

Impact of Divorce on the Physical & Psychological Well-Being of Couple

¹Kanak Verma and ²Dr Yugal Kishore

¹Research Scholar, Himalayan University
²Assistant Professor, Himalayan University

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ABSTRACT

In most cultures, marriage is an indispensable institution. It is a life event that results in a couple and subsequent offspring being born. The influence of divorce on families is demonstrated in literature from the West. In India, attitudes towards divorce have shifted, and divorce rates have risen over the years, but research on the issue is scarce. This paper discusses India's literature on the causes and consequences of divorce and offers a summary of divorce's psychosocial determinants and its consequences on families and adolescents. This research work is descriptive. Results indicate that divorce has a detrimental effect on ex-partners' overall health status, psychological health, physical health and health behavior. A number of factors are found to mediate the effect of divorce on the health indicators chosen, including person-related characteristics and living conditions. For study, 16 research studies from 2001 to 2018 were listed. The studies were reviewed with reference to the targets, the techniques used, and the key effects.

1. Introduction

No happy marriage ends in divorce. If you continue to work through marital issues or have decided that it can only end with a divorce, you should bear in mind that divorce can have both physical and emotional consequences.

Matrimonial breakup is not necessarily a pleasant affair. Divorce is also characterized, at the very least, by disappointment, lack of hopes and shattered aspirations. In addition, divorce entails numerous legal, financial, parental, emotional and practical problems that cause the affected couple to adjust their roles and habits dramatically, so it can take many years for individuals to recover balance (Rognmo et al., 2013). Although some studies have shown that divorce serves an important role that helps people to seek healthier relationships legally and emotionally, it has also been documented that it can lead to adverse emotional effects (Akter & Begum, 2012). Recent studies for example, have indicated a potential significant correlation between divorce and alcohol dependence, as well as divorce and psychopathology (Sharma, 2011). In this regard, the researcher explores the possible impacts of divorce on the couples affected and their families' mental health and relationships.

Remarkably, little to no research is available on the effects of separation between people who coexist without being formally married. However, it is not possible to extrapolate the outcomes of divorced individuals to this complementary category of individuals. Any variations compared to marriage are demonstrated by the origin and essence of consensual unions. For instance, on average, people joining consensual unions are younger, have fewer children, and split more quickly than married people.

The remainder of this paper is split into two parts, i.e. review and debate and conclusion. The researcher presents the results of the findings in the study and discussion section. An overview of the relationship between divorce and mental well-being, the relationship between divorce and mental health problems, and the impact of divorce on relationships between

adults and children is included in the material of this section. Finally, the investigator gives a description of the study and the study's consequences.

People expect a divorce to emotionally affect themselves and their families. Fewer individuals take the physical impact on adults of divorce into account. Surprisingly, among men and women, the possible health effects vary.

2. Objectives of the study

This research study is descriptive in nature and the main objectives of this study are enumerated as follows:

- To know about the impact of divorce on the psychological health of the couple
- To ascertain the emotional impacts of divorce.
- To ascertain the causes and impact of divorce on the couple.

3. Materials and methods

Between 2001 and 2018, this article draws upon 16 research publications. A literature search of the Pub Med, PsycINFO and Google Scholar databases was performed using the keywords "divorce in families," "divorce consequences," and "divorce in India." To understand the specifics of the research, the full text of each article was checked. To obtain additional related documents, the reference lists from the publications were reviewed. For research, only those papers focused on primary data were included.

For the papers considered for review, the inclusion requirements were:

- Study on the causes and implications of divorce in India.
- The experiments were carried out on primary data sets.

4. Causes of divorce

Increasing divorce rates in India have been cited for various reasons, such as increasing abuse, alcoholism,

adjustment problems, especially in a common family, growing individualism, extramarital affairs, and the undesirable effect of the outside world on values and lack of role models. The reasons for couples seeking separation were examined by Desai and Bhujbal (2004) and found that most couples reported temperamental differences, financial problems, family involvement, dowry, and adultery as reasons. Meta-analysis of the examined papers revealed some common reasons, discussed next, for divorce.

❖ Domestic Abuse

One of the main causes of divorce was physical assault and domestic violence was cited as a primary explanation for marital dissolution in several submissions. In all types of households, aggression and the misuse of power are apparent, with many men seeing their wives and children as their property (Maitra & Gayathri, 2015; Vasudevan et al., 2015). Evidence exists that explains the role of violence as a major contributor to the deterioration of relationships.

❖ Dowry

Data from a study in Bengaluru showed that dowry abuse, accompanied by extramarital affairs and marriage dissatisfaction, was a significant cause of divorce (Ramachandrappa et al., 2016). As seen in Kashmir, the role of in-laws concerning divorce was correlated with the demand for excess dowry (Hussain, 2014).

❖ Inadequate Coordination

Researchers found that desertion and negligence by the spouse was one of the major reasons cited by both males and females (Kaneez, 2015; Ramachandrappa, 2012; Vasudevan et al., 2015). Due to the absence of comprehension and contact among the spouses, most of the cases were initiated (Kaneez, 2015; Vasudevan et al., 2015). On an interpersonal level, poor communication skills were the most common factor cited as causing marital breakdown.

❖ Lack Of Affection In Physical Terms

In cases where women sued for divorce, lack of physical affection may be conveyed, where women thought their spouse did not fulfill their concerns and needs. Because of the the demand for working hours, male partners do not have the time to look after household issues, leading to difficulties and issues, and all family members have low productivity as a result (Kumari, 2016).

❖ Families' Social Isolation

It was also considered that the growing alienation facing families put marriages under stress. All factors leading to the social alienation of families and divorce were the decline of the local shopping centre, the lack of community support facilities in many localities, inadequate transit systems, unemployment, and the lack of extended family support networks (Kumari, 2016).

Recent changes in society have brought significant changes in the notion of marriage and divorce, such as rapid industrialization, urbanization, migration, and mass media growth. There is increased self-centeredness in Indian households, blind Western-style borrowing, and shifts in

attitudes towards marriage and divorce (Ramachandrappa, 2012).

5. Results

Research into the health status of divorced individuals uses a wide variety of metrics, focusing on both the positive and negative aspects of health. It is also notable that not only subjective but also more objective metrics are regarded in the study literature. Content-wise, a distinction is made between psychological health indicators, physical health indicators and health behavior indicators. As far as the negative component of psychological well-being is concerned, the most widely utilized metrics for assessing the effects of divorce are depression and psychological distress. In terms of, among other things, general life satisfaction, happiness and self-appreciation, the positive dimension is evaluated. On the basis of the general health status of the person, and the occurrence of health problems or chronic disorders, physical health is assessed. Body weight, body mass index (BMI), lipid profile, inflammation markers, blood pressure and mortality are among the more reliable indicators of physical health. Smoking behaviors, alcohol intake, eating patterns and sleeping activities are taken into account as far as health behavior is concerned. Rather unequivocally, the literature reviewed indicates that people who have gone through a divorce are in less good psychological and physical health, and have more negative health actions than married people. More depressive symptoms, more psychological distress and more feelings of aggression are registered by divorced people. In addition, they consume more tobacco and alcohol. Given the fact that only a few studies have explored the relationship between marital status and physical wellbeing, divorced people have more chronic fatal and non-fatal illnesses, more subjective health problems, a lower perceived general health and more long-term work impairment, a higher incidence of impairment and more functional disabilities than their married counterparts. They have higher mortality rates relative to married people and death rates due to coronary heart disease, stroke, pneumonia, multiple forms of cancer, liver cirrhosis, traffic crashes, murder and suicide, all of which are the leading causes of death. Conversely, on the optimistic factor of health and well-being, divorced individuals perform less well. Many that have split or are divorced are less content with their lives and feel less fulfilled.

However, divorce continues to have an independent negative impact on the physical and psychological well-being of the spouses after correcting for this consequence. The various studies denote the comparable findings, even in relation to physical and psychological health.

6. Disease and health behavior

Another factor whose mediating function in connection with marital status and physical health has been studied is health conduct. In contrast to separated people, the improved health conduct of married individuals is sometimes cited as one of the reasons for their better health. Being married might seem to shield individuals from high-risk behaviour such as smoking, heavy drinking and driving, and men in particular. The risk of sickness and premature death is decreased by this protective function. In addition, getting married is believed to require a more structured lifestyle (e.g. daily eating and sleeping

patterns), which positively influences the health of people. For the variations in health behaviour between married and non-married people, different theories are given. It is believed that the effect of family relations on health behaviour is exercised through indirect and direct social control.

As regards the consumption of alcohol, attention is drawn to the fact that the tension involved in the divorce process, the reduction in family obligations and changes to the social network can all result in an increased intake of alcohol. Analysis from a supply perspective indicates that individuals with divorce-related concerns come into contact with a number of players in the health care and welfare services market. This result does not come as a surprise, because going through a divorce affects not only the well-being and health status of individuals, but also numerous other areas of life.

An exploratory research in three regions shows that there are four 'supply clusters' in divorce-related facilities, as far as content is concerned. The first involves lawyers / notaries and resources from the judiciary and police, who can help address material and legal problems. The second cluster is created by generalists. It includes some GPs and more than half of the psychological health care actors, whose programs are oriented towards resolving a wide variety of issues.

The third cluster, to which a vast majority of GPs and a third of providers of psychological healthcare belong, is made up of actors whose supply is structured to deal with (psycho) somatic problems. With a large representation of welfare programs, the fourth cluster has a supply that is aimed at family and educational problems.

7. Social support and social relationship

Research has consistently verified the importance of social interactions and social support for psychological and physical wellbeing. It is very important to be able to call on others, especially during challenging moments. Divorce, however, also means that relations with certain groups of individuals are broken and that the amount of social support on which one can rely is diminished. Social relationships and social support are cited by numerous scholars as mediating factors for the effect of divorce on well-being. The decrease in social support after divorce will lead to lower psychological well-being of divorced persons compared to married persons, according to a number of studies. Likewise, more social support leads to improved psychological well-being within the community of divorced persons.

As far as physical health status is concerned, it is evident that the level of help obtained makes a substantial contribution to improving the health status of married people relative to divorced people. It also seems that some of the negative effects of divorce on personal wellbeing can be explained by the lack of emotional support and involvement in social activities. In addition, there are signs that not only the number of social connections, but also the structure of the social network influences well-being.

Some research suggests that relationships with friends in particular have a beneficial influence on psychological well-being. The partner relationship is one form of relationship that eventually falls apart after a divorce (although one may certainly continue to maintain communication with the ex-partner).

As the aspects of a spouse relationship in other forms of relationships are not or cannot be present simultaneously or with the same strength, divorce can lead to a situation where a strong emotional bond is lost. Various studies indicate that their level of psychological well-being greatly increases as people enter into a new relationship or marriage and often returns to the level of the married party.

8. Person-Related Concerns

Gender is an individual trait that has a profound effect on the manner in which individuals react to divorce. Despite the fact that no gender differences are identified in some studies most indicate that divorce in women is more likely to result in depression than in men. A breakup or divorce, on the other hand, has a more negative effect on men's physical health than on that of women. In addition, (recently) divorced men have higher chances of suicide than married men, although this is not the case for females. It has also been found that there are greater (cause-specific) mortality risks for both divorced men and women.

One reason for these results is that women and men respond to stress differently: women internalize stress more frequently, resulting in depressive complaints and anxiety, among other things, while men appear to manifest stress in externalized behavior, such as increased consumption of alcohol. In addition, single men are shown to be much more vulnerable than single women to high-risk behavior and unhealthy behaviors, and they are often less integrated into social support networks. Finally, a distinction in gender roles is brought to attention: women appear to perform a more nurturing role, from which married men reap health benefits.

While studies on this aspect differ, the age at which people undergo divorce can also co-determine the effect. Some research shows that divorce is related to poorer psychological and physical health at an older age, whereas others report the contrary. The fact that divorce at old age happens less often, that older divorced couples have less choices for beginning a new relationship, and that they grew up in a period when divorce was less common and less socially appropriate, are the reasons given for greater problems at old age. Lower well-being among young divorced individuals may be due to the fact that early divorce may be more destructive in terms of the plans or wishes of the person for the future. Two person-related variables that can mitigate the negative effects of divorce are educational level and employment condition. A high degree of academic achievement makes having a well-paid job easier, and it is often correlated with improved problem-solving abilities and a greater sense of control.

Again, however, the results are not unambiguous: some authors note that higher-educated women are less depressed, while others find that there is no effect on the transition to divorce on the level of educational achievement. Being in a paying job not only offers cash, but also a sense of self-worth and freedom. On the other hand, work, especially when combined with caring for children, may lead to stress and overburdening.

Some studies suggest that being in paid employment correlates with less psychological distress and that, as a result of divorce; it can act as a buffer against the negative effects of loss of income and social support. Others see no proof that the level of paid employment influences (divorced) women's

psychological well-being. The relationship between the existence of children and the psychological wellbeing of divorced persons also has various theories.

The involvement of children, on the one hand, may be an added burden, since it involves more effort and makes it more difficult to enter into a new partnership with a partner. In the case of parents whose interaction with and commitment to their children's education is diminished by divorce, psychological well-being may be affected by the loss or reduction of their parental function.

The involvement of children, on the other hand, may have a positive effect if they provide their parents with support. Some studies suggest that the existence of (many) children in the household has a detrimental impact on the well-being of the divorced, whereas others do not see any mediating effect on the psychological well-being of women of the existence and number of children, or even discern a moderately positive impact on the psychological well-being of the divorced parents. Finally, it can be linked to one's personal values and convictions to the degree to which one encounters negative effects of a divorce. The more a divorce goes against one's values / beliefs, the greater the detrimental impact on well-being it may have. For example, an American longitudinal study indicates that the adverse impact of marriage dissolution on depression is greater among individuals who believe in marriage sustainability.

9. Psychological Challenges

In psychiatric clinics and hospitals, divorcees have been shown to display significantly higher admission rates than individuals in intact couples, and they suffer from anxiety, depression, frustration, feelings of incompetence, rejection, and isolation more frequently (Gahler, 2006; Kendlar, Hettema, Butera, Gardner, & Prescott, 2003).

Acute psychological and emotional issues result from divorce. The longer the period of a marriage, the greater the trauma that is generated. Women have endured even more than men in this respect (Ramachandrapa, 2012). Research results show that divorced women reported more depression,

anxiety, tension, isolation, social contact anxiety, and a high degree of state frustration, frustration outbursts, and complete anger as opposed to married women (Ariplackal & George, 2014; Kumari, 2016).

Compared to married women, the subjective well-being of divorced females was substantially lower (Kaneez, 2015). In women, there is an important correlation between emotional and social problems. Studies in Pakistan have shown that substantial social support from others predicts depression, stress and isolation, and social support from friends predicts women's depression and loneliness (Zafar & Kausar, 2014).

10. Conclusion

Investigation into the effect of divorce on the physical and psychological wellbeing of couples. It appears from the above-mentioned studies that the experience of separation or divorce has a negative effect on the psychological and physical well-being of individuals, their health behavior and their health status on average. More depressive symptoms are registered by divorced people, fewer feelings of satisfaction are displayed, are in worn health, show more negative health behavior and display a higher mortality rate than married couples. Both selection effects and causal effects might seem to come in to play here.

The family dispute viewpoint was reinforced by the data available and the literature helped to explain the multiple processes within the family by which the divorce phenomenon was studied. There were few attempts to quantify the stigma of divorce. Latest studies have shown that divorce is a difficult problem facing families in India. Therefore, an important challenge for future research is to take into account the interplay between individual and region-level characteristics while researching the divorced person's health status.

Another important subject is to assess whether regional factors play a mediating role in the effect of divorce on the health status and well-being of ex-partners in the provision of care and assistance services, such as their availability, quality and accessibility.

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