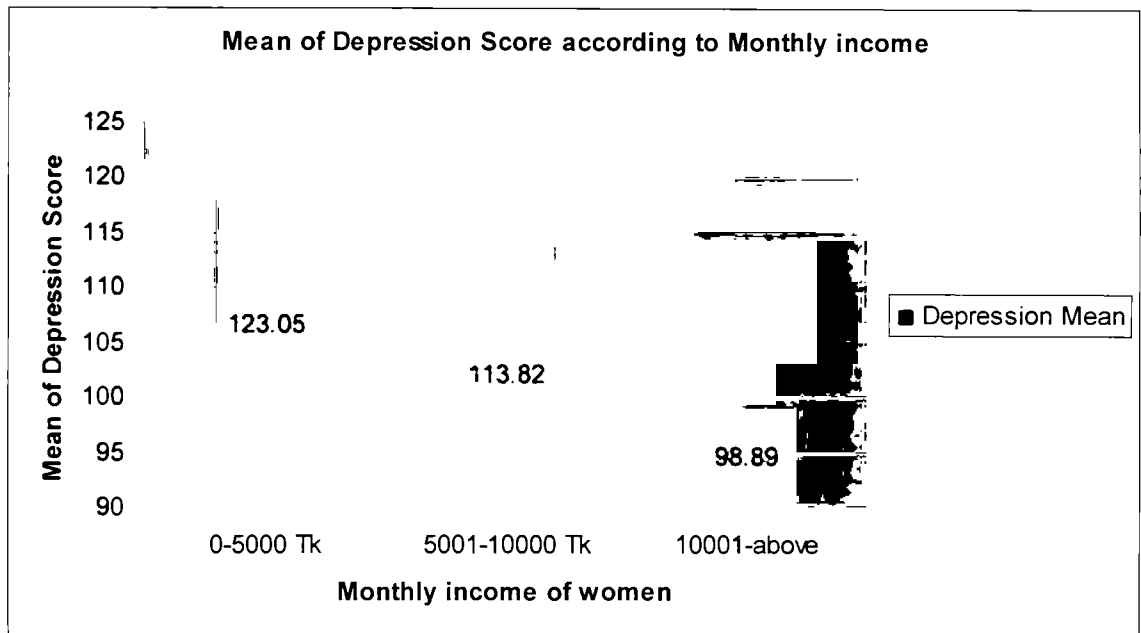


Figure 8: Mean scores of the respondent's depression score according to monthly income

Table 19: Cell Means representing 2 way interactions between Monthly income and Age at marriage on Depression Scores

	upto 18 years	above 18 years
0-5000 Tk	124.13	122.27
5001-10000Tk	111	117.86
10001-above	115	76.75

Table 19 showed that the lowest Mean depression scores ($\bar{X} = 76.75$) was obtained by the group of respondents of monthly income ranged from Tk 10001-above and whose age at marriage are above 18 years. Only their scores are below cut off point of Depression Scale (cut off point=94). All five other groups irrespective of their age at marriage and monthly income obtained higher depression score. This means all women in divorce process had depressive symptoms except women whose age at marriage was above 18 in higher income group.

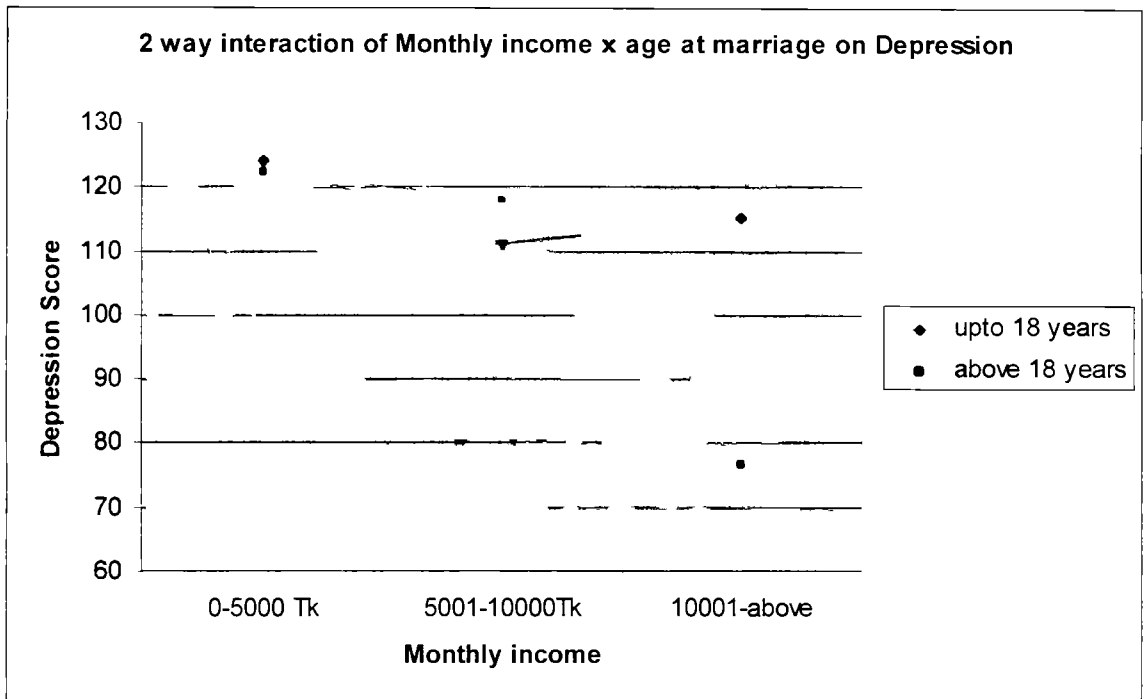


Figure 9: 2 way interaction between monthly income and age at marriage on Depression

3.2.3 GHQ as a function of Age at marriage and Monthly income

In order to see the effect of respondent's age at marriage and monthly income on GHQ scores, the obtained GHQ scores were analyzed by 2 × 3 Analysis of Variance. The results of the ANOVA and the Mean of the GHQ scores according to age at marriage and monthly income of women in divorce process is presented in Table 20 and Table 21 respectively. Mean of GHQ Score of respondent's monthly income graphically in Figure 10.

Table 20: Summary of 2 way ANOVA of GHQ score Representing age at marriage and monthly income

Source	df	Type III Sum of Squares	Mean Square	F	Sig.
Ageatmarriage	1	282.375	282.375	3.513	0.067
MonthIncome	2	529.143	264.572	3.292	0.046
Ageatmarriage * MonthIncome	2	645.032	322.516	4.013	0.024
Error	49	3,938.144	80.370		
Total	55	41,681.000			

Table 21: The Mean GHQ scores according to age at marriage and monthly income

Variable	Mean		
Age at marriage	Upto 18 years (N=29)		Above 18 years (N=26)
	27.62		23.62
Monthly income	0-5000 Tk (N=19)	5001-10000 Tk (N=17)	10001-above (N=19)
	28.79	26.00	25.73

It appears from table 20 that the main effect of monthly income on GHQ scores were significant ($F=3.292$; $df=2,49$; $p < 0.05$). This indicates that emotional disturbance of women in divorce process varied significantly according to different level of monthly income. Means presented in Table 21 reveals that the Mean of the GHQ Scores for women of 0-5000 Tk income group are higher than other higher income groups. Also 50001-10000 Tk income group obtained higher Mean than 10001-above Tk income group of women. The main effect of age at marriage ($F=3.513$; $df=1,49$) on GHQ scores approached significance ($p=0.06$). This indicates that general emotional disturbance of women in divorcee process differed to some extent as a function of respondent's age of marriage. Table 20 also showed that the

interaction between age at marriage and monthly income was significant ($F=4.013; df=2,49, p < 0.05$). That means mental health condition of the women undergoing divorce process in different income groups varied significantly as a function of their age at marriage.

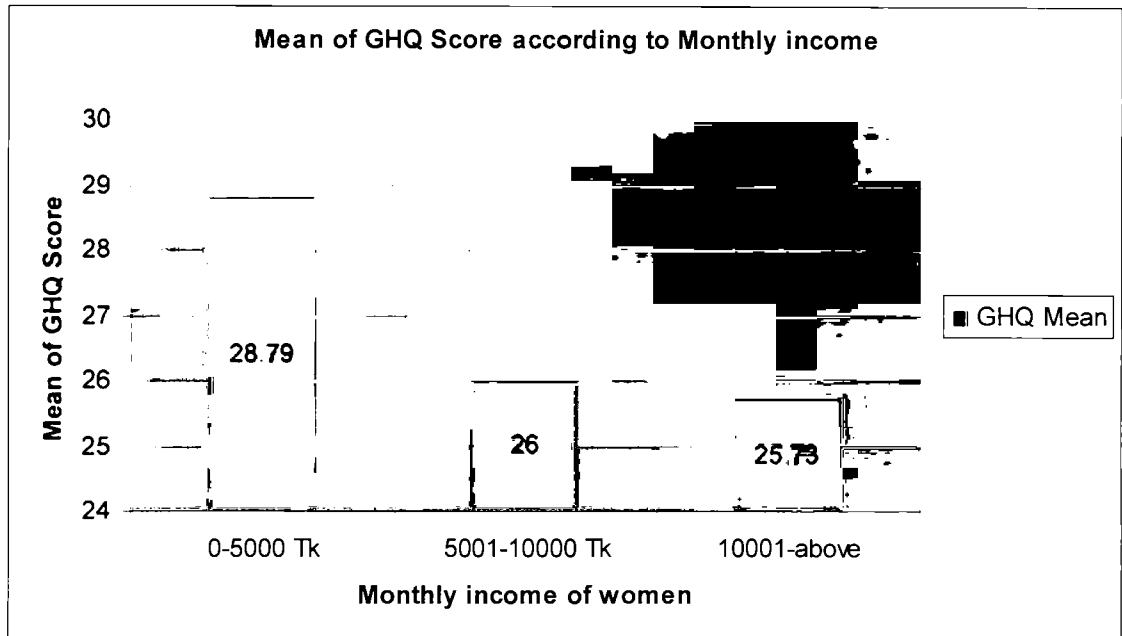


Figure 10: Mean scores of the respondent's depression score according to monthly income

Table 22: Cell Means representing 2 way interactions between Monthly income and Age at marriage on GHQ-12 Scores

	upto 18 years	above 18 years
0-5000 Tk	28.63	28.91
5001-10000Tk	25.9	26.14
10001-above	28.46	14.13

The minimum possible score of GHQ-12 is 0 and the maximum possible score is 36. Table 22 showed that the lowest score (14.13) obtained women belonging to 10001 – above Tk income group whose age at marriage was above 18 years. The other five groups irrespective of their age at marriage

and monthly income is scored much above the middle range (18) of GHQ. Which indicates the general emotional disturbance of the women in divorce process were lower in mental health. Figure 11 depicts this interaction -

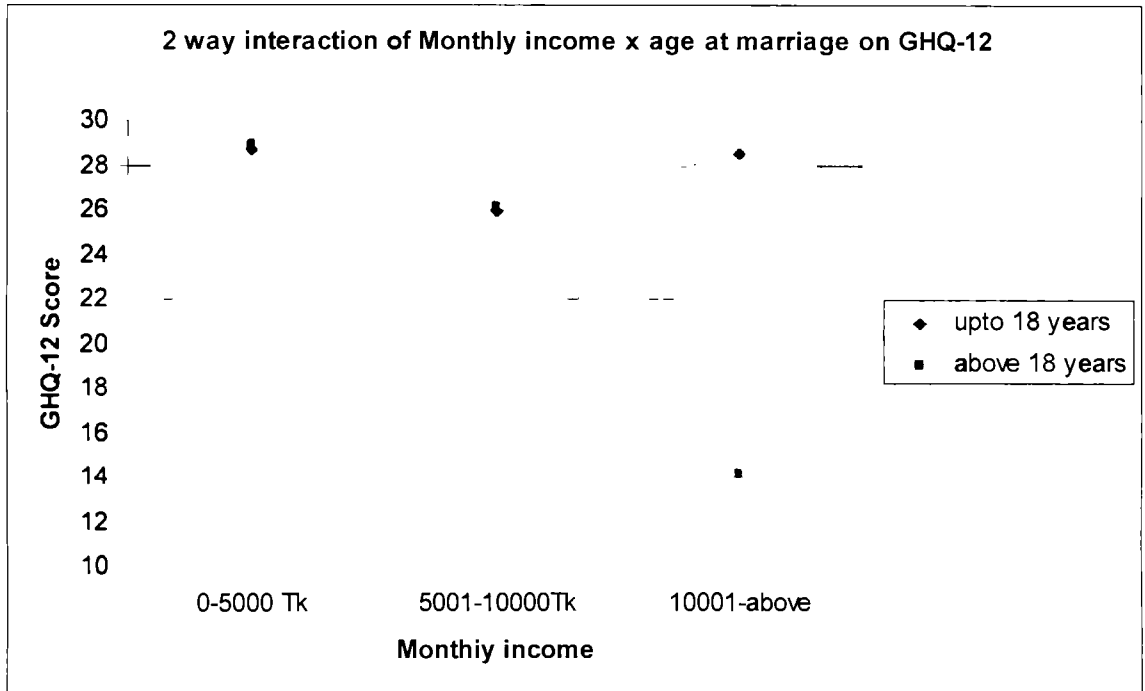


Figure 11: 2 way interaction between monthly income and age at marriage on General Health

To summarize the results, it can be said that women's monthly income has significant effects on anxiety, depression and general emotional disturbance of women undergoing divorce process. However, it is interesting to note that there was significant interaction between age at marriage and level of income for all three measures i.e. anxiety, depression and overall mental health condition. In other words, anxiety, depression and mental health condition of women undergoing divorce process were determined jointly by their financial condition (own income) and age at marriage.

3.2.4 Anxiety as a function of Duration of marriage and Education

To examine whether there was any effects of duration of marriage and education on anxiety score data were analyzed by using 3×3 analysis of variance. A total of 55 women who were in divorce process divided into two groups on basis of their duration of marriage i.e. 0-3 years, 4-10 years and 11 to 32 years. The respondents were divided into three groups on the basis of education i.e. Illiteracy- primary, high school- SSC, HSC- Masters. Summary of this analysis is presented in Table 23. Mean Anxiety Scores of the different duration of marriage group and three levels of education group are presented in Table 24. Mean of Anxiety Score of respondent's education graphically is presented in Figure 12.

Table 23: Summary of the analysis of variance of Anxiety Scores with 3 level of education and 3 level of duration of marriage

Source	df	SS	MS	F	Sig.
DurMarriage	2	1,989.620	994.810	1.049	0.358
Education	2	14,476.263	7,238.132	7.636	0.001
DurMarriage * Education	4	1,038.518	259.630	0.274	0.893
Error	46	43,604.708	947.928		
Total	55	486,787.000			

Table 24: Mean Anxiety Scores according to duration of marriage and education

Variable	Mean		
Duration of marriage	0-3 years (N=16)	4-10 years (N=22)	11-32 years (N=17)
	87.38	82.73	95.24
education	Illiteracy- primary (N=23)	high school- SSC (N=19)	HSC- Masters (N=13)
	100.22	92.53	59.54

Table 23 shows that the main effect of education on anxiety of women in divorce process was highly significant ($F=7.636$; $df=2,46$, $p < 0.05$). The results indicate that anxiety of women in divorce process varied significantly according to different levels of education. From Table 24, it is evident that the Mean of the Anxiety Scores for women of group Illiteracy-primary are higher than the other two higher study groups and Mean of high school - SSC was higher than HSC - Masters education group. Table 23 also shows that duration of marriage of the respondents' did not have any significant effect on Anxiety ($F=1.049$; $df=1,46$). The results indicate that anxiety of these women did not vary significantly in respect of women's duration of marriage undergoing divorce process. Result also reveals no interaction effects ($F=0.274$; $df=4,46$).

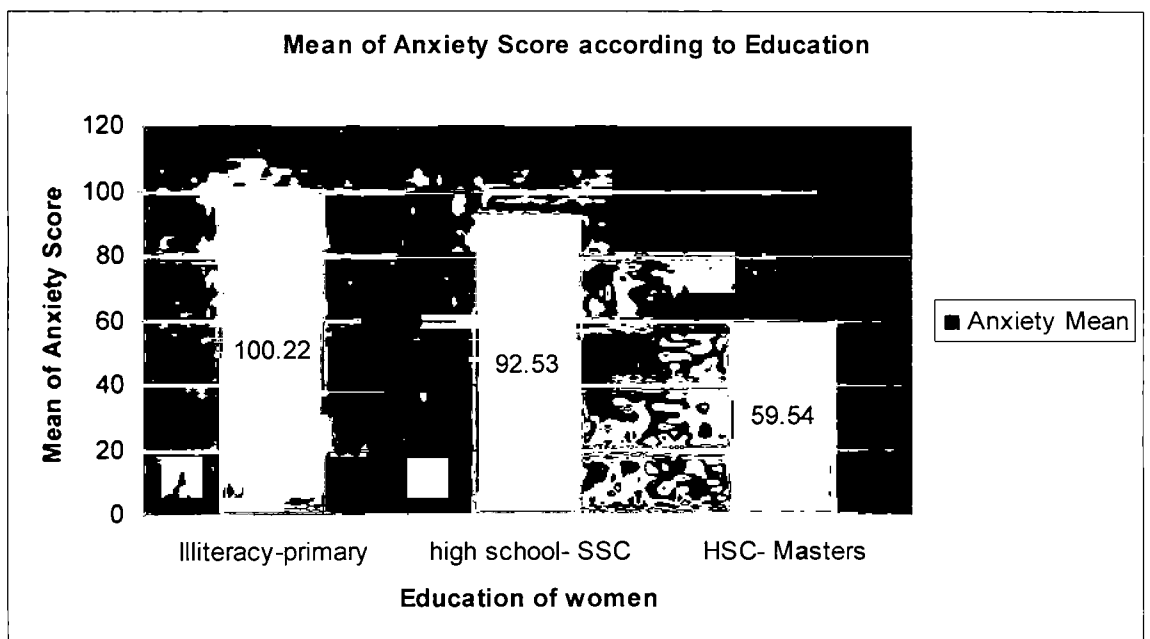


Figure 12: Mean scores of the respondent's Anxiety Score according to education

3.2.5 Depression as a function of Duration of marriage and Education

To examine the effects of duration of marriage and education on depression the obtained depression scores were analyzed by using 3×3 Analysis of Variance. The results of the ANOVA and the Mean of the Depression Scores of women in respect of duration of marriage and education are presented in Table 25 and Table 26 respectively.

Table 25: Summary of the analysis of variance of Depression Scores with 3 level of education and 3 level of duration of marriage

Source	df	SS	MS	F	Sig.
DurMarriage	2	1,074.029	537.015	0.767	0.470
Education	2	7,726.378	3,863.189	5.515	0.007
DurMarriage * Education	4	604.876	151.219	0.216	0.928
Error	46	32,220.231	700.440		
Total	55	730,016.000			

Table 26: Mean Depression Scores according to duration of marriage and education

Variable	Mean		
Duration of marriage	0-3 years (N=16)	4-10 years (N=22)	11-32 years (N=17)
	113.69	107.32	116.00
education	Illiteracy- primary (N=23)	high school- SSC (N=19)	HSC- Masters. (N=13)
	123.96	110.00	93.15

Table 25 shows that the main effect of education on depression of women in divorce process was highly significant ($F=5.515$; $df=2,46$, $p < 0.05$). The results indicate that depression of women in divorce process varied significantly according to different levels of education. With regard to education the respondents with illiteracy-primary level of education had the

highest Mean of depression score ($\bar{X} = 123.96$) and those with HSC- Masters level of education had the lowest Mean of depression score ($\bar{X} = 93.15$). Respondents with High school- SSC were in the middle ($\bar{X} = 110$). The comparative picture of the Mean of the depression scores according to education is presented in figure 13. However the main effects of duration of marriage of women ($F=0.767$; $df=2,46$) was not significant. The results indicate that depression of these women did not vary significantly in respect of duration of marriage. The interaction effect of education and duration of marriage was not significant ($F=0.216$; $df=4,46$).

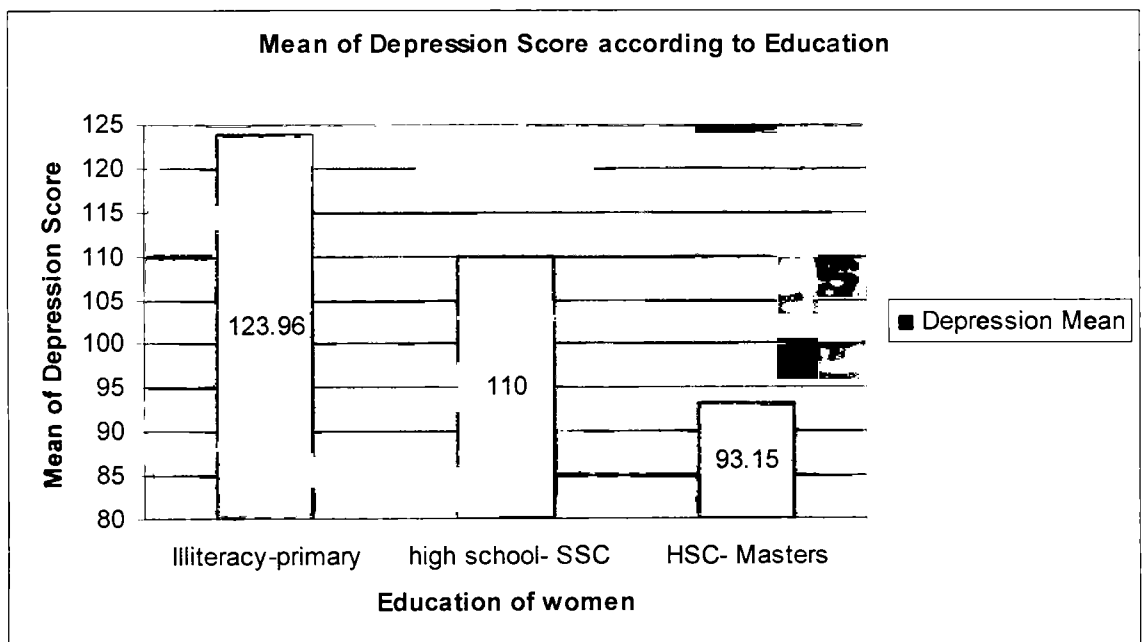


Figure 13: Mean scores of the respondent's Depression Score according to education

3.2.6 GHQ as a function of Duration of marriage and Education

To find out the effects of duration of marriage and education on GHQ score, the obtained GHQ score were analyzed by using 3×3 Analysis of Variance. The results of the ANOVA and the Mean of the GHQ Scores of women in respect of duration of marriage and education are presented in Table 27 and Table 28 respectively.

Table 27: Summary of the analysis of variance of GHQ Scores with 3 level of education and 3 level of duration of marriage

Source	df	SS	MS	F	Sig.
DurMarriage	2	129.924	64.962	0.659	0.522
Education	2	501.841	250.921	2.545	0.090
DurMarriage * Education	4	60.951	15.238	0.155	0.960
Error	46	4,536.039	98.610		
Total	55	41,681.000			

Table 28: Mean GHQ Scores according to duration of marriage and education

Variable	Mean		
Duration of marriage	0-3 years (N=16)	4-10 years (N=22)	11-32 years (N=17)
	27.25	23.82	26.76
Education	Illiteracy- primary (N=23)	high school- SSC (N=19)	HSC- Masters. (N=13)
	28.61	25.79	20.54

Table 27 shows that the main effects of education ($F=2.545; df=2,46$) and duration of marriage ($F=0.659; df=2,46$) on GHQ Scores were not significant. This Table further reveals non-significant interaction effect of duration of marriage and education ($F=0.155; df=4,46$). That means the GHQ scores of these women in different levels of education

did not differ significantly according to duration of marriage. Looking at the Mean GHQ Scores in Table 28 it appears that these scores indicate lower mental health (In GHQ higher score indicates reports of more symptoms, i.e. lower mental health; lowest score- 0 highest score-36). That means these women irrespective of duration of marriage and education were equally in lower mental health.

To sum up, the findings revealed that the effect of education on anxiety and depression was significant but effect of education on GHQ scores was not significant. That means anxiety and depression of all these women varied according to their level of education. It was also found that duration of marriage did not have any significant effect in any one of these three measures e.g. anxiety, depression, general mental health. Besides there were no interaction effects too. This indicates that the effects of education and duration of marriage on GHQ were independent.

In addition to quantitative analysis, qualitative analysis was also done in the present research. By in depth interview, the study collected subjective reports of the mental health problems and factors associated with marital breakdown.

3.3 Part II - Presentation of findings in Tables

The major objectives in this part were to explore the functional impairments and factors responsible for divorce of women in divorce process. For this purpose 11 samples were taken randomly from the total sample of 55. The findings which were obtained through qualitative analysis are presented in this part through some Tables.

3.3.1 Findings of functional impairments among women undergoing divorce process (Within Case analyses)

Table 29: Findings of functional impairments of respondent '1' based on interview

Functional areas	Functional impairments
Physiological	She felt weak and became tired easily. She had headache and low appetite and sleep disturbance. Digestive problem also started for her stress or tension.
Emotional	She was severely depressed and frustrated. She had low self esteem. She was restless and anxious. She was irritated towards her life. She considered herself as worthless;
Thoughts	She considered herself as a burden in family. It is a huge black spot in her life. She did not want to live anymore. She thought why ALLAH gave her that punishment. She also thought this is the punishment from ALLAH for her unknown sins. She will not be able to forget such a worse incident in her life. She thought that she became valueless to other people.
Behavioral	She often forgot, could not concentrate and control herself, everything seemed to be problematic and difficult. She avoided other members in her family, relatives and also from friends. She could not trust any man, level of anger increased and she was unable to self care.
Occupational	She passed time alone. She had no interest to do anything because her level of attention and concentration decreased. She was unable to do household work. She could not concentrate in private teaching.
Social	Social activities fully reduced. She avoided gossiping or social gathering. She kept herself isolated from other people. She could not attend any social program, could not face other people. She did not like to answer any question.
Sexual	Sexual performances were not good before she was separated. Her husband was in a hurry to do it. Their sexual performance was good before taking her in laws home

Table 30: Findings of functional impairments of respondent '2' based on interview

Functional areas	Functional impairments
Physiological	Six months ago she had a brain stroke for her stressful condition caused her right hand and leg paralyzed. She had headache, low appetite and heart racing and sleeping disturbance. She had reduced physical energy and strength. She had sleep disturbance and also lost weight.
Emotional	She became very much upset. She was extremely shocked. She felt restless and always crying and felt ashamed of her condition. Everything seemed dark to her. She was frustrated, helpless and hopeless with this problem. She lost her self esteem. She had suicidal ideation. All tears dried up, she could not cry anymore.
Thoughts	She thought that no people in the world are more helpless than her. There was no one to help her. She thought it was better to die than to live. She was continuously worrying about whether she should live or die. What will happen to her son if she dies.
Behavioral	She passed time alone. She was unable to take responsibility of her life and was unable to care herself. She lost temper for every silly thing and got angry easily. She was worried about worst living arrangement.
Occupational	She worked at garments factory before she was paralyzed. But now she was unable to do any work because of her paralyzed hand and leg. She felt pressure to do something but did not get any support from others. She did not find any place to go after her paralysis. When she felt better she used to beg all day long by walking from place to place.
Social	Her social activities fully reduced because she was unable to go to any places. She did not feel good at home or talking to others. She thought where she can find some peace. She lost her faith because when she sought help from others they offered bad intention to her.
Sexual	No interest for sex. When her husband loved her, she did not care and misbehaved with her husband because her husband married her forcefully. But now she feels bad for it.

Table 31: Findings of functional impairments of respondent '3' based on interview

Functional areas	Functional impairments
Physiological	She was physically very weak because she lost her appetite fully. She had no energy to work. She felt severe pressure on her chest. She could not sleep at all. She had headache and was restless.
Emotional	She was feeling bad. She was very depressed. She felt bad whenever she was alone. She had much sorrow in her heart. She had no pleasure. She also suffered from anger. She had low confidence. She was worried, frustrated and hopeless. As a result of rejection by him, she lost her self esteem.
Thoughts	She thought she had nothing to do because she could not leave her husband because of the children. Her husband used to live with another woman so what would she do with this kind of life. She thought it was better to die than to face this situation. She would not have to suffer if she died. She never thought her life would be like this. She thought she did everything wrong in the beginning. What will happen to the children if her family life was destroyed. What will happen to their (children) future. These were her main concern.
Behavioral	When angry she used to talk excessively. She lost her temper easily. She destroyed her household things while angry. She used to misbehave with family members and relatives. She was unable to care her child and to perform household chores.
Occupational	She used to work in parlor, now she lost interest in working. She had lost her skill because she was very upset. But she felt pressure as she could not do any work properly.
Social	She used to go to her friend's or sister's house to talk with them. When she told her adverse situation and lots of suffering they criticized her for involving in affair with her husband before their marriage. So she felt discomfort. After blaming her they suggest that accepting her husband's problem what she could not tolerate. So she avoided any social contact.
Sexual	She had sexual need but her husband had an extra marital affair, so he did not want to do any sexual activity with her. She lost interest day by day. Her husband showed no sexual interest after conflict started.

Table 32: Findings of functional impairments of respondent '4' based on interview

Functional areas	Functional impairments
Physiological	She felt pain in her chest. She felt severe pressure on her chest and back when she was in stress. Her chest pain was too much for the last two years, felt suffocated, lost appetite and could not sleep at night. Her ear was severely damaged due to the physical abuse by her husband.
Emotional	When she thought about her marital problems she could not control tears. She felt restless and helpless. She thought that she had a miserable life. She had no peace in mind.
Thoughts	She thought death is better than to survive. But she was worried about her son. She thought she had to suffer if her son is spoiled. As second marriage is a very pitiful event in the Christian society, so she couldn't think of marrying again.
Behavioral	She passed time sitting alone in a quiet and silent place. She lost temper for every silly thing. She behaved roughly with people because of her mental agony in marital life.
Occupational	She had no interest or patience to work or to do something. She had no concentration but obliged to work for money. She felt very bad to work but she just did it forcefully.
Social	She used to stay apart from her relatives because her husband was not a good person. She isolated her from communications with neighbors and relatives and maintained a preferable distance from others to avoid criticism. She did not express her problem to anyone and tried to suppress and rejected social gathering or programs also.
Sexual	She had no desire for sexual activity; she had no problem with that.

Table 33: Findings of functional impairments of respondent '5' based on interview

Functional areas	Functional impairments
Physiological	She had headache all the time and loose motion when she started thinking about the problems. She had sleeping disturbances, felt severe pressure / pain in her chest. She was physically very weak.
Emotional	She found herself very helpless. She became valueless as a social human being. She did not have any mental strength. As she was rejected by her husband, she lost her self esteem. She was severely depressed and at the same time profoundly anxious.
Thoughts	She had no shelter. She thought there was no support for her. She felt a very difficult and intolerable situation from which she did not find any way to live. She thought she can't overcome this situation in future. She thought she had no social value anymore. She had great tension about her two children; if they are not established in life then they will be neglected. Her son could become a criminal and girl's life could be more miserable.
Behavioral	She passed time sleeping idle. Her level of anger increased, so she misbehaved with family members. She used to rebuke her children if they wanted anything from her. She was unable to take responsibility of her children. She was worried about worst living arrangement.
Occupational	As her husband did not like her to go out from home so she did not work outside home. She had unwillingness to perform chores. She had no interest to do anything, felt pressure, no support from others. She had no capacity to maintain the family.
Social	Her social functional level had hampered seriously She did not attend any social program. She did not even visit her parental home. She did not get any support from others. So she felt uneasy to mix with other people.
Sexual	She had no problem in sexual activity when her husband demanded for such activity she could not refuse but participated without interest and tried hard to make him satisfied.

Table 34: Findings of functional impairments of respondent '6' based on interview

Functional areas	Functional impairments
Physiological	She had headache and chest pain. She had difficulty in hearing and eye pain. She was physically weak. Her physical condition was very worse for the last four months after finding her husband with another woman in one bed.
Emotional	She had lived her life in stress. She was broken down psychologically. She considered her as helpless. She was very depressed too.
Thoughts	She was always anxious that her husband would pressure her for money and then physically abused her. She thought she would die after killing her own child. She felt herself like a prostitute whom her husband can afford without money. She regrets for her past life. She took suicidal attempts for 3-4 times.
Behavioral	She slept all the time She misbehaved with her mother, beat her child. She was always irritated and cried all the time. She lost her temper easily. Self harm behavior was also found.
Occupational	She commented that her husband made cripple not allowing to go outside or do any work outside home. She is working since one month. She cannot do any work properly because she was anxious about her child. Her husband often took the child and did not want to return back.
Social	Her social functional level had been hampered slightly. She did not want to keep relation with others and could not enjoy any conversation because people advised her which seems to her as ridiculous.
Sexual	She had no sexual problem with her husband. Their sexual relation was good. Due to marital conflict it faded away day by day.

Table 35: Findings of functional impairments of respondent '7' based on interview

Functional areas	Functional impairments
Physiological	She had headache and had low appetite. After going to her in laws home her marital problem started and she became physically weak. She could not sleep at all. She often felt numbness in her right leg.
Emotional	She was very unhappy. She felt very bad about her life. She felt very helpless, worthless and could not express her feelings to anyone. She felt very bad about herself. She felt irritated. She had lost hope to live. She had no pleasure in her life. She felt the pain of abandonment because he left her.
Thoughts	She thought there was no one for her in the world. She wanted to die. ALLAH did not give happiness in her life. Her life has ended. She did not have anything to think on. The most important chapter of life is finished. Her desire, motives everything has come to an end. She was very depressed and hopeless.
Behavioral	She lost her interest to talk to anyone. She also lost her temper and became angry easily. She wanted to work against her will. She could not do any make up and did not wear any fashionable dress because she thought her time is over.
Occupational	She did not find interest to work. She lost energy and strength to work. She had no helping hand.
Social	She misbehaved with others unwillingly. She could not tolerate other people's makeup or happiness. She felt bad about it.
Sexual	Their sexual relation was good before marital conflict. Her husband could not tolerate her now.

Table 36: Findings of functional impairments of respondent '8' based on interview

Functional areas	Functional impairments
Physiological	She had headache, lost appetite and had pain in lower abdomen. She did not feel any strength in her body. If she screamed she felt pain in her neck. She could not do any heavy work. She could not eat. So she felt tired very much.
Emotional	She lost her pleasure. She was very passive in her own emotional feelings. She did not express her problem to anybody and tried to suppress. She took suicidal attempts by hanging on ceiling fan. She had no peace in her mind so she felt very bad. She was very depressed with her husband. When situation became intolerable to her like scolding by her mother she felt severely imbalanced.
Thoughts	She had suicide ideation. She had to pass a stressful situation. So she thought that by taking poison she would die. She had no shelter. She was in a very difficult situation from where she did not find any escape or find any solution. She did not find any one reliable to disclose her problem.
Behavioral	She used to rebuke her child for everything. She sat alone and many thoughts came to her mind. She felt so weak that she was not willing even to rear the child. She left her child one day and then came back in the morning. She was unable to do household work for her weakness. When she suppressed her anger she used to cry.
Occupational	She lost energy and strength to do work. So she was unable to cook. Others blamed her for not doing work perfectly and avoid cooking. She got angry and used to utter bad language. She had no capacity to maintain the family.
Social	Her social functional level was hampered seriously. She did not feel happy to have a conversation with others. She felt embarrassed in any type of social gathering because people asked her various questions about her marital problems. .
Sexual	She had sexual need but her husband did not want it. Her husband used to meet his sexual need with other woman so he did not want to sleep with her.

Table 37: Findings of functional impairments of respondent '9' based on interview

Functional areas	Functional impairments
Physiological	She had headache and chest pain and felt pressure in her chest. She had fever and eye pain when she had to face a tensed situation. She thought that she had a tumor because of stress. Head became hot while thinking.
Emotional	She was always upset. She felt herself as a burden. She was in a helpless and hopeless condition. She lived a very miserable life.
Thoughts	She thought no one in the world has such miserable life as her. She had suffered great tension about her four daughters. She considered herself a burden in her parent's family. She thought if she did not lead a family life with her husband she would be in trouble with her four children. She was also anxious about her children's future life. If she divorced her husband it would be great distressing consequence for her children. She was unable to take responsibility for her children. She could not spoil her children's future. Life would be more miserable. She thought she had no happiness in life. She thought she would not be able to tolerate her husband's misbehavior in future. She felt that she would die then. She felt that she would kill her husband.
Behavioral	She lost her temper easily. She got angry as their father did not take any responsibility for them. So she used to beat her children. She felt like going out anywhere, sat alone for a long time. When she suppressed her anger she started crying. When her brother scolded her she could not tolerate that, suicidal thought came into her mind, sometimes did self harm. She was worried about worst living arrangement.
Occupational	She could not do her household work properly because she was upset all the time and she was unable to take her children's care. She had no capacity to maintain the family.
Social	She did not like to be in touch with others and did not feel happy to have a conversation with others.
Sexual	When she used to go to bed at night then she remembered her husband. As she was separated there was no sexual activity. She lost interest day by day.

Table 38: Findings of functional impairments of respondent '10' based on interview

Functional areas	Functional impairments
Physiological	She had a heart disease. Her pressure was low. Her mother in law abused her physically and after that she had a hearing problem and head injury. She took three or four sleeping pills each night yet she had sleeping disturbances and could not sleep. She felt very weak and could not eat.
Emotional	Emotionally she was not balanced at all. She could not make anyone understand how she felt. She felt restless. She told that she often lost her sense. She had become mental patient slowly. She could not tolerate her adverse situation. So she was totally upset. She was very much frustrated.
Thoughts	She felt like she would run in the road as a mad person. She thought her future was dark. She did not want to live anymore. If she would live, she would have to think about her child. She could not take the stress anymore. She thought of killing her husband.
Behavioral	She cried falling on the floor. She used to scream loudly. She rebuked and beat her children because their father did not take care of them. Sometimes she felt like going somewhere else.
Occupational	She worked as an agent, to bring pregnant women to a clinic to give birth a baby. By doing that she got some percentage of money. But worked because of money and to overcome financial crisis.
Social	She did not like social contact at all. She felt bad if she saw happiness of others. She also felt bad when she saw others wearing new clothes. She felt very bad and depressed when some people blamed herself for her husband's second marriage.
Sexual	She did not have any attraction or sexual demands.

Table 39: Findings of functional impairments of respondent '11' based on interview

Functional areas	Functional impairments
Physiological	She had a severe headache. When she thought about her child's future she felt pain in chest. She was physically very weak. She used to feel heavy when she was in stressful situation.
Emotional	Emotionally she was balanced but sometimes she felt anxious and depressed also. She lost her pleasure totally. Sometimes she used to feel that she would die. She was also frustrated.
Thoughts	She thought her life would be at end if she stayed in her in laws house. Her child will not be established from there. Her marital conflict wouldn't end if she stayed with her husband. She had suicidal ideation; she thought that there was no necessity to live.
Behavioral	She would scream out when in tension. She did not like to do anything because she lost her interest. She had no capacity to take decision. She was dependent on others.
Occupational	She could not do household work because of early age at marriage. Moreover when she was pregnant she became more unable to do anything.
Social	She kept contact with others but suppresses her feelings and thoughts. She thought if they knew her marital problem they would think that she was a bad woman, therefore she could not maintain her family life.
Sexual	She did not feel any sexual need. As her marital relationship was not good so she had no interest. If her husband demanded this relation she refused him then he used to abuse her physically.

3.3.2 Findings of factors responsible for divorce of women undergoing divorce process (Between Case analyses)

Table 40: Factors responsible for divorce - **Extra Marital Affair**

Category	Subcategory	Content	Total
Extra Marital Affair	With ex-lover	Respondent 1 said that her husband had a premarital affair with other woman. It broke up and after her marriage it started again. He had no feeling for her. She realized, he was going apart day by day. He avoided her. He did not let her receive his phone call. He lied very much. At last when she read the SMS (messages) in his mobile phone then she came to know the scenario. She was very shocked after that.	1
	With ex-wife	Respondent 4 mentioned that her husband had maintained no contact with her for last two years. He came to her when he was very sick. She treated him with her own money and took care of him. After getting well he admitted that he lived with his first-wife for last two years. Knowing this, she got annoyed and very much angry.	2
		Respondent 3 reported that her husband had relationship with his ex-wife since 2008. They talked over the phone and went out together. He did not talk to her (Respondent 3) and did not take care of her. He did not need her. He did not even sleep with her. He had no feelings for her. He did not let her touch his mobile phone.	
	With other woman	Respondent 6 mentioned that her husband did not stay at night. He used to sleep with other woman outside. He used to sleep with other woman since last two months. She caught him with other woman in bed. After that her husband physically abused her, and then she came back to her parental home.	3
		Respondent 7 said that her husband had relationship with other woman. He did not accept her. He told her that he married another woman. He lived with that woman.	

		Respondent 8 mentioned that her husband did not like her after 2/3 months of marriage. He liked other women. He talked to them over phone and sent money. He saved money and went out with them. If she asked him about these women, he said that, those women and his wife are the same.	
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Table 41: Factors responsible for divorce - **Substance Abuse**

Category	Content	Total
Substance abuse	Respondent 2 reported that her husband was addicted in heroin. She tried many times for his treatment in clinics spending her own money but she failed. Her mother and father in law also demanded money for treatment from her. Coming back from treatment after 3/4 days he again started taking drugs and said that he enjoy it.	4
	Respondent 5 said that her husband was addicted before marriage since 2000. He was addicted in "ganja", "phencydil" and drinking. After taking drugs he was irritated, could not sleep at night, could not run his job, did not give time in family and did not meet family demands. His thought was distorted, he could not say anything straight and he did not understand her. He loved her excessively for two days and then could not tolerate her for six months.	
	Respondent 6 reported that her husband was an addicted person. He took drugs at home with four or five friends. The room was filled with smoke and their child became sick repeatedly. He wanted her salary to take drug. He told her to sleep with his friends and to feed them by her own hand. For this she had no security at her home and always anxious for her two years old daughter.	
	Respondent 9 said that her husband used to drink alcohol. He left home at night, came back in the morning and then physically and verbally abused her. He did not let her sleep.	

Table 42: Factors responsible for divorce - **Physical abuse**

Category	Content	Total
Physical abuse	Respondent 2 reported that her husband abused her verbally as well as physically. He tortured by calling names of her father and mother. She could not tolerate that. He took gold and other valuable things from her almirah and sold them. When she asked him, he answered she made this from being in his family and he will do this in his whole life.	10
	Respondent 3 mentioned that her husband had extra marital relationship with her ex-wife. He used to talk to her over phone and go out with her. Whenever she asked him about that, he used to torture her physically with all his strength. She could not say anything to him about his ex wife. He used to beat her in front of everybody like her friends, father etc. He physically abused and forced her to get out of the house. So she came back to her parental home. She was severely shocked by this incident.	
	Respondent 4 reported that her husband used to physically torture her after three days from marriage. She gave birth of a son after two years of marriage. He used to beat her even when the child was 3 days old. He tortured her a lot, he had injured her ear by beating, she cannot hear now properly. He talked to many women. He physically and verbally abused her if said anything regarding this. For this reason she did not say anything. She was very much disappointed about her life.	
	Respondent 5 told that her husband used to abuse her always physically and verbally, if she contradicted any of his deeds. He had a fight with her younger brother but she remained in this family with him. This was very painful to her. She thought she is valueless. When she gave birth to her first child after a year of their marriage, from then he tortured her physically.	

	Respondent 6 mentioned that she was physically abused severely by her husband. She was always very anxious when he beat her. He wanted her to work all day long. So he always put pressure on her. She had tolerated a lot and she could not take it anymore. Her in laws also abused her verbally by calling names anytime for any reason.	
	Respondent 7 reported that her husband had extramarital affair. So he could not tolerate her. He did not accept her. He eloped his girlfriend. When his parents caught him back, he physically tortured her a lot at night. She came back to her parental home with her child.	
	Respondent 8 reported that her husband did not meet any family demands. One day she told him to give her 50 taka daily as her expenses. But he refused and tortured her a lot physically. He slapped her and wanted to get her out of the house. She did not leave the house even physically after abused. Then he said to her to go to her parental house for few days. After she went, he sold all the belongings and fled leaving the house without informing her.	
	Respondent 9 said that her husband was alcoholic. He came back at home drunk and physically abused her. She was always anxious about what he will do after coming back home. Her mother and sister in laws also abused her physically.	
	Respondent 10 mentioned that her husband abused her verbally and physically when she caught her red handed with other woman. Her mother and sister in law also abused her physically for any reason and accused her.	
	Respondent 11 said that her husband abused her physically for dowry. Her mother and sister in laws also abused her physically and verbally. They broke her hand, kicked her in hips. They injured her ear and neck. Her mother and sister in laws blamed her that her husband sent money from abroad but she did not give it to them. It was not true at all.	

Table 43: Factors responsible for divorce - **Financial problem**

Category	Content	Total
Financial problem	Respondent 2 mentioned that she used to work in garments factory but as she had a stroke now, she is unable to work. As a result she had financial crisis. She had no money of her own for treatment. Her husband did not give her and her son any financial support. He did not give her any money for her treatment. After stroke he abandoned her in her parental home. But her parents could not bear her treatment expenses. Now she has been suffering a lot. She walked whole day to beg alms. There was no place to stay for her. She was begging money to all.	10
	Respondent 3 reported that her husband used to spend money only for food and nothing else. He did not bear any expenses for his children even for treatment purpose. She wanted money for her children's need but he did not provide them. She managed money by working as a beautician.	
	Respondent 4 said that her husband used to spend money unnecessarily but did not fulfill her or child's demands. He did not provide any financial support for last two years. He never let her touch his money even when he is ill.	
	Respondent 5 mentioned that her husband was very miser but spent money for himself. Financial support depended on his wish. He could not continue his job for his addiction problem. So she had to depend upon her father and mother in laws and brothers.	
	Respondent 6 reported that her husband did not give her any financial support even when she asked and wanted for it. He did not buy her any cloth for last five years. For 13 months he did not buy milk for his child. Her mother worked in garments factory and fed them for seven years. She has lost interest in asking him for any expenses. She was very disgusted at her husband.	

	Respondent 7 mentioned that she earned TK 5000/= working at a garment factory. She used to give all the money to her mother in law. Her husband forced her to give the money to his mother. Her husband did not let her spend her own money. She wanted TK 100 when her daughter was sick from him but he did not give her that, then she sold her ornaments for her child's treatment.	
	Respondent 8 mentioned that her husband did not give her anything since two years of marriage. Only he gave her a "sharee" at "paila boishakh". Her mother and her sister provided her financial support. She had filed a case in Bangladesh National Women Lawyer's Association (BNWLA), so she now gets TK 50 daily. Her husband told that he did not care if she spends it for her or their baby.	
	Respondent 9 said that her husband spend money unnecessarily but did not fulfill his wife or children's demands. He earned lot of money but monthly gave his wife only four thousand taka for food purpose. He never did any shopping for them. He bought clothes once a year. She maintained her family by taking some money from her brothers. They gave her money because they saw her in financial crisis. Her husband spent his money by drinking and having party outside the house.	
	Respondent 10 said that her husband did not provide her financial support for last 3 years. He said that he had no income. He stopped giving her money after he got involved in affair with other woman.	
	Respondent 11 reported that her husband did not meet family demands at all, he did not even buy her a dress or any food item by his own money. He used to tell her to bring money from her parental home.	

Table 44: Factors responsible for divorce - **Abandon**

Category	Content	Total
Abandon	Respondent 1 reported that her husband told her to stay in her parental house after one month of their marriage. He said that she could not continue her study from her in laws house, so to stay in her parental home and continue her study. He left her there and after that he did not contact her at all. She tried many times to contact him but she failed. He mentioned no cause for this. Their family was not good at all. They all deceived her.	5
	Respondent 2 reported that her husband came to her when he heard that she saved money. He sold household things. He abandoned her by saying he will continue to do like that all along. When he came she thought of so many problems. If she stayed with her and again get pregnant then how she will manage her family with two children because her husband will leave her again.	
	Respondent 3 reported that her husband mentioned that her husband wanted her to leave. He had an ex wife, so he no longer needed her. He beat her and forced her to leave the house. She called him but he told her that he wouldn't accept her. He did not want to continue married life with her. He did not want to keep any contact with her.	
	Respondent 7 told that when she was nine months pregnant her husband left her in her parental home and did not keep any contact with her. Her parents took her to her in laws home but they did not talk to her. They kept her starving. Her husband did not accept her and he did not come to her. He used to live in other place. He started affair with other woman, that's why he left her.	
	Respondent 9 said that her husband said that he would not lead a family life with her because she could not give birth to a male child. He kicked her out of the house with her four daughters. When the girls wanted to talk with him over phone he did not talk to them, he did not want to keep any contact with them.	

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Table 45: Factors responsible for divorce- **Interference from in laws and others**

Category	Content	Total
Interference from in laws and others	Respondent 5 reported that her father and mother in laws influenced her husband and so he misbehaved with her. He gave importance to what others say. He did not have an opinion of his own. He did not care about his wife or his child's problem. He listened to his parents even if they were wrong. They controlled their son otherwise he will be lovable to his wife. They did not guide him properly for his addiction to drugs.	7
	Respondent 6 mentioned that she could not live at his father and mother in laws house. Her mother in law and aunts in law verbally abused her for any reason and blamed her for his husband's misdeeds. He used to do drug business. Her father and mother in laws encouraged him to torture her physically if she complained about the criminal activity of her husband.	
	Respondent 7 reported that her husband did not accept her because her father and mother in law had black magic (tabiz) on him. Her grandmother in law and brother in law came and took him to their village and forced him to stay there for three months. After that he returned and said to her to listen to her father and mother in laws words whatever they say. He did not love her anymore.	
	Respondent 8 said that her husband listened to what others say like the owner of the hotel in which he worked. His girlfriend also influenced him to misbehave with her. She was very upset because he did not listen to her. He cared about what others said. He used to abuse her if she asked him about any of his deeds.	
	Respondent 9 reported that her mother and sister in laws abused her physically if she had a conflict and quarrel with her husband.	
	Respondent 10 said that her mother in law and sister in law did not accept her and also abused her verbally and physically. They said to her husband that they did not match at all. They told him to get married again. They did not like her because they wanted more dowries.	

	Respondent 11 mentioned that her mother in law and sister in law tortured her physically and verbally for dowry from the beginning. They quarreled with her and kept her starving. When she was pregnant, she could not do any household work. So she was abused more and more. When her husband came into house before he entered the gate they would start to say she did not do any work. Whole day she was sleeping. Then he started to beat her.	
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Table 46: Factors responsible for divorce - **Polygamy**

Category	Content	Total
Polygamy	Respondent 2 reported that her husband got married twice before marrying her. After her marriage, he got married again 4 or 5 times. He used to live in a rental house and he wanted to get married again to another rich woman, if her father and mother accept him.	6
	Respondent 4 mentioned that her husband got married once before her marriage. He divorced her for dowry and then got married to respondent 4. Now he is living with his first wife for the last two years and has no contact with her at all. Till now he got married consecutively another four or five times. She did not know how many times he got married but he was bad tempered so his wives left him. He worked in many places and got married everywhere.	
	Respondent 6 mentioned that her husband got married again after her marriage. Last wife divorced him but he wanted to marry again and again.	
	Respondent 10 reported that after their marriage she could not adjust with her mother in law and sister in law, then her husband arranged a separate house far away from their house. Her husband came to her after 3/4 days. But she realized that her husband was going apart day by day. After passing two years she found that his behavior has changed. He had no attraction for her anymore. He did not do anything for the family. After sometime she came to know that he got married again. He made that woman pregnant and then	

	he married her. When she accused him for that he denied and physically abused her. He was caught red handed by respondent 10, now he said that nothing to do as he got married. He was severely betrayed by her husband. So she was emotionally imbalanced.	
	Respondent 7 said that her husband and no members of her in laws house accepted her because she gave birth of a female child. They wanted a male child but since it was a female child they did not want to see her. Later her mother took her to in laws house. They did not even talk to her. When her child was sick she came back to her parental home. Her husband did not want to live with her anymore.	
	Respondent 9 reported that she gave birth to four daughters in 14 years. She did not give birth a male child. That is why her husband abused her physically. He had no affection for his daughters and did not want them to go to school. He wanted to get married again for a male child. She was anxious about that.	

Table 47: Factors responsible for divorce - **Dowry related problems**

Category	Content	Total
Dowry related problems	Respondent 1 said that her mother and sister in law wanted dowry from her. They told her to bring money from her parental home.	8
	Respondent 4 mentioned that her husband was very greedy. He used to say, to bring money and property. He tortured her physically because of dowry. His first wife did not give dowry so he left her.	
	Respondent 6 said that her husband and mother in law always wanted dowry. They pressured her for money and furniture. Her husband physically tortured her for dowry.	
	Respondent 7 mentioned that her father and mother in law wanted dowry before marriage. But her husband said he did not want money. Then they got married. After their marriage her father and mother in laws misbehaved with her. They could not tolerate her. They blamed her she had black magic to influence her husband.	
	Respondent 8 said that her husband wanted money. After 2/3 months of their marriage, he went to Chittagong leaving .her alone because she could not give dowry. The owner of the hotel where he worked said that as his wife could not give him dowry, he should get married to others with dowry. Respondent 8 heard it.	
	Respondent 9 mentioned that her husband wanted dowry when she got pregnant after 7/8 months of their marriage. He wanted dowry from her parents. He physically abused her because her parents could not give him money.	
	Respondent 10 said that her mother and father in laws did not accept her for dowry. They abused her physically. When her husband went out for "Chilla" they used to starve for 2 or 3 days. If her father in law brought food her mother and sister in law cooked but did not give her.	
	Respondent 11 mentioned that her husband wanted two lacs taka as dowry. She could not bring money from her parental house. After that the marital conflict began. Everyone in his family encouraged him for dowry. Her two sister in laws forced her to bring money for business purpose for her husband.	

Table 48: Factors responsible for divorce - **Personality problems**

Category	Content	Total
Personality problem	Respondent 5 said that her husband suffered from inferiority complex. He did not go to her relative's house, did not communicate with them, he was not satisfied with himself. So he was paranoid about her. He thought she went out with other man. If people said good comments about her, then he got jealous and misbehaved with them. He always misunderstood her and their relationship was incompatible.	2
	Respondent 11 reported that her husband was very bad tempered; he used to get angry very easily. He used to take her words in a wrong way. He took money from others and did not want to work at all. She was very much upset about that. He was suspicious about her, therefore he did not allow her to do a job to meet her financial crisis. He thought his wife has love affair with someone.	

Table 49: Factors responsible for divorce - **Other factors**

Category	Sub Category	Content	Total
Others Factors	Criminal activity	Respondent 4 said that her husband was a terrorist and was involved in different types of criminal activity. He was also in prison for a long time for stealing a gun. He threatened her for money.	3
		Respondent 6 mentioned that her husband was a terrorist and very powerful to do any kind of criminal activity. He used to do business of drugs. Police never caught him because he helped them to get prostitutes.	
	Unemployment	Respondent 11 mentioned that she was very upset because her husband did not want to do any kind of work. Her husband was angry and physically abused her if she asked him to work. He took money from others and meet his demand. She said that she never took money from him.	

3.4 Summary of the findings

Table 50: Summary of the assessment findings of the women of part 2 (N=11) in terms of different functional areas

Functional area	Women of part-2 (N=11)
Physiological	Weakness and tiredness(11), Sleeping disturbance(7), Headache(9), Low appetite(7), Reduced physical energy and strength(5), Severe pressure in chest(3), Chest pain(4), Back pain(1), Eye pain(2), Lower abdomen pain(1), Difficulty in hearing(3), Digestive problem(2), Brain stroke(1), Felt paralyzed(1), Weight loss(1), Suffocated(1), Physical condition was very worse(1), Numbness(1), Neck pain(1), Heart disease(1), Low pressure(1), Felt heavy(1), Senseless(1), Head becomes hot while thinking(1), Fever(1), Restless(5)
Emotional	Depressed(7), Frustrated(5), , Anxious(3), Irritated towards her life(3), Helplessness(8), Hopelessness(4), Feeling of no pleasure(4), Feeling bad(3), Low self esteem(2), Imbalanced(2), Shocked(1), Feeling of shame(1), Upset(3), Feeling of sorrow in her heart(1), Decreased level of confidence(2), Worried(1), Could not control tears(1), Feeling of no peace in mind(4), Feeling of miserable life(3), Unhappy(1), Worthless(2), Suicidal attempt(2), Suicidal thought(6), Suppressed problem(3), All tears dried up(1)
Thoughts	They had distressful thoughts about real life crisis (11). Some of examples of thought content: She considered herself a burden in family(2), "It was better to die than to live(5)", "I have no way(3)", "I became valueless(2)", She had suffered great tension about her children(7), What will happen to their children's future(7), She had to suffer if her child is spoiled(3), Regrets for her past life(2), She had no one to help her(4), Future is dark(1), She did not want to leave anymore(5), She had become mental patient slowly(1) , ALLAH did not give

	happiness in her life(1), Her life has ended(1), She did not have anything to think on(1), The most important chapter of life is finished(1), Her desire, motive everything has come to an end(1), This is the punishment from ALLAH for her unknown sins(1),
Behavioral	Level of attention and concentration decreased(4), Avoided everybody(4) , could not trust anybody(1), Unable to self care(2), Increased level of anger(10), Passed time alone(6), Unusual crying(5), Worried about worst living arrangement(3), Destroyed household things(1), Misbehaved with family members and relatives(5), Unable to child care(4), Unable to household chores(7), Rebuked her children and beaten them(5), Slept all the time(1), Self harm behavior(2), Cried falling on the floor(1), Felt like going somewhere else(2), Could not tolerate the situation when family members scolded them for not doing work perfectly(1) , Impulsive(1), Shouted bad language(1), Screamed out loudly(2), Passive own emotional feelings(4)
Occupational	Everything seemed to be problematic(1), Unable to take responsibility(6), Low interest(8), No capacity to take decision(1), Dependent on others(2), Felt pressure(3), Could not do anything(5), Lost skill(2), Reduced the level of passion(2), No capacity to maintain the family(2), Decreased previous level of energy strength and capacity(5), No support from any sources(3)
Social	Social functional level reduced(3), Avoid gossiping or social gathering(6), No pleasure from gossiping(4), Did not share feeling with anybody(4), Felt uneasy(2), Felt embarrassed(2), Isolated(2), Could not tolerate other peoples happiness(2), Lost their faith(1), Did not want to keep relation with others(1)
Sexual	Reduced level of interest(9), Lost interest day by day(2), Unwillingness for sex(2), No demand(4)

Table 51: Summary of the findings of factors responsible for divorce of the individual women in divorce process of part-2 (N=11)

Respondent No.	Factors responsible for divorce
Respondent 1	• Dowry related problem • Extramarital affair • Abandonment
Respondent 2	• Physical and verbal abuse • Substance abuse • Polygamy • Financial problems • Abandonment
Respondent 3	• Physical and verbal abuse • Extramarital affair • Financial problems • Abandonment
Respondent 4	• Physical and verbal abuse • Financial problems • Polygamy • Dowry related problem • Criminal activity • Extramarital affair
Respondent 5	• Physical and verbal abuse • Substance abuse • Financial problems • Personality problem • Interference from in-laws
Respondent 6	• Physical and verbal abuse • Substance abuse • Financial problems • Polygamy • Interference from in-laws • Dowry related problem • Criminal activity • Extramarital affair

Respondent 7	• Physical and verbal abuse • Financial problems • Abandon • Polygamy • Interference from in-laws • Dowry related problem • Extramarital affair
Respondent 8	• Physical and verbal abuse • Financial problems • Dowry related problem • Interference from others • Extramarital affair
Respondent 9	• Physical and verbal abuse • Financial problems • Dowry related problem • Abandon • Polygamy • Interference from in-laws • Substance abuse
Respondent 10	• Physical and verbal abuse • Financial problems • Dowry related problem • Abandon • Interference from in-laws • Polygamy
Respondent 11	• Physical and verbal abuse • Financial problems • Dowry related problem • Abandon • Interference from in-laws • Personality problem • Unemployment

Table 52: Summary of the findings of factors responsible for divorce of the women in divorce process of part-2 (N=11)

Type	Respondents	Total	Percentage
Extramarital affair	1,3,4,6,7,8	6	54.54%
Substance abuse	2,5,6,9	4	36.36%
Physical abuse	2,3,4,5,6,7,8,9,10,11	10	90.90%
Financial problem	2,3,4,5,6,7,8,9,10,11	10	90.90%
Abandon	1,2,3,7,9	5	45.45%
Interference from in-laws	5,6,7,8,9,10,11	7	63.63%
Polygamy	2,4,6,7,9,10	6	54.54%
Dowry related problems	1,4,6,7,8,9,10,11	8	72.72%
Personality problem	5,11	2	18.18%
Criminal activity	4,6	2	18.18%
Unemployment	11	1	9.09%

DISCUSSION AND CONCLUSION

Discussion and Conclusion

The present research was designed to assess the mental health problems of women in divorce process and to see whether their anxiety scores, depression scores and overall mental health status vary according to the employment status and the number of children. In the current study the functional impairments of women undergoing divorce process were explored and the factors leading women mostly to divorce were also explored. The quantitative and qualitative findings of the present research were presented in different Tables in chapter 3 (result section) and are discussed in this chapter.

In this research it was found that 83.6% women crossed the cut-off point of anxiety scores, 76.36% crossed the cut-off point of depression scores and 76.36% were above of the middle range of the GHQ scores. The findings of this study suggest that women in divorce process have strong need for mental health support for rebuilding their mental health status. Marital distress has a severe negative impact on the mental health of the women in divorce process. Most of the women had been suffering from various types of psychological distresses as well as psychological problems. As marital problem plays a negative effect on women's psycho-social health, without psychological treatment, it is not possible to restore their well being properly.

4.1 Anxiety level of women in divorce process according to their employment status and number of children

In the present study, the anxiety of the women in divorce process was observed in terms of the scores of the Anxiety Scale. Results indicated that the effect of employment status on anxiety scores was not significant. However, the Mean anxiety score of housewives was a little higher (90.41) than that of the employed women (85.19). It needs to be noted that though this difference was non-significant, the anxiety scores of both employed women and housewives were in the profound level. This finding contradicts with the idea that divorce can be most devastating for women in traditional marriages who lose their identities as well as their financial security with the loss of a husband (Mc Goldrick, Anderson and Walsh, 1989).

Another major finding was that the anxiety scores of women undergoing divorce process did not vary significantly according the number of children they had. Mean anxiety scores of women having more than one child was a little higher (90.50) than those having no child (88.0) and women having only one child (85.35). It should be noted that these differences were non-significant. However, the Mean anxiety scores of all these groups were in the profound level. In other words, all of these women were profoundly anxious irrespective of the number of children they had. One explanation that can be offered for such findings is that they were very much anxious about the uncertainty throughout the complex and ambiguous process of divorce; because when their marriage fails, it generates indefinite and unexpected circumstances. So all of them were profoundly anxious. Women having more than one child may have to face more challenges and demands than other

groups, so their anxiety level is likely to be high. However, failure of marriage seems to have created intense emotional turmoil in all groups of women. They are anxious about their future life, because they lost trust to anybody which in turn causes tremendous fear to make new relationships. Thus, these women irrespective of employment status and number of children were profoundly anxious.

4.2 Depression level of women in divorce process according to their employment status and number of children

A major finding of the present study is that the depression level of the women undergoing divorce process did not differ significantly as a function of their employment status and number of children. Although non-significant, the Mean depression score of housewives (114.52) was a little higher than that of the employed women (108.88). Scale interpretation of these Mean depression scores indicated that both these groups were at the mild level of depression. As housewives were financially unable to support themselves and their children because they did not have any source of regular income, they (housewives) showed a little higher level of depression than employed women. Apparently housewives were dependent on their parents, brothers or other relatives; they considered themselves as a burden in their family. So the Mean of the depression scores for housewives were a little higher than that of the employed women. However it should be noted that the difference was statistically non-significant.

Depression level of women undergoing divorce process did not differ significantly as a function of the number of children they had. However, interpretation of depression scores indicated that women having one child and more than one child were in the mild level of depression whereas women with no child were at the moderate level of depression. Some possible explanations could be offered that, those having no children may have felt lonely even at the presence of the family and friends and they were frustrated towards life. So they felt hopeless about their future. Other women having child must face a series of challenges and decisions when they are in divorce process such as child custody, financial and living arrangements, child support and single parenting. So their score indicated mild level of depression. However, employment status and number of children did not have any significant effects on depression of women undergoing divorce process.

4.3 General health condition of women undergoing divorce process according to their employment status and number of children

In the present study, the general mental health conditions of the women in divorce process were assessed in terms of the scores of the General Health Questionnaire (GHQ -12). In this scale higher score indicates lower mental health. The results indicated that the effects of the employment status and number of children of women on GHQ scores were non-significant. Results showed that housewives' mental health condition was a little poorer (30.48) than that of the employed women (24.27). It can be said that their financial condition might have played an important role in all spheres in the process of divorce. As housewives lost their financial support when their marriage are on

the brink of divorce end and their domestic skills are poorly compensated in terms of money; they showed a little higher level of emotional disturbance than employed women. However it should be noted that the difference was statistically non-significant.

Another finding was that the GHQ scores of the women in divorce process did not vary significantly according the number of children they had. Mean of the GHQ scores of the women having more than one child was a little higher (30.65) than those having no child (27.93) and women having single child (24.15). It needs to be noted that these differences were non-significant. However the Mean GHQ scores of all these groups indicated lower level of mental health. In other words, all of these women were in lower mental health irrespective of the number of children they had. One explanation that can be said that when they are in divorce process and taking legal help they need to make important, life altering decisions and manage the multifaceted challenges resulting from the decisions and cope with the stresses of adjusting to single life and single parenting. All these pressure and changes in divorce process seems to have created considerable emotional turmoil in all groups of women. So their scores indicated lower mental health. However employment status and number of children did not have any significant effects on general emotional disturbances of women undergoing divorce process.

On the basis of objective scale score (AS, DS and GHQ) of 55 women in divorce process, it was found that all of the women were suffering from profound level of anxiety. Most of the women were in mild level of

depression while no child group was in moderate level of depression. All women were in lower level of mental health in terms of GHQ-12. The findings indicated that women who are in divorce process need some immediate psychological services along with support like legal, financial help etc.

As the effect of major variables like employment status and number of children were found not to have any significant effect, it was conjectured that some other variables, not included in the analysis, might be important in determining the anxiety, depression and general mental health condition of the women undergoing divorce process. So it was decided to do post hoc analysis of different demographic factors. The post hoc analysis examined the effect of age at marriage, own monthly income, education, duration of marriage on anxiety, depression and general emotional disturbance of women undergoing divorce process. The findings of the post hoc analysis revealed that the effect of own monthly income on anxiety, depression, GHQ scores were significant. Respondents with higher income group found to have scored lower on anxiety, depression and general emotional disturbance than respondents belonging to other lower income groups. A possible reason may be that the respondents of higher income group have the resources to adapt with changed situation such as ability to support herself and children well or the ability to attract a favorable new partner on the marriage market. So they were confident in dealing with the upcoming life events. On the other hand, women belonging to low income groups scored higher in anxiety, depression and general emotional disturbance. The reason may be that they have no / poor ability to strive against the circumstances.

Another important finding is that there was significant interaction between income level and age at marriage of the women in all three measures i.e. depression, anxiety and general health condition. Women belonging to Tk 10001 - above income group whose age at marriage was above 18 years showed significantly lower mental health problems. The reason may be that this group is mature enough to support themselves and is usually associated with having resources - educational, financial, personal and interpersonal - which might have helped them to cope with the stresses generated by the complex process of divorce and to adjust with single life, single parenting.

From the post hoc analysis it was also found that respondents having higher level of education scored low on anxiety and depression. From this finding it can be said that as their level of education was relatively high they encompass many occupation opportunities. Moreover education brings greater self confidence and increased capacity to overcome barriers of unexpected circumstances which is generated by the ambiguous process of divorce. So their anxiety and depression level was relatively lower than those compared with lower level of education groups. This means the necessity of empowerment of women has emerged from the findings of this study. Empowerment is essential in terms of socio-economic measures of power indicated by education, income or access to resources to the women economically and socially so that they can support themselves in any circumstances that may arise in their life.

To summarize, income, education and age at marriage were found to have determined the anxiety, depression and mental health condition of women undergoing divorce process in a complex way.

In addition to quantitative data, the study gathered some qualitative data through in depth interview. These data have been found to throw more light on the mental health problems of the women undergoing divorce process.

4.4 Functional impairments of women in divorce process

One of the objectives of the study was to explore the functional impairments of women in divorce process. Eleven women in divorce process answered in response to the question about their functional impairments which was presented in part II findings. All of them reported symptoms in different functional areas. The summary of the findings of these women in term of those symptomatic functional impairments are discussed in the following functional areas-

a. Physiological functional impairments

All of the women of phase II reported that they felt more weakness and tired most of the time. Seven (63.63%) of them reported that they were having low appetite and sleep disturbance. Nine (81.81%) of the women mentioned that they suffered from headache. Four (36.36%) suffered from chest pain. Five (45.45%) women reported restless, reduced physical energy and strength. Three (27.27%) of them felt severe pressure in chest and difficulty in hearing. Two (18.18%) suffered from digestive problems and eye pain. Some physiological symptoms such as - brain stroke, senseless, back pain,

numbness, suffocated, lost weight, experiencing fever, pain in lower abdomen and neck, low blood pressure, tumor, head became hot while thinking, felt heavy by her when she had to face a tensed situation – all of which were mentioned by one woman (9.09%).

b. Emotional functional impairments

Eight (72.72%) of the women shared that they felt helplessness all the time. Seven (63.63%) of them mentioned that they were severely depressed. Five (45.45%) were frustrated. Three (27.27%) were anxious, upset, feeling bad and irritated towards their life. Four (36.36%) felt no pleasure, no peace in mind, hopelessness. Six (54.54%) had suicidal ideation. One (9.09%) of the women mentioned that they were worried, unhappy, felt sorrow in her heart, all tears dried up, extremely shocked and ashamed of their condition, could not control tears. Two (18.18%) reported worthless, suicidal attempt, imbalanced, low confidence and low self esteem. Three (27.27%) were experiencing a very miserable life and suppressed their problem.

c. Cognitive functional impairments

All women suffered by distressful thought about real life crisis. Most of them mentioned that it was better to die than to face this situation. They had great tension about their children; what would happen to their children in future - this was their main concern. They felt a very difficult and intolerable situation from where they did not find any other way to survive. The researcher identified some most common thought contents which were shared by these women such as “I am valueless”, “I am helpless”, “No one to help me”, “I do not want to live anymore”, “I have no pleasure in life”.

d. Behavioral functional impairments

From Table no. 2, it was seen that seven (63.63%) of the women mentioned they were unable to household chores and ten (90.90%) women lost temper for every silly things and got angry easily. Four (36.36%) shared that they were also unable to take care of the children, avoided everybody, passive own emotional feelings and decreased level of attention and concentration. Five (45.45%) used to misbehave with family members and relatives, rebuked their children and beaten them because their father did not take care of them and expressed their emotions with unusual crying. Six (54.54%) women mentioned they passed time alone. Three (27.27%) women were worried about worst living arrangement. Two (18.18%) women reported that they were unable to care themselves, screamed out loudly, felt like going somewhere else and had self harm behavior. One (9.09%) women reported she could not trust anybody, was impulsive, cried falling on the floor, shouted bad language destroyed household things, slept all the time and could not tolerate the situation when her family members scolded her.

e. Occupational functional impairments

Eight (72.72%) of the women mentioned that their level of interest to do anything declined. Five (45.45%) shared that the previous level of energy, strength and capacity decreased and could not do anything. Three (27.27%) felt pressure to do something and had no support from any sources. Six (54.54%) women mentioned that they were unable to take any responsibility. Two (18.18%) mentioned that they had no capacity to maintain the family, Lost skills, reduced level of passion, dependent on others. One (9.09%) women reported everything seemed to be problematic and no capacity to take any decision.

f. Social functional impairments

Three (27.27%) of the women mentioned that their social functional level reduced. Six (54.54%) women avoided social program and four (36.36%) did not feel happy to have a conversation with others. Two (18.18%) felt embarrassed to meet with other people because people asked them various questions about their marital problems, they were isolated from neighbors and relatives and maintained a preferable distance from others to avoid criticism, felt uneasy and felt bad when they saw happiness of others. Four (36.36%) did not express their problem to anyone and tried to suppress. One (9.09%) shared that they lost their faith, people criticized them for involving in affair with their husband before their marriage and they did not want to keep relation with others.

g. Sexual functional impairments

From eleven women nine of them mentioned that they did not feel any sexual need. As their marital relationship was not good so they had no interest in this area. Two women reported that they had sexual need but their husband did not want it, as their husbands used to meet this need with other woman. Due to marital conflict it faded away day by day. So they (two women) lost interest day by day. Four women (36.36%) had no sexual demand and two (18.18%) had unwillingness for sex.

Impairments of total seven functional areas are represented as discussed above. Those areas reflected the psychological effects of divorce on women in divorce process. These findings are supported by Hope, Power and Rodgers (1999); Thabes (1997); Garvin, Kalter and Hansell (1993b);

Weitoff et al. (2002). These women were not formally diagnosed but the researcher tried to collect the possible symptoms which are responsible for their sufferings. Those symptoms indicated that they could possibly diagnosed as a patient of anxiety disorder, sleep disorder, adjustment disorder, depression, stress reaction etc. These symptoms were also supported by the studies of Davies, Avison and McAlpine (1997); Johnson and Wu. (2002); Lorenz et al., (1997).

In Bangladesh marriage is a one time event for most women, which is associated with much social approval. Women in this society are economically and socially dependent on men. This finding is supported by the study of Alam, Saha and Ginneken (2000) which states reconciliation is more likely for women than men since the cost of divorce is higher for women and alternatives are hardly available. Almost all these women live with their parents and stigmatized by society. They do not want to keep relation with others. They suffered various physiological and psychological problems but they are not concerned about this. They have distressful thoughts about real life crisis and had great tension to survive with their children. They have fewer options open to them for earning. They worked against their will to overcome financial crisis. They are mostly concerned with their basic needs for food, shelter and expenses for their children. They ignored their sexual needs so they did not feel interest in this area.

Therefore, the findings which were explored by the present research is similar to the other research findings. The findings of the present research is consistent with the research findings that marital disruption was

associated with higher prevalence rates of major depression in both men and women (Bruce and Kim, 1992). Batra and Gautam (1995) found a high prevalence of neurotic disorders among divorce seeking couples. The neurotic problems are encountered either as antecedents or consequences of marital disharmony.

4.5 Factors responsible for divorce of women undergoing divorce process

Another objective of this study was to explore the factors responsible for divorce of women undergoing divorce process. From the results of the in-depth interview (Table 40 to 49) it is clear that various factors are responsible for divorce. These factors are discussed below-

a. Extramarital affair

The findings of Table 40 showed that discovery of an extramarital affair by six women (54.54%) played an important role for divorce. Husband of the divorced woman had an extra marital relation either with other woman, ex-wife or ex-lover. An extra marital relationship may be a symptom of an unhappy relationship and provide the proverbial "last straw" in the decision of divorce, or it may be the cause of the marital breakdown (Ambert, 1989). The realization of spouse's infidelity can be so profoundly humiliating and hurtful that it not only raises the possibility of divorce but leads to major depression and anxiety which further destroys the marriage (Cano and O'Leary, 2000). Amato and Previti (2003) found that infidelity is the leading cause of divorce.

From the finding of the present study it can be said that husband's extra marital affair was one of the main contributing reasons for initiating separation. This finding can be explained by the fact that extramarital affair destroys trust which is most important in marital life between couples, hence opens the door of divorce. With the rapid increase of mobile phone use, personal communication has become much easier which is playing an important role for involving in extramarital relations. Extra marital affair is not only responsible for divorce, it influences other factors which are directly related to cause of divorce. Buss (1994); Daly and Wilson (1988) reported that extramarital affair has also been causally linked to domestic violence. So it can be said that extramarital affair is the main reason for divorce. The result of the present research is supported by the other studies. Extramarital affair has been consistently linked to sexual or emotional dissatisfaction in one's primary relationship (Brown, 1991). Glass and Wright (1997) reported that extramarital affair often connotes a deterioration in the affective and emotional realm of the marriage associated with loss of love, betrayal of trust, indifference and going apart.

b. Substance abuse

From the findings of Table 41 it was found that substance abuse of their husband was one of the main reasons for divorce mentioned by four (36.36%) women. This finding refers to the fact that they learn to hide behind the bottle and drug instead of facing the reality. These men are masters at creating stresses and crisis such as unemployment and drinking or drug use and committing crimes. They are so completely wrapped up in their self destruction that they will soon loose touch in wives (Khojastehmehr and

Takrimi, 2009). Marital relationships suffer most from the ravages of addiction because it destroys all that is dear to the spouse, including family life, sexual relationship, economic resources, well being of the children and status within the community. Excessive drinking is liable to cause profound social disruption particularly in the family. The divorce rates among heavy drinkers are high and the wives of such men are likely to be anxious, depressed and socially isolated. The finding of the present research is consistent with the research findings that people who drink more are more likely to divorce (Prescott and Kendler, 2001; Terling-Watt, 2001). In another study of eight nations it was found that those with the highest consumption of alcohol had the highest divorce rates (Lester, 1997).

c. Physical abuse

Table 42 indicated physical abuse reported by ten (90.90%) women as a factor for divorce. This finding can be explained by the fact that in a male dominated society like Bangladesh, violence against women at household level is a common feature. A report from the UN population Fund UNFPA (September 2000) asserted that 47% of adult women reported physical abuse by their male partner - the highest proportion in the world. The presence of physical violence may not be alluded to as the main reason for divorce; other factors have been causally linked to domestic violence such as infidelity, alcoholism. A great deal of research affirms that women who are recently beaten endorse many depressive symptoms (Campbell, Sullivan and Davidson, 1995; Perilla et al., 1994; Sackett and Saunders, 1999; Sato and Heiby, 1992). The finding of the present research is consistent with the research findings that as the severity of physical violence escalates, so too do

women's depressive symptoms (Cascardi and O'Leary, 1992). So they were upset in their marital relationship, which leads to divorce.

d. Financial problems

From the findings of Table 43 it was evident that financial problem mentioned by ten (90.90%) women is one of the factors for divorce. This finding can be explained by the fact that in Bangladesh, husband is the breadwinner and wife is the primary home keeper. Woman depends on her husband for livelihood and there are hardly any other possibilities for her to make a living. Economic dependence on husband and the fear of subsequent poverty and her weaker position in the marriage and economic markets are powerful deterrents for her from leaving the husband, however unhappy the marriage. They compromise more than their husband to keep the marriage intact. When the situation became intolerable or they were abandoned by their husband, they took legal help for their marital problem. Money problems are not the primary cause of divorce. The process of money acquisition or expenditure also causes dissatisfaction of these women in marital relationship. Besides, as their marital relationship was not good so their husband did not want to spend money for them. Financial hardship can increase isolation, emotional stress, depression and lower self esteem, which in turn can generate or exacerbate marital tensions (Kinnunen and Pulkkinen, 1998; Yeung and Hofferth, 1998) which support the present study. Most of the women in divorce process took legal help against her husband for maintenance because in a patriarchal society like Bangladesh it is difficult for the divorce women to survive. The finding of the present research is consistent with the research findings of Mc Goldrick, Anderson and Walsh (1989).

e. Abandon

Table 44 also indicated that marital disruption also takes place due to abandonment of wife by the husband reported by five (45.45%) women in this study. This finding can be explained by the fact that quick marriages without knowing much about the groom or not caring to know might be responsible in some of the abandonment cases. It seemed to be a matter of male whim without any accountability to anybody. Polygamy, extramarital affair, substance abuse, criminal activity is also associated to abandonment. The abandoned women have been waiting for years to have their husband back and there is no standard waiting period in practice after which a marriage can be termed as terminated. So they took legal help for divorce. These findings are supported by Momen, Bhuiya and Chowdhury (1995).

f. Interference from in-laws and others

The qualitative findings presented in Table 45 showed that interference from in-laws was mentioned as a reason by seven (63.63%) of the respondents. This factor outside the interpersonal relationship may impinge on the relationship generating stress leading to marriage breakdown. This finding can be explained by the fact that in Bangladesh, marriage makes the bride live in husband's home and with in-laws. The in-laws and relatives expect her to adjust to her new situation and demand a lot from her. Her failure to adjust to in-laws and to satisfy them in full amount of dowry can cause marital discord and the result of which is ill treatment to her by her husband or in-laws leading to divorce. These findings are supported by Alam Saha and Ginneken (2000) study.

g. Polygamy

From the findings of Table 46 it was found that polygamy is a common factor for divorce reported by six (54.54%) respondents. This finding can be explained by the fact that in present study, most polygamous men were also found to be involved in criminal activities. They showed no concern about their first wife's feelings. Besides more than one marriage is a recreation for these men. They get more dowries each time they get married. The desire for a son was mentioned by two women for polygamy. This finding is consistent with the studies of Sultana (2004).

h. Dowry related problems

The qualitative findings of Table 47 showed that in Bangladesh the practice of dowry is an important factor mentioned by eight (72.72%) respondents for divorce. This finding can be explained by the fact that non fulfillment of the demand for dowry may have brought marital discord. It can lead to domestic violence eventually to divorce as a solution to marital unhappiness. This finding of the present research is consistent with the findings of Begum (1994). Dowry is a major factor in violence against women. Starting from verbal abuse, battering, torture and ending in death for many. Incidents documented by the ASK (Ain o Salish Kendro) revealed that unfulfilled dowry demands cause brides to be physically tortured, divorced, abandoned and also burned with acid, kidnapped and trafficking.

i. Personality problem

Table 48 indicated that personality problem is a contributing factor for divorce reported by two (18.18%) women. This finding is explained by the fact that people with paranoid tendency have no trust, so they suspected their wives. It creates large amount of strain in marital relationship. Besides, their husbands might have low self esteem or inferiority complex. The problem frequently puts their marriage in discord leading towards divorce. This finding is consistent with the other findings that people with an anxious, insecure, avoidant attachment style are more likely to have serial marriages (Ceglian and Gardner, 1999). Tucker et al. (1998) reported that individuals who were angry, vain, egotistical and lacking in sympathy and tenderness were at higher risk for early divorce. One woman (9.09%) reported incompatibility as a major factor in their relationship. Incompatibility connected with emotional erosion in the relationship - not being understood, feeling that needs are not being met, loss of affection and companionship. Such reasons are likely to be symptoms of problems with deeper psychological or social roots (Simons, 1999).

A good number of researches suggest that personality variable like self esteem influence marital adjustment (Miller et al., 1986; Dion & Dion, 1975, 1988; Walster, 1965). Studies show that individual with low self esteem dramatically underestimated how positively their partners saw them. The converse was true for high self esteem individuals (Murray et al., 2000). Researchers examined the relation between self esteem and response to romantic partner's mood. They found that when the partner's mood was negative and ambiguous romantic partner (participants) with low self esteem felt more responsible for the mood, more rejected, more hostile than those with high self esteem (Bellavia et al., 2003).

j. Criminal activity

Findings of Table 49 revealed that criminal activity as a responsible factor for divorce was reported by two (18.18%) of the respondents. This finding can be explained that those who were criminal also involved with substance abuse, physical abuse and other criminal activity. They might threaten their wife because they were very powerful. They demanded money from their wife; otherwise they became violent towards her. It creates distress in their marital life so their wives want to terminate the relation.

k. Unemployment problem

Unemployment was also a contributing factor for divorce reported one (9.09%) of the women in this study. Several factors might be responsible for that; unemployment reduces their capacity to meet family demands. This distress leads to frustration and conflict. These conflicts may escalate into blaming and withdrawal from the relationship. This finding is consistent with the other finding that higher unemployment rates are associated with higher divorce rates in the United States and in other countries (Lester, 1996). This finding can be explained by the fact that unemployed man is likely to feel inadequate in their role as providers while their wives may get confused, frustrated and angry. Moreover, unemployment is threatening to the man's self worth and is often associated with decrease in money and sexual activity and increases depression, alcohol consumption and fighting for both husband and wife (Khojastehmehr and Takrimi, 2009).

Factors responsible for divorce of women in Bangladesh are discussed above. As each relationship varies, every divorce will be different

from one another. So it is not possible to explain all instances of divorce in this study. However, the present researcher studied the factors responsible for divorce of women in Bangladesh. It was found that extramarital affair and substance abuse are the two major factors for divorce. In this study, it was also found that either extramarital affair or substance abuse was the main reason for divorce and it was mentioned by ten out of eleven women. These two major factors influence other factors which are related with divorce. This finding is consistent with the report (Arzu, 2010) that extramarital affair and torture is the main reasons for divorce in Dhaka. Dowry related problems demonstrated rest one out of the eleven as the main factor for divorce. In the present study it was found that marriage and divorce are affected by socio-cultural factors. Divorce factors are not universal and will be different from culture to culture. In Bangladesh, dowry related problems, polygamy, abandon, interference from in-laws etc. are common factors for divorce were reported by women in this study. But these factors are not found in any other country. In Iran, neglect of wife's wishes (unmet emotional needs) is the most important divorce factor for women (Khojastehmehr and Takrimi, 2009). The findings are different for Bangladesh; the reason may be that marriage makes bride live in the husband's home with in-laws in Bangladesh. The in-laws and relatives demand dowry from her family. Failure to satisfy them by the bride's family caused marital distress and the result of ill treatment to her by the husband or in-laws leading to polygamy and divorce. In this society, women seek divorce in cases where the husband deserts (abandon) her and fails to maintain her. This finding is consistent with the study of Alam, Saha and Ginneken (2000).

Finally, some professional and lay people believe that when a couple want a divorce they should be given counseling which will resolve their marital problems so the divorce will no longer be necessary. Probably this is a wrong idea because by that time marital discord has usually grown too deep to be banished by verbal counseling. Marriage counseling probably has its greatest potential in the early stages of alienation before the marriage has reached a point of no return. This study has explored the factors so that people get aware and by working on them from the very beginning, divorce rate can be reduced and thus the entire negative impacts of it is minimized in society.

4.6 Limitations of the present study and indication for further research

Limitations of the present research and indication for further research will be discussed in this section.

The first limitation was that the participants of the research were taken from only one legal help center in Dhaka city and for quantitative part of the study, samples were not matched properly and sample size were small. For that reason the findings of this research could not be generalized. The findings only gave some idea of some particular cases, which was not representative for a large population. For getting representative results further research might be conducted by taking large number of sample and using both qualitative and quantitative analysis.

Another limitation of the study was that the researcher took only women participants to assess the mental health problems. Nothing is known about the mental health problems of men but they are also affected by divorce. As the mental health problem of men could not find out, further research could include men to know the whole picture.

The researcher took only those women as the sample of this study who were taking legal support. So the researcher could not get the whole picture of the mental health condition of the women in divorce process. As the women who could not get legal support, were not included in the study. However, it was important to find out that whether they suffered more mental health problems or not. For getting the clear picture further research might be initiated.

The researcher did not include any diagnostic criteria for assessing mental health problems to get the general picture of the mental health state. For getting specific knowledge about what types of mental disorder they suffered, further research can be done. Besides the psychological impact of divorce process has two phases: the immediate phase and the long term process. The researcher did not consider this phases to assess mental health problems. So further research should be done considering these phases to assess mental health problems.

Moreover it is a pioneer research about the impact of divorce process on mental health. So it can give some indication about the women's mental health condition. The findings of the present study also suggested that

these women have strong need for psychological intervention and consequently discovered new area of services for clinical psychologists.

Despite of these limitations it is assumed that the findings of the research contributed much to understand the mental health condition of the women undergoing divorce process in Bangladesh. From the present research it was found that the mental health conditions of those women were very poor. The findings also suggest that if psychological services are integrated along with the other existing services it can bring a positive potential change and progress in their life.

4.7 Implication of the results of this study and conclusion

The main findings of the study showed that women in divorce process were suffering from various psychological problems. Their mental health state was also very poor. In this study all women got legal support from Bangladesh National Women's Lawyers Association (BNWLA). Some of them got family support and social support. Most of them were suffering from lots of emotional, psycho-somatic and behavioral problems which made barrier to enjoy a good quality of life and created a great problem to them. For giving better service to the women in divorce process as a whole, mental health issues should be integrated into the policy level to improve the existing service. It was found that there was a need to integrate psychological services with other different services. So it is highly recommended that to provide

better services to these women specialized psychological services should be established along with their present services. The study has three major messages for the society. Firstly, women are recommended to think rationally before marriage, do not rush into marriage, do not marry for wrong reasons, try to know their future husband well and learn to deal with stress. Secondly, people should take into account similarities in personality characteristics, social skills and family status of their partners before getting married. Thirdly, the thing that can help women most is change in perception. Parents need to be taught about the economic value of a girl child. Parents should not only view their girl child as potential mothers and home makers; so that priority is given to their right of education rather than just training in domestic chores. Education brings greater self confidence and increased capacity to overcome barriers in every aspect of life. On the basis of present study it can be concluded that services of clinical psychologists are urgently needed for identifying assessing, managing and reducing the rate of psychological problems in women undergoing divorce process.

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APPENDICES

Appendix

Appendix A - Marriage and Divorce rates by Country: 1980 - 2007

[Per 1,000 population aged 15-64 years]

Country	Marriage rate				Divorce rate			
	1980	1990	2000	2007	1980	1990	2000	2007
United States	15.9	14.9	12.5	10.9	7.9	7.2	6.2	5.4
Canada	11.5	10	7.5	6.6	3.7	4.2	3.4	NA
Japan	9.8	8.4	9.3	NA	1.8	1.8	3.1	NA
Denmark	8	9.1	10.8	10.2	4.1	4	4	3.9
France	9.7	7.7	7.9	6.6	2.4	2.8	3	NA
Germany	NA	8.2	7.6	6.8	NA	2.5	3.5	NA
Ireland	10.9	8.3	7.6	NA	NA	NA	1	NA
Italy	8.7	8.2	7.3	6.4	0.3	0.7	1	1.3
Netherlands	9.6	9.3	8.2	6.7	2.7	2.8	3.2	2.9
Spain	9.4	8.6	7.9	6.5	NA	0.9	1.4	NA
Sweden	7.1	7.4	7	8	3.7	3.5	3.8	3.4
United Kingdom	11.6	10	8	NA	4.1	4.1	4	NA

NA- Not available

Source: U.S. Bureau of Labor Statistics updated and revised from "Families and Work in Transition in 13 Countries 1980-2001", Monthly Labor Review, September 2003.

Appendix B - Demographic characteristics of 55 women undergoing divorce process

Sl. No	Age at marriage	Current age	Duration of marriage	Education	Occupation	Total monthly income Tk	No. of child	Factors
1	26	27	1	Class IX	Garments worker	5000	Nil	4,5,6
2	19	20	1	Illiterate	Housewife	Nil	Nil	1,3,4,5
3	21	26	5	Class VIII	Housewife	Nil	1	2,3,4,8
4	19	22	3	Class V	Garments worker	6000	1	3,4,5,6,8
5	23	30	7	MBA	Housewife	12000	2	1,3
6	13	25	12	Class VI	Housewife	15000	Nil	1,3,4,6,8
7	17	27	10	HSC	Housewife	11000	2	1,2,3
8	23	24	1	class V	Garments worker	7000	Nil	1,5
9	16	25	9	class V	Garments worker	6000	2	1,5
10	17	25	8	class V	Housewife	8000	1	3,4,5,6,8,9,11
11	18	23	5	class VI	Housewife	7000	Nil	3,4,5,8
12	21	22	1	SSC	Housewife	3000	Nil	1,3,4,5,6
13	22	30	8	class II	Garments worker	4000	1	4,6,8
14	17	23	6	class VII	Garments worker	3000	1	3,4,5,6,8
15	15	20	5	class II	Housewife	Nil	1	3,5,8
16	16	25	9	class V	Garments worker	12000	2	3,4,6,7,8
17	21	25	4	class VI	Semester	6000	1	7,8
18	16	30	14	class II	Housewife	Nil	3	1,3,6,8
19	17	35	18	Class VIII	Housewife	Nil	2	1,3,7,8
20	17	20	3	Class VIII	Housewife	7000	Nil	2,3,6,7,8
21	14	16	2	Illiterate	Housewife	Nil	1	1,2,5,6,8
22	19	20	1	class V	Garments worker	6000	Nil	5,6,8
23	18	33	15	Illiterate	Semester	8000	2	1,3,4,6,7,8,9
24	21	53	32	HSC	Housewife	13000	3	4,6,9
25	18	26	4	CA	Private Service	15000	1	3,6,9,12,13
26	13	26	13	Illiterate	Semester	18000	2	3,4,5,7,8
27	11	30	19	class VI	Housewife	15000	3	1,2,3,4,9
28	20	25	5	class II	Garments worker	3000	1	1,3,4

29	20	21	1	HSC	Nursing	5000	Nil	2,3,6,8
30	26	58	32	B.Sc.	Executive Director	9000	1	3,4,5,8,9
31	18	19	1	class III	Garments worker	3000	Nil	5,6,7,8
32	22	42	20	HSC	Housewife	15000	2	3,4,8,9
33	25	28	3	SSC	Housewife	11000	Nil	1,7
34	21	43	22	SSC	Housewife	13000	3	1,3,4,6
35	19	22	3	class VI	Garments worker	3000	1	3,6,7,8
36	21	27	3	class V	Garments worker	7000	Nil	3,4,6,8,1 1
37	18	22	4	class II	Housewife	12000	Nil	3,4,6,7,8
38	13	25	12	class V	Housewife	6000	2	1,3,4,8
39	11	23	12	Illiterate	Housewife	Nil	2	4,7
40	18	26	8	class V	Housewife	7000	1	4,12,3,5, 8
41	30	31	1	class V	Garments worker	4000	1	3,4,5,,7
42	11	25	14	SSC	Housewife	15000	2	1,2,3,4,6 ,8,
43	24	26	2	B.Sc.	Housewife	Nil	Nil	6,7
44	18	27	9	SSC	Housewife	20000	1	8,3
45	12	22	10	class IX	Housewife	6000	2	3,4,7
46	23	26	3	Masters	Teacher	12000	Nil	1,5,8
47	12	26	14	Illiterate	Housewife	3000	1	2,3,4,5,7
48	11	25	14	HSC	Beautician	11000	2	1,3,4,5
49	20	35	15	HSC	Beautician	6000	1	1,3,4,7,8 ,10
50	22	30	8	B.Sc.	Housewife	13000	2	2,3,4,6,9
51	22	30	8	B.Sc.	Private Service	15000	1	1,2,3,4,6 ,7,8,10
52	18	25	7	class V	Garments worker	6000	1	1,3,4,5,6 ,7,8
53	16	30	14	class VIII	Housewife	11000	4	1,3,4,6,8
54	27	33	6	SSC	Private Service	3000	2	2,3,4,5,6 ,7,8
55	15	25	10	SSC	Teacher	7000	1	3,4,5,6,7 ,8

Code-

1 indicates Extramarital affair

2 indicates Substance abuse

3 indicates Physical abuse

4 indicates financial problems

5 indicates Abandonment

6 indicates Interference from in-laws

7 indicates Polygamy

8 indicates Dowry related problems

9 indicates Personality problems

10 indicates Criminal activity

11 indicates Unemployment

12 indicates unmet emotional needs to intimacy

13 indicates Quick marriage, process of marriage

Appendix C - Psychometric Scale / Questionnaire

Appendix C.1 - Anxiety Scale

উদ্বেগ বা Anxiety পরিমাপনের মানক

এই বিবৃতিগুলো আপনার ক্ষেত্রে প্রযোজ্য কি না যাচাই করাই আমাদের উদ্দেশ্য। লক্ষ্য করুন প্রতিটি বিবৃতির পাশেই সম্ভাব্য পাঁচ ধরনের উত্তর দেয়া আছে। এগুলো হলো- 'একেবারেই হয় না', 'খুব সামান্য হয়', 'মোটামুটি হয়', 'অনেক বেশী হয়'। প্রশ্নমালায় প্রদত্ত বামপার্শ্বের বিবৃতিগুলো পড়ে গত এক মাসের মধ্যে এই বিবৃতি গুলো আপনার ক্ষেত্রে কতটা প্রযোজ্য তা বিবৃতির ডানপার্শ্বের সম্ভাব্য পাঁচটি উত্তরের যেটি প্রযোজ্য সেটির ঘরে টিক (✓) চিহ্ন দিয়ে নির্দেশ করুন। এই পাঁচটি উত্তরের থেকে যে কোন একটিকে বেছে নিন এবং সবগুলো প্রশ্নের উত্তর দিন। অনুগ্রহ করে লক্ষ্য করুন সবগুলো বিবৃতির উত্তর দিয়েছেন কি না। আপনার সহযোগীতার জন্য ধন্যবাদ।

বিবৃতিসমূহ	একেবারেই হয় না (০)	খুব সামান্য হয় (১)	মোটামুটি হয় (২)	বেশী হয় (৩)	অনেক বেশী হয় (৪)
১. আমার ঘনঘন শ্বাস পড়ে					
২. আমার দমবন্ধবোধ হয়					
৩. আমার বুক ভার ভার লাগে					
৪. আমার বুক ধড়ফড় করে					
৫. আমি বুকে বাথা অনুভব করি					
৬. আমার গা/হাত-পা শিরশির করে					
৭. আমার হাত/পা কাপে					
৮. আমার হাত/পা অবশ লাগে					
৯. আমার হাত-পা ভূতাপোড়া করে					
১০. আমার মাথা কিম্বিকিম্ব করে					
১১. আমার মাথা ঘোরে					
১২. আমার মাথা ব্যথা করে					
১৩. আমার মাথা থেকে গরম ভাপ ওঠে					
১৪. আমার গলা শুকিয়ে যায় ও পিপাসা লাগে					
১৫. আমি অসুস্থ হয়ে যাবো এমন মনে হয়					
১৬. আমি আমার স্বাস্থ্য নিয়ে চিন্তিত থাকি					
১৭. আমি দুর্বলবোধ করি					
১৮. আমার হজমে অসুবিধা হয়					
১৯. আমার পেটে অস্বস্তি লাগে					
২০. আমার বমি বমি লাগে					
২১. আমার খুব ঘাম হয় (গরমের জন্য নয়)					
২২. আমি আরাম করতে পারি না					
২৩. আমার সামাজিক পরিবেশে কথা বলতে অসুবিধা হয়					
২৪. একই বিষয় নিয়ে আমার বারবার চিন্তা হয়					
২৫. আমার খুব খারাপ কিছু ঘটবে বলে আশংকা হয়					
২৬. আমি প্রায়ই দুঃচিন্তায় থাকি					
২৭. আমি প্রায়ই চমকে ওঠি					

বিবৃতিসমূহ	একবারেই হয় না (০)	খুব সামান্য হয় (১)	মোটামুটি হয় (২)	বেশী হয় (৩)	অনেক বেশী হয় (৪)
২৮. আমি বিচলিত ও সন্ত্রস্তবোধ করি					
২৯. আমার আত্মনিয়ন্ত্রণ হারাবার ভয় হয়					
৩০. আমি এত নার্ভাস বা উত্তেজিত বোধ করি যে মনে হয় আমার সবকিছু এলোমেলো হয়ে যাচ্ছে					
৩১. আমি ধৈর্য ধরতে পারি না					
৩২. আমি সিদ্ধান্তহীনতায় ভুগি					
৩৩. আমার আত্মবিশ্বাসের অভাববোধ হয়					
৩৪. একটা বিষয়ের প্রতি মনোযোগ দিয়ে রাখা আমার জন্য বেশ কষ্টকর					
৩৫. আমার মনে হয় আমি এখনই মারা যাচ্ছি					
৩৬. আমার মৃত্যু ভয় হয়					

54 & less = Mild; 55 to 66 = Moderate; 67 to 77 = Severe; 78 to 135 & above = Profound. Cut off point = 47.5

Developed by: Farah Deebe and Dr. Roquia Begum, Department of Clinical Psychology, DU.

Appendix C.2 - Depression Scale

বিবর্তনতা পরিমাপক

নিচের বিবর্তিত গুলো পড়ে গত এক সপ্তাহের মধ্যে এই বিবর্তিত গুলো আপনার ক্ষেত্রে কতটা প্রযোজ্য তা বিবর্তিত পার্শ্বের সম্ভাব্য পাঁচটি উত্তরের যেটি প্রযোজ্য সেটির ঘরে টিক(✓) চিহ্ন দিয়ে নির্দেশ করুন। আপনাকে সম্ভাব্য এই পাঁচটি উত্তর থেকে যে কোন একটিকে বেছে নিতে হবে এবং সবগুলো প্রশ্নের উত্তর দিতে হবে। অনুগ্রহ করে সক্ষম করুন সবগুলো বিবর্তিত উত্তর দিয়েছেন কি না।

বিবর্তিতসমূহ	একেবারেই প্রযোজ্য নয়	প্রযোজ্য নয়	মাঝামাঝি	কিছুটা প্রযোজ্য	পুরোপুরি প্রযোজ্য
১. আমার অশান্তি লাগে।					
২. ইদানিং আমি মনমরা থাকি।					
৩. আমার ভবিষ্যত অন্ধকার।					
৪. ভবিষ্যতে আমার অবস্থা দিন দিন আরো খারাপ হবে।					
৫. আমার সব শেষ হয়ে গেছে।					
৬. আমি মনে করি যে, জীবনটা বর্তমানে খুব বেশী কষ্টকর।					
৭. বর্তমানে আমি অনুভব করি যে মানুষ হিসাবে আমি সম্পূর্ণ ব্যর্থ					
৮. আমি কোথাও আনন্দ-ফুর্তি পাই না।					
৯. নিজেকে খুব ছোট মনে হয়।					
১০. সবকিছুতে আমার আত্মবিশ্বাস কমে গেছে।					
১১. আমার মনে হয় মানুষ আমাকে করুণা করে।					
১২. জীবনটা অর্থহীন।					
১৩. প্রায়ই আমার কান্না পায়।					
১৪. আমি প্রায়ই বিরক্ত বোধ করি।					
১৫. আমি কোন কিছুতেই আগ্রহ পাই না।					
১৬. আমি ইদানিং চিন্তা করতে ও সিদ্ধান্ত নিতে পারি না।					
১৭. আমি আজকাল অনেক কিছুতেই মনোযোগ দিতে পারি না।					
১৮. আমি আগের মতো মনে রাখতে পারি না।					
১৯. আমি দুর্বল বোধ করি এবং অল্পতেই ক্লান্ত হয়ে পড়ি।					
২০. আমি এখন কম ঘুমাই।					
২১. আমি এখন বেশী ঘুমাই।					
২২. আমার মেজাজ খিটখিটে হয়ে গেছে।					
২৩. আমার ক্ষুধা কমে গেছে।					
২৪. আমার ক্ষুধা বেড়ে গেছে।					
২৫. আমার ওজন কমে গেছে (ইচ্ছাকৃতভাবে ওজন নিয়ন্ত্রণের চেষ্টা করার ফলে নয়)।					
২৬. আমার মনে হয় যে আমার কাজকর্মের গতি কমে গেছে।					

২৭. হাসির কোন ঘটনা ঘটলেও আমি আর হাসতে পারি না।					
২৮. যৌন বিষয়ে আমার আগ্রহ কমে গেছে।					
২৯. সামাজিক কাজকর্মে আগের মতো অংশগ্রহণ করতে পারি না।					
৩০. শিক্ষা বা পেশাগত কাজকর্ম আগের মতো করতে পারি না।					

Total:

94+ = Depressed; 30-100 = Minimal; 101-114 = Mild; 115-123 = Moderate; 124-150 = Severe

Developed by: Zahir Uddin and Dr. Mahmudur Rahman, Department of Clinical Psychology, D.U.

Appendix C.3 - General Health Questionnaire (GHQ-12)

মানসিক স্বাস্থ্য বিষয়ক মানক (GHQ-12)

নিম্নের প্রশ্নগুলো আপনার মানসিক অবস্থা বা অনুভূতি সম্পর্কিত। প্রতিটি প্রশ্নের জন্য ৪টি সম্ভাব্য উত্তরঃ “মোটাই নাঃ “কিছুটা”, “বেশ খানিকটা”, “সর্বাধিক পরিমাণ” দেওয়া আছে। অনুগ্রহ করে আপনি প্রশ্নের সাথে প্রদত্ত চার ধরনের উত্তরের যেটির সাথে একমত তার উপর টিক (✓) চিহ্ন দিন।

	প্রশ্নমালা	মোটাই না	কিছুটা	বেশ খানিকটা	সর্বাধিক পরিমাণ
১	ইদানিং আপনি যা করছেন তাতে কি মনোনিবেশ করতে পারছেন?				
২	ইদানিং দৃষ্টিভঙ্গি আপনার নিদ্রার অত্যন্ত ব্যাঘাত ঘটে কি?				
৩	আপনি আজকাল প্রয়োজনীয় কাজে মনোযোগ দিতে পারেন কি?				
৪	আপনি কি বর্তমানে কোন কিছু সম্পর্কে সিদ্ধান্ত গ্রহণ করতে সমর্থ?				
৫	আপনি কি ইদানিং সর্বদা মানসিক চাপের মধ্যে থাকছেন?				
৬	আপনার কি মনে হয় ইদানিং আপনার অসুবিধাগুলি দূর করতে সক্ষম হচ্ছেন না?				
৭	আপনার দৈনন্দিন কাজগুলি উপভোগ করতে সক্ষম হচ্ছেন কি?				
৮	আপনি কি ইদানিং আপনার সমস্যাগুলির মোকাবেলা করতে সক্ষম?				
৯	আপনি কি ইদানিং অসুখী ও বিমর্ষ বোধ করছেন?				
১০	বর্তমানে আপনি কি আত্মবিশ্বাস হারিয়ে ফেলেছেন বলে মনে করেন?				
১১	ইদানিং আপনি কি নিজেকে একজন অযোগ্য ব্যক্তি হিসাবে গণ্য করেন?				
১২	সর্বদিক বিবেচনা করে বর্তমানে আপনি কি নিজেকে মোটামুটিভাবে সুখী মনে করেন?				

Developed by: Goldberg (1992) and adapted in Bengali version by Ilyas and Aeysha (2002),
Department of Psychology, D.U.

Appendix D - Demographic Data Sheet

Demographic Data Sheet

ব্যক্তিগত তথ্যাবলি

১। নাম :

২। বয়স :

৩। পেশা :

৪। শিক্ষাগত যোগ্যতা :

৫। বিয়ের বয়স :

৬। ছেলেমেয়ের সংখ্যা :

৭। ছেলেমেয়ের বয়স :

৮। মাসিক আয় :

৯। বৈবাহিক অবস্থা :

১০। বর্তমানে কার সাথে আছেন:

Appendix E - Topic Guide

- ১। নাম :
 - ২। বয়স :
 - ৩। শিক্ষাগত যোগ্যতা :
 - ৪। বিয়ের সময় বয়স কত ছিল :
 - ৫। পেশা :
 - ৬। বিয়ের বয়স (Duration of marriage) :
 - ৭। ছেলেমেয়ের সংখ্যা :
 - ৮। ছেলেমেয়ের বয়স :
 - ৯। বিয়ের কত বছর পর ছেলেমেয়ে হয়েছে-
 - ১০। আর্থসামাজিক অবস্থা :
 - ১১। বর্তমানে কার সাথে আছেন-
 - ১২। পূর্বে কার সাথে ছিলেন-
 - ১৩। বিয়ের কত বছর পর/কখন সমস্যা শুরু হল-
 - ১৪। সমস্যাটা কিভাবে শুরু হলো :
 - ১৫। এই সমস্যা আর কি কি সমস্যা তৈরী করেছে-
 - ১৬। কোন সমস্যার কারণে আপনি আইনগত সহায়তা নিচ্ছেন-
 - ১৭। সবশেষে আলাদা হওয়ার সময় আপনার বয়স কত ছিল-
- আবেগীয় দিক :

➤ যখন সমস্যাগুলো এভাবে শুরু হলো/চলছিল, তখন আপনার মনের মধ্যে কেমন অনুভূতি হয়?

চিন্তাগত দিক :

- যখন এই অনুভূতিগুলো আপনার ভিতরে আসে বা তৈরী হয় তখন আপনার কেমন লাগে? এই ঘটনা, এইসব ঘটনার পরের বিভিন্ন রকম সমস্যা, বর্তমান জীবন ব্যবস্থা, চারপাশের পরিবেশ সবকিছু মিলিয়ে আপনার মনের ভিতর কিসের উদ্বেগ হয়?
- এগুলোর কারনে নিজেকে কি মনে হয়?
- এ জীবন ভবিষ্যৎ সম্পর্কে আপনার কি মনে হয়? নিজের জীবনটাকে নিয়ে কি মনে হচ্ছে আপনার?
- পূর্বের জীবনের সাথে তুলনা করলে এ জীবন আপনার কেমন মনে হয়?

- এমন কোন চিন্তা কি হয় যা বৈবাহিক সমস্যা/ঘটনার আগে কখনও হয়নি?
- এগুলো কি দুঃশিন্তা?
- কি কি ভেবে আপনার দুঃশিন্তা হয়?
- কি ধরনের দুঃশিন্তা হয় সব সময়?
- এর মধ্যে কোন ধরনের চিন্তা সবচেয়ে বেশী হয়? এই চিন্তা কি পরিমানে বা কত আনায় হয়ে থাকে।
- বৈবাহিক সমস্যার আগে/ঘটনার আগে এই চিন্তার মাত্রা কি পরিমান ছিল বলে আপনি মনে করেন?

শারীরিক দিকঃ

- বর্তমানে আপনার শরীরে এমন কোন সমস্যা হয়েছে কি যা আগে ছিল না বা আপনি অনুভব করেননি।
- আপনার শরীরের আর কোথাও কোন সমস্যা হয় কি না? এর মধ্যে কোন সমস্যাটি আপনি বেশী অনুভব করছেন? এবং তা কি পরিমান বা আনায় আপনি অনুভব করছেন।
- কোন ঘটনার পর থেকে আপনার শরীর বেশী খারাপ আপনি অনুভব করছেন?
- এই ঘটনার আগের অবস্থার সাথে তুলনা করলে এ পরিমান কত ছিল?
- এ সমস্যাগুলো নিয়ে আপনি কি করেন?
- শারীরিক এ সমস্যাগুলোর কোন চিকিৎসা আপনি করিয়েছেন কি? কার কাছ থেকে করিয়েছেন? এখনও চিকিৎসা চলছে? না চললে, কেন চলছে না? চিকিৎসা করিয়ে কি ধরনের উন্নতি হয়েছে বলে মনে করেছেন?
- বর্তমানে শরীরের সমস্যা নিয়ে কি ভাবছেন?

আচরনগত দিকঃ

- ১। যখন আপনার ভিতর এ অনুভূতিগুলো এবং চিন্তার উদ্বেক হয় তখন আপনি কি করেন?
- ২। সারাদিন কি কি করেন বা সময় কাটান?
- ৩। এমন কিছু কি আপনি বর্তমানে করেন বা করে ফেলেন, যা সম্পর্ক যখন ভাল ছিল তখন করতেন না বা কম করতেন?
- ৪। এর মধ্যে কোন কাজটি আপনার জন্য ইতিবাচক নয়?

- এবং সেটি কি পরিমাণে বা আনায় ভালো নয়।
- এর মধ্যে কোন ধরনের চিন্তা সবচেয়ে বেশী হয়? এই চিন্তা কি পরিমাণে বা কত আনায় হয়ে থাকে।
- বৈবাহিক সমস্যার আগে/ঘটনার আগে এই চিন্তার মাত্রা কি পরিমাণ ছিল বলে আপনি মনে করেন?

সামাজিক দিকঃ

- আপনার আশেপাশের সকলের সংগে আপনার সম্পর্ক কেমন?
- পরিবারের অন্য সদস্যদের সাথে সম্পর্ক
- বৈবাহিক সমস্যা/ঘটনার পর সামাজিক সম্পর্কগুলো কি পূর্বের মতো আছে?
- না থাকলে কি ধরনের পরিবর্তন এসেছে?
- কি মাত্রায় এ পরিবর্তন হয়েছে বলে মনে করেন? (বিশেষ করে বৈবাহিক সমস্যার পূর্বের অবস্থার সাথে তুলনা করে।)
- প্রতিবেশীদের সাথে সম্পর্ক কেমন যাচ্ছে?
- বন্ধু বান্ধবদের সাথে পূর্বের তুলনায় কেমন সময় কাটান এবং কি পরিমাণে কাটান?
- কারো সাথে কি কোন বিষয় নিয়ে দ্বিমত বা দ্বন্দ্ব হয়েছে? কার সাথে, কি নিয়ে, কখন হয়েছিল, তখন আপনি কি করেছিলেন?
- সামাজিক আচার অনুষ্ঠানে কি অংশগ্রহণ করেন? করলে ক'বার? কোন ধরনের অনুষ্ঠান? কাদের সাথে? কখন অংশগ্রহণ করেন?

পেশাগত দিকঃ

- বৈবাহিক সমস্যা/ঘটনার আগে আপনি কি করতেন যা পরিবারের আয়ের উৎস হিসেবে কাজ করতো?
- বর্তমানে কি করছেন? এ কাজে আপনার কেমন লাগছে? কেন লাগছে?
- কেন আগের পেশায় ফিরে যেতে পারছেন না?
- আপনি আপনার পেশায় কতখানি দক্ষ?
- গভণগোলের পরও কি আপনি একই রকম দক্ষ আছেন? কম হলে কেন? কি মাত্রায়?

যৌনগত দিকঃ

- আপনার যৌনজীবন বর্তমানে কেমন যাচ্ছে?
- আপনার সংগীর (স্বামী/স্ত্রী) সংগে আপনার সম্পর্ক কেমন?
- বৈবাহিক সমস্যা/ঘটনার আগে কেমন ছিল?
- বৈবাহিক সমস্যা / ঘটনার পরে কি কোন পরিবর্তন এসেছে? আসলে তা কেমন? কি মাত্রায়/পরিমানে? কেন এসেছে, কারন কি এমন হওয়ার পিছনে?
- এ বিষয় নিয়ে সংগীর (স্বামী/স্ত্রী) সংগে কোন কথা হয়?
- কোন ধরনের যৌন চাহিদা অনুভব করেন কি?
- কি করে এ চাহিদা মিটিয়ে থাকেন?

Individual & relationship factor:

- আপনাদের সম্পর্কের গুরুটা কিভাবে হয়েছিল?
- কিভাবে আপনারা দেখা করলেন?
- কিভাবে বিয়ের সিদ্ধান্তে আসলেন?
- বিয়ের পরেই সম্পর্কটা কেমন ছিল? (Development of relationship after marriage, Fun things they have done together)
- সম্পর্ক গড়ার জন্য কি করেছেন?
- শ্বশুরবাড়ির লোকজনদের সাথে আপনার সম্পর্ক কেমন ছিল-
- আপনার বিয়েতে তাদের আশা আকাংখা কেমন ছিল-
- কখন মনে হলো সমস্যা? (Expectation violation process)
- দু'জনার সম্পর্ক সম্পর্কে আপনার বিশ্বাস, ধারণা কি ছিল? (Concept of relationship, meaning of relationship, meaning of life)
- দুজনার সম্পর্ক সম্পর্কে আপনার আশা কি ছিল?

(i) Affective reasons:

- আপনার সাথে আপনার স্বামী কেমন ব্যবহার করতেন?
- আপনাকে তিনি কেমন ভালবাসতেন?
- আপনাকে কি তিনি বুঝতে পারতেন?
- একে অপরকে কিভাবে সময় দিতেন?
- দুজনার Interest এর বিষয়গুলো কেমন ছিল?

- আপনাকে কি তিনি বুঝতে পারতেন?
- একে অপরকে কিভাবে সময় দিতেন?
- দুজনার Interest এর বিষয়গুলো কেমন ছিল?
- আপনার বিভিন্ন চাহিদাগুলো তিনি কিভাবে পূরন করতেন? টাকা পয়সার ব্যাপারে কেমন করতেন?
- মানসিক বা দৈহিক কোন অত্যাচার বা নির্যাতনমূলক আচরন কখনও করতেন?
- আপনি ছাড়া আপনার স্বামীর অন্য কোন সঙ্গী থাকার ব্যাপারে আপনি কি মনে করেন?
(Extramartial affair)

(ii) আপনার সাথে আপনার স্বামীর কথা বার্তার ধরন কেমন ছিল?

(iii) আপনার স্বামীর ব্যক্তিত্বের ধরন কেমন ছিল?

(iv) External Pressure:

- আপনার সঙ্গীর শারীরিক বা মানসিক কোন সমস্যা ছিল কি?
- অর্থনৈতিকভাবে আপনারা কেমন ছিলেন?
- আপনার সঙ্গীর কর্মক্ষেত্রের অবস্থা কেমন ছিল?
- সেখানে তিনি কেমন সময় থাকতেন ?

Appendix - F: Permission Letter

বরাবর

নিবাহী পরিচালক,

ব্য.নামদেহ মহিমা আইনজীবী সমিতি,

পশ্চিম আশাবারীও মনিফ্র ফ্রান্সিসওয়ার,

মাধ্যম : যথাযথ কর্তৃপক্ষ

জানাব,

আমি ঢাকা বিশ্ববিদ্যালয়ের চিকিৎসা মনোবিজ্ঞান বিভাগের এম.ফিল শেষপর্বের একজন ছাত্রী। পাঠ্যক্রমের অংশ হিসেবে এম.ফিল (২য় পর্ব) আমাদের একটি গবেষণা করতে হয়। বর্তমানে আমি এই বিভাগের অধ্যাপক ডঃ রোকেয়া বেগমের অধীনে গবেষণা করছি। আমার গবেষণার বিষয় হলো- “Mental Health problems of women undergoing divorce process”. আমার গবেষণার প্রয়োজনীয় উপাত্ত সংগ্রহের জন্য বৈবাহিক সমস্যার কারণে যারা আইনগত সহায়তা নিচ্ছেন এমন মহিলাদের নিকট থেকে তথ্য সংগ্রহ করা প্রয়োজন যা তাদের মানসিক স্বাস্থ্য সেবায় সহায়ক হতে পারে বলে আমি মনে করি। এখানে আমি স্পষ্টভাবে উল্লেখ করতে চাই যে, তাদের দেয়া তথ্যাবলি সম্পূর্ণভাবে গোপন রাখা হবে এবং শুধু মাত্র গবেষণা কাজে ব্যবহার করা হবে। কোথাও তাদের পরিচয়, নাম, ঠিকানা প্রকাশ করা হবে না।

আপনার প্রতিষ্ঠান হতে এই উপাত্ত সংগ্রহের কাজে সদয় অনুমতি দিয়ে বাধিত করবেন।

মুজাম্মিল মল্লিক

৪/৩/২০১০

অধ্যাপক ডঃ রোকেয়া বেগম
চিকিৎসা মনোবিজ্ঞান বিভাগ
ঢাকা বিশ্ববিদ্যালয়

M Beg
4.3.10

Seen & Approved
Ruhana
13.10.10

বিনীত নিবেদিকা

Makrude Anjer

মাকসুদা আক্তার 13.10.2010

শিক্ষাবর্ষ : ২০০৮-২০০৫

এম.ফিল (২য় পর্ব)

চিকিৎসা মনোবিজ্ঞান বিভাগ

ঢাকা বিশ্ববিদ্যালয়

গবেষণায় অংশগ্রহনের সম্মতিপত্র

আমি মাকসুদা আক্তার, ঢাকা বিশ্ববিদ্যালয়ের চিকিৎসা মনোবিজ্ঞান বিভাগের এম.ফিল ২য় পর্বে অধ্যয়নরত একজন ছাত্রী। পাঠ্যক্রমের অংশ হিসেবে বৈবাহিক সমস্যার কারণে যারা আইনগত সহায়তা নিচ্ছে তাদের মানসিক স্বাস্থ্যের উপর আমি একটি গবেষণা করছি। আমার এ গবেষণাটির শিরোনাম হচ্ছে, “বিবাহ বিচ্ছেদ প্রক্রিয়ায় মহিলাদের মানসিক স্বাস্থ্য সমস্যা”। এ গবেষণার উদ্দেশ্যে আমি আপনার মানসিক স্বাস্থ্যের বর্তমান অবস্থা জানতে চাই। আপনার দেয়া তথ্য আমার গবেষণার কাজ সূষ্ঠ ভাবে করার ক্ষেত্রে সহায়তা করবে। এখানে আমি স্পষ্টভাবে উল্লেখ্য করতে চাই যে, আপনার দেয়া তথ্যাবলি সম্পূর্ণভাবে গোপন রাখা হবে এবং শুধু মাত্র গবেষণা কাজে ব্যবহার করা হবে। কোথাও আপনার পরিচয়, নাম, ঠিকানা প্রকাশ করা হবে না।

এ গবেষণায় অংশগ্রহন করা বা না করার ক্ষেত্রে সম্পূর্ণ আপনার স্বাধীনতা রয়েছে। আপনি যে কোন সময় এ গবেষণার তথ্য প্রদান থেকে বিরত থাকতে পারবেন। আপনি অংশগ্রহনের সম্মতি দিলেই কেবল মাত্র মানসিক স্বাস্থ্যবিষয়ক তথ্য সংগ্রহের কাজ শুরু করবো। এক্ষেত্রে আপনার সম্মতি থাকলে অনুগ্রহ করে স্বাক্ষর প্রদান করবেন। আমার এ গবেষণা কাজে অংশ গ্রহণ করে সহযোগিতা করার জন্য ধন্যবাদ।

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গবেষণায় অংশ গ্রহণকারীর স্বাক্ষর