

**MECHANISM AND CONSEQUENCES OF DIVORCE AMONG  
DIVORCED WOMEN**

**(Study of divorced women from Damak, Jhapa)**

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**LETTER OF RECOMMENDATION**

This is to certify that the dissertation work entitled “Mechanism and Consequences of divorce among divorced women” submitted by Sushmita Tamang for the partial fulfillment of the requirement for the Master of Arts in Sociology was completed under my supervision and guidance. To the best of my knowledge, the study is original. Therefore, I recommend this dissertation for final approval and acceptance.

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**LETTER OF APPROVAL**

The dissertation work entitled “Mechanism and consequences of divorce among divorced women” submitted by Sushmita Tamang for the partial fulfillment of the requirement for Master’s Degree for Arts in Sociology has been approved and accepted by the dissertation committee.

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## **DECLARATION**

I hereby declare that dissertation entitled “Mechanism and consequences of divorce among divorced women: Case Study” submitted by me to the Central department of sociology, Tribhuvan University, is an original work prepared under the guidance and the supervision of Dr. Tika Ram Gautam. I have made due acknowledgements to all idea and information borrowed from different sources in the course of writing this thesis. The result presented in this study has not been submitted and presented anywhere as for the award of any degree pr other reasons. I am solely responsible if any evidence is found against my declaration.

.....

Sushmita Tamang

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## ABSTRACT

Nepalese society has been changing very dramatically over the few decades. It has immensely affected the family structure, consuming pattern, change in culture, religion, change in women position and responsibility, change in income sources so on. In this process the social structure are also changing; one of them is the structure of the family and the relationship between the family members as well as responsibility. Furthermore, the change in bread earners in family, redistribution of the responsibilities, women position has created a new pattern of thinking in relationship between married couples which has lead couples to individualism. This has brought up both positive and negative consequences in the well-being of the family. So, this paper tends to study the split marital relationships and its impact on the lives of divorced women.

The specific objective of this study is to explore the consequences of the marital dissolution of the women as well as to understand the social perspective of divorce and its outcomes towards those divorced women. But before knowing about marital dissolution impact on women's live it is important to focus on its causes first. So its causes and consequences have been studied.

In this study, eight women respondent were selected (above 25 years and below 50 years) they were interviewed through structured check list. The eight interviewed women belong to Rai, Limbu, Tamang, Dalit, Chhetri community. After separation all eight women were living in a separate home except one respondent who was in her parent home. All divorced women were happy with their separation and had move on from that situation but from inside little emptiness of incomplete family and high single women responsibility was found.

From this study, togetherness of married couples, faith upon each other, conflict management, good financial support and joyful environment in family is the key to the successful marriage system. It is true that both couples suffer from dissolution of marriage but compare to men women are more affected in daily lives. As women are more emotional, take extra burden by over thinking, more financial problem for single mother parent, child education, cultural problem etc. It can be stated that the dissolution of marriage effects the overall lives of a divorced women but in today's modern world women more educated, knows their rights and duties, more developed, more advance, and more responsibility holder. In conclusion, it can be stated that the women have always been the native victim of the separation between couples.

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## **LISTS OF ABBREVIATION**

AD	Anno Domini
BC	Before Christ
BS	Bikram Sambat Nepali calendar year
CBS	Central Bureau of statistic
TU	Tribhuvan University

# CHAPTER ONE

## INTRODUCTION

### 1.1 Background of the study

Divorce was mostly seen in younger, moderately poor and literate or less educated. Divorce rate appear to decline with increasing marital duration. The trend indicates that women education, greater family employment opportunities and changing sex role of women will increase marital disruption (Chaudhary, 1988).

Marriage is a social, cultural, and accepted societal pattern where two or more people start a family. Sexual activity between couples includes reciprocal duties and rights between spouses and their offspring. Marriage is a crucial tool for bringing a man and woman together, regardless of where they are from. But the type of marriage can also cause separation and divorce (Chaudhary, 1988).

The Latin word *divortium*, which itself is derived from "apart" and "verter," which means "to turn," gave rise to the English word "divorce," which refers to the dissolution of the marriage between a husband and wife ( Elizabeth, 1994).

Divorce is a dynamic series of events that takes place as households disintegrate, last remaining relatives are no longer linked, and new relatives are added through remarriage. The person must create new roles, redefine connections, and reorganize their lives. Because children choose a new way of life that may conflict with their parents' values, the relationship between parents and children is particularly interesting. Children typically have to take the initiative to ask for help because most parents prefer to maintain a non-interfering approach. The majority of parents might be attentive to the requirements of their kids and grandchildren, Although most parents are attentive to the needs of their children and grandkids, they don't want to take on the responsibilities of being a parent, such as providing discipline and day-to-day care (Chaudhary, 1988).

In Hindu culture, marriage is seen as a sacred union between a man and woman performed for the fulfillment of religious obligations. Marriage is an ancient institution that, in some form, exists everywhere, according to Christian thought. It is insoluble and will last throughout all of human history. The major goals of the wedding are to strengthen the economic and social standing of the bride and groom's families, as well as to reunite and carry on their families (Coser, 1974).

Divorce is a process that can result from a variety of factors, with a special emphasis on causes and effects. There are other stages, such as (a) Separations, which happen inside families when marital connections are strained socially and conflict starts. Although it is a loosely defined first step toward divorce, divorce is not necessarily the result. (b) Desertion: "It is the irresponsible departure from the home on the part of either husband or wife, leaving the family to fend for itself" (M Elliott and Merrill, 1950); (c) Annulment: "It is a court decision that the marriage contains some legal flaw (coercion, fraud, unwillingness to consummate the union, non-age, bigamy)" (Goode 1963).

Divorce is the dissolution of marital connections; during this process, marriage is totally destroyed, either in a social or legal setting. Divorce is described as "the legal separation of husband and wife influenced by the degree decision of a court and either fully dissolving the married ties or postponing its impact so far as concern the combining of the practices" in *The Black Law Dictionary* (Martin A. Elizabeth, 1994). Separation may prevent remarriage whereas divorce may allow it. Divorce is nothing and in common senses it is taken lightly somewhere in which a couple stops their marital ties and starts to remarry, but it may generate some crucial challenges in the family, such adjusting to new life.

A new subfield of sociology has begun to study how social structures like the family, marriage, and kinship are evolving. This may vary from society to society due to the always shifting social backdrop. Although the field of sociology has only just been founded in Nepal, marital dissolution as it relates to the processes of separation, desertion, annulment, and divorce is a crucial issue to be studied. Every community acknowledges and vigorously supports the institution of marriage. In culture, marriage is viewed as a source of assistance, amusement, and fulfillment for married couples. But sometimes in real life, families break down more in a contemporary setting. Several factors are to blame for this, including the fact that people now spend less time with their families than they did in the past and that people are more individualized than before it causes marital discord. Women are currently less dependent on men. Due to the trend of globalization, the family situation increasingly forces both the husband and wife to travel far from their place of residence for various reasons, such as studies, employment, and so forth. It causes a distance to grow between couples and a greater range of interaction. Couples with successful careers

also divorce more frequently, in part because of the stains left by two careers during marriage, but more crucially because financially independent women are less likely to stay in an unpleasant marriage (Macaronis 1997).

When used properly and strictly, the term "divorce" refers to the total dissolution of the matrimonial union and the restoration of the divorced person to their pre-divorced status as a free individual. The term we use to describe the formal dissolution of a marriage is "divorced." Although it can sound like a simple phenomenon in legalese, the repercussions are enormous in real life. Divorce is a sign that a couple's relationship has failed and signals the end of any hopes they may have had for one another. Hindu Marriage Act, 1955 (as amended till 1976) states that "any marriage solemnized, whether before or after the commencement of this Act, may be dissolved by a decree of divorce on a petition submitted by either the husband or the wife" on the grounds mentioned therein. Only a few notions, such as separation, desertion, and annulment, are unique from the notion of divorce (Chaudhary 1998).

Divorce truly entails the management of the husband and wife's marriage tie and is a legal dissolution of the marital union. Couples must be in harmony with one another on a mental, physical, and spiritual level for their marriage to be successful. In other words, the husband and wife must each make their own individual contributions to the happiness of the family, with love as the most important factor. Simply remarriage of a couple that has been divorced constitutes a divorce. It is an official admission that their union is doomed and has more justification for ending than for remaining. While society rightfully worries about the growing instability of such a key social unit as the family, seeking the causes or even the extent of family dysfunction in the divorce rate is fruitless. Divorce signifies a failed marriage, but the lack of divorce does not imply a successful marriage. There are lots of unhappy, unsuccessful unions out there that never ended in divorce. These unions frequently end in divorce or other dissolution, making them true failures. In some situations, the social welfare of all parties—parents, kids, and society—would be impacted if the combatants were separated (Amato & Sobolewski, 2001).

Divorce probabilities are somewhat influenced by the sort of neighborhood and community. Rural and small-town community has lower divorce rates because of the strong social pressures which keep marriages intact, such as close ties to the community, the school, and frequently the pastor and church. It has been far more

prevalent in large cities, where people live more solitary lives and marriages encounter few external supports ( Lehtinen, 1986).

One factor is that being around divorced people makes it appear like a simple and natural thing to do. Our great-grandparents regarded divorce as a sort of abnormal behavior. Divorced folks in this day and age view them as entirely normal. The more likely it is that we will occasionally consider divorce as a life alternative. This is especially true because they frequently observe that our friends and family are content in their second marriages while being completely unaware of difficulties they faced during their first marriages. In our minds, divorce serves as a safety valve for unhappy marriages, and many of us have set it at a very low pressure. As the saying goes, "When divorce appears simple, your boiling point falls down" (Bernard, 1964).

There isn't a "definition" of mental health that is acknowledged by everyone. This is most likely due to the fact that mental health may be different for some people, communities, culture and may have different relationships with mental health. For some people it could be the idea of happiness or fulfillment. Others can experience it as a lack of desire. It might be a prosperous economy for some. It might be determined by the objectives that must be met and the difficulties that an individual or a society must overcome. It could also refer to the lack of harmful factors existence in the life of individual. It could also imply the absence of detrimental factors in the lives of a group of people. Cognitive, emotional, and behavioral responses are all parts of one's overall mental health. Some people could also believe that things like housing and employment, which are frequently outside of an individual's control, are external stimuli and factors that determine mental well-being. Therefore, it is important to consider an individual's socioeconomic situation when interpreting their mental well-being. It should be viewed as a continuum that operates within a spectrum as opposed to a condition that is either present or absent. ( Lehtinen, 1986).

In any case, getting divorced is a serious step that typically has an impact on multiple people's life. Therefore, it's critical to recognize when divorce will be a viable option for resolving personal issues and when family breakdown would result in more issues rather than solved. A broken marriage can be regarded as the ending of an earlier relationship that resulted from either one or both of the married spouses choosing to end their marriage. The marriage partnership has officially ended with this. The finality of divorce at this point still has a tendency to be tough to accept, unless, of

course, a new love affair has formed. Both couples have had ample time to emotionally prepare for the reality of divorce by this point. In most cases, the phase that comes after the divorce is challenging. One study discovered that the majority of participants regretted being divorced, thinking they may have acted too quickly. However, this conclusion has come under scrutiny. It is at this point that one's new life pattern must consolidate; this is never accomplished easily. Usually, the reconstruction entails creating a new social structure and a new group of friends. Despite the strength of earlier friendships, the person frequently finds that he no longer feels at ease among married couples he used to know. One must also sever established eating, sleeping, and sexual behaviors (Max, 1972).

According to research, those who are divorced or separated have higher levels of psychological stress than people who are married. An increased risk of psychiatric disease, suicide, car accidents, drunkenness, homicide, physical sickness, and overall mortality is associated with divorce and separation. According to surveys, people who are divorced or separated and those who are still married have higher levels of anxiety, sadness, and general dissatisfaction. The ongoing life stresses which divorce involve is the psychological stress as result. Financial difficulty, social isolation, and for single parents, sole parental obligations are some of the stresses. The psychological disadvantages linked to divorce are permanent and do not respond temporarily to a crisis. There is no connection between less stress and time since divorce. Psychological issues can cause a marriage to end; many people mention their partner's personality issues, alcoholism, drug use, and violent behavior as reasons why they want to get a divorce. According to Wertlieb et al. (1984), those who were still married used medical and mental health services more frequently. (Wertlieb and others 1984).

Numerous sociological studies contend that marriage has both an impact on and is a source of economic prosperity. Socioeconomic position has an impact on both getting married and maintaining a marriage; individuals with the best economic prospects are more likely to marry and, as a result, have more stable relationships. Particularly among those who are less monetarily advantaged initially, divorce seems to be more prevalent (Espenshade 1979; Holden and Smock 1991; Morgan 1991).

The divorce-stress-adjustment approach sees divorce as a process that starts while a couple is still married and lasts for a long time after the legal divorce is finalized,

rather than as a discrete event. Numerous unpleasant situations are frequently triggered by the uncoupling process. Negative emotional, behavioral, and health outcomes for adults are thereby made more likely by these stressors. Individual differences in the presence of various moderating or protecting factors affect the severity and length of these unfavorable consequences. When an individual experiences few divorce-related symptoms, and are able to function well with new family and at work, and has created a new identity and way of life that is unrelated to the previous union than an individual has successful adjustment to divorce. (Kittson, 1992 & Morgan, 1990).

Divorce does not have negative outcomes. Following divorce, many women find new sources of courage, form new friendships that are encouraging, and in some cases—especially when they leave abusive relationships—they are able to overcome their fear. They seek to develop personally, become more independent, and boost their confidence (Clark-Stewart and Brentano 2006, 76-77).

The study of the social behaviors and phenomena that surround and characterize how law is applied in various societies is the goal of the subfield of sociology known as "sociology of law." One of the aims of sociology of law is to investigate the social dynamics that result in the development of legal norms, institutions, and changes to positive legislation. In relation to the social phenomena that surround legal theory and practice, sociology of law is interested in a range of theoretical and practical issues. Theoretically, the topic aims to categorize the function of law in society, but it also addresses practical concerns like bias and discrimination. One of the biggest and most important topics in the sociology of law is the place of law in society. It covers a wide range of topics, such as the real function of the legal system's structure and its impact on society. Sociologists may, for example, be particularly interested in what laws and legal systems are beneficial to society as a whole and what ones are oppressive (Tony Aynor, 2012).

Sociologists have discovered that changes to social institutions, the economy, culture, and political structure can take several forms. The world over, this phenomena is universal. However, various social contexts can be fruitful for analyzing from sociological perspective. These studies largely focus on how divorce affects divorced women's lives, including how it affects them emotionally, cognitively, and financially.

In my thesis, I examine the reasons for divorce and how it affects divorced women's lives in the context of Nepal. How the processes of modernization, westernization, and growing educational standards have an impact on its impacts and execution.

## **1.2 Research Problem and the Question of the study**

Hindu society views marriage as a holy union between a man and a woman for the fulfilment of religious tasks. Therefore, it is undeniable and applicable to all future births according to religious philosophy. However, the connotation derived from the nature and purpose of marriage has changed over time. It is a global occurrence that different types of change take place in social institutions, cultural institutions, and political structures. The purpose and meaning of marriage also change in our Nepalese society. The result has been an upsurge in divorce rates across the nation. The occurrence of the divorce depends greatly on social, economic, cultural, political, etc. aspects. Additionally, the impact of globalization, education level, westernization, modernization, employment opportunities, urbanization, etc. might be viewed as key divorce-causing factors.

Numerous issues with divorce houses have a long-term impact on the lives of divorced women. Divorced women's entire lives are negatively or favorably impacted by the rise in physical, emotional, economic, and social issues. An increase in domestic work, the redistribution of home duties, the raising and education of children, etc the burden the divorced women life. After divorce women may feel left alone. As a result, the lives of these divorced women struggle and get worse. They struggle with issues including emotional and psychological distress, fear, worry, and depression.

One of the established municipalities in the east is the Damak Jhapa district, due to the rise in rate of divorce in the Jhapa district it has become the matter of study. Determining the unidentified parties accountable for divorce, as well as its causes and effects on both the family and society as a whole, is the purpose of this study. Additionally, this study attempted to ascertain the divorced spouses' socioeconomic, cultural, and educational status. Additionally, it focuses on their social integration and the difficulties individuals have during readjusting.

Specifically this study will attempt to address the following problems:

1. What are the main causes of divorce among the couples of Jhapa, Damak?
2. How does the divorce take place?
3. What are the consequences of divorce on the lives of divorced women?

### **1.3 Objective of the study**

The objective of the study is to analyze the consequences of divorce among divorced women in Damak, Jhapa.

- a) To identify and analyze the mechanism of the divorced women.
- b) To analyze the causes and its consequences of divorced among divorced women.

### **1.4 Significance of the study**

This study will concentrate on examining the impact that divorces have had on the lives of divorced women. The aim of the research is to establish the physical, mental, social, and economic well-being and opposition of women from broken homes. Or they conduct themselves as any other married couple would who is not estranged. This study will also look at how women have had difficulty doing tasks. Therefore, it is anticipated that the goal of this study would contribute both theoretically and practically to the understanding of the causes and effects of divorce among divorced women. The purpose of this study is to examine divorce and how it affects women's lives following divorce.

### **1.5 Organization of the study**

This dissertation is divided into five chapters based on the type of research. The introductory chapter was the first, while the summary, findings, and conclusion were the last. First chapter covers the study's introduction, the problem statement, the research purpose, etc. Second chapter reviews the literature on mechanism and consequences of divorce among divorced women. Third chapter deals with the methodological section, which briefly presents the study of Damak, Jhapa district, and describes the research strategy, tasks, and processes used for the dissertation. Chapter four deals with marriage and divorce. Chapter five deals with summary and conclusions of the findings, legal provision and judge's view on divorce. The central arguments of the research can be reduced in two points; first divorce and its causes of divorce, second mechanism and consequences of divorce among divorced women.

## CHAPTER TWO

### LITERATURE REVIEW

#### **Divorce in social and cultural context**

Marriage is often seen as one of the cornerstones of the family unit, and the family is typically regarded as one of the foundations of society. Marriage is a crucial aspect of human life. One of the most fundamental social institutions is marriage. There is no description that completely encompasses all varieties of human marriage. "Marriage is a contract for the creation and maintenance of children," claims the Malinowski. Also in 1929, Edward Westermarck defined the term as "the more or less durable connection between male and female lasting beyond the mere act of propagation till after the birth of offspring" (Westermarck, 1929).

Most people who divorce is young, slightly poor, literate, or less educated. With longer marriages, it does seem that the divorce rate is decreasing. According to the tendency, there will be more divorce as a result of women getting more education, having more family-friendly jobs, and shifting gender roles (Chaudhary, 1998).

Hindu culture views marriage as a sacred union between a man and woman performed for the fulfillment of religious obligations. Therefore, it is indissoluble and is for all future births, according to religious philosophy. Divorce is a process that has many reasons, with a special emphasis in cause and effects. It has various stages, including a) Separations, which happen inside families when marital bonds are socially damaged and conflict starts. b) Desertion: "It is the reckless departure from the home by either the husband or the wife, leaving the family to fend for itself" (M Elliott and Merrill 1950) c) A court may decide to annul a marriage if it was forced, fraudulent, the couple refused to consummate their union, the couple was not of legal age, or bigamy was involved (Goode 1963:401). According to this study, divorcing spouses do not happen overnight. According to this study's findings, pre-divorce familial conflicts were on the rise and were caused by the partners' inexperience, cruelty, the male sexual adjustment of other family members, barrenness, and economic dependence—all of which contributed to the last stage of divorce being divorce.

Similar difficulties, disturbances, and difficulties would arise for children after their parents' divorce. They would suffer from mental torment, problems with rising and caring for the kids would occur owing to their parents' absence, and the divorcee

might suffer from mental illness. Due to societal and cultural norms, remarriage for divorced women is highly challenging. However, distinct divorce situations can be found in every community, whether it be developed or underdeveloped, secular or non-secular, and in various castes and ethnic groups. But it is true that the divorce rate in contemporary culture is higher than it was in earlier times. Secular societies are more accepting and welcoming of divorced women. "The younger generation is becoming more and more uninformed about the ceremonial foundation of their religion (Metha1975).

Marital was considered to be an unbreakable holy sacrament in Hindu society throughout the Vedic period (1400–1000 BC), although Narada and Parasa, two smirti writers, had established a marriage rule that allowed for dissolution if the husband was significant. There are five social sanction groups where a woman is permitted to remarry. According to Kautilya, an ancient philosopher/economist, if the husband and wife hated each other, divorce was to be obtained on the basis of mutual enmity. A woman could take a second husband if the first was missing or dead, had become an ascetic or impotent, or was regarded from the ease (Alterkar 1980). "The Buddhist literature suggests that divorce was very uncommon in the culture sector of society, and the woman mentions her husband who thought she did not love him, and she is worried from marrying again because it was not the habit in the family for a bridal wife to accept another husband" (Altakar 1980).

In addition to legal processes and rituals, several castes and ethnic groups in Nepal have their own customs around divorce. It is predicated that there are unrecognized and openly practiced invisible divorced circumstances inside Nepali society. The four steps in a traditional divorce are as follows: (Thapalia: 1995:29:30).

- a) When a married couple decides to get a divorce, they must follow certain traditional procedures in front of their community's assembly or kinsmen assembly. For instance, the shredding of a "pan" leaf by both partners signifies the end of a marriage.
- b) Divorce that is granted via writing: In the local language, "dohoro likhat gari chhornu," "chhuttanama," or "ichhapatra" all refer to divorce that is granted through writing on the "divorce form."

- c) Oral pronouncement divorce: This type of divorce is common in Musalman communities, which are known by the names Talague-I-Rahai, Talague-I-bine, and Taakaque-I-Mugallja.
- d) Divorced by the "polio" or "jar" or "chuman" or "sagai" method: If a married woman elopes with someone other than her husband, her first marriage immediately dissolves (Thaplia 1995:29:30). Sociologists may also need to focus on the various customary divorce patterns and practices that vary by caste and ethnic group in Nepal but are not permitted to be publicly observed.

### **Legal system for divorce**

In Hindu society, marriage during the Vedic period (1400–1000 BC) was regarded as a religious institution and was unsusceptible to human intervention; nonetheless, Nerada and Persia, the two spirit writers, established the marital code, which dissolved if the husband was significant. There were five social sanctions under which a wife could get remarried. If a woman's first husband disappeared, died, or had become ascetic or important, she might accept another husband (Alterkar 1980) If a husband and wife harbored animosity toward one another, a divorce might be granted on the basis of mutual emity, according to Kautilya, an ancient philosopher and economist. Remarriage and divorce for women were prohibited in the higher caste throughout the medieval era (879–1768). Marriage is the most revered social institution among Christians, Catholic or Protestant, other than Hindus. The Holy Bible states that he performed the first marriage in human society at the imitation (Pothan, 1986). However, divorce is now lawful thanks to a specific legal provision for Christians. After 1857, the High Court of London and after 1912, many provincial courts permitted divorce on the sole basis of adultery (Pothan 1986). Similar to this, Muslim marriages can be dissolved under the terms of the Act viii of 1939. Even now, divorce is illegal in numerous nations, including Argentina, Brazil, Chile, Colombia, Ireland, Paraguay, the Philippines, and the Kingdom of Spain (Rgeintein 1972).

By the new legal code, 2020B. S., divorce was expressly stated to be permissible in Nepal for both husband and wife in this context. A man may legally divorce his wife by using the sinko-vachichhuttininu method (breaking a small, thin stick of bamboo by the husband), which is allowed by Nepal's first documented legal code, the Muliki

Ain (1910 B. S.). The following provisions are established under two different headings:

This legal code has significantly altered the status of women by introducing the rights to divorce and separation in 1) Parpachuke Garnyako (on Divorce) and 2) Lognya Swasniko Mahal (on the section of Husband and Wife). The section on husband and wife in the NayaMulikiAin (New Legal Code, 2020 B. S.) became operative after 110 years of the original legal code of Nepal. Depending on the following factors, the new legal law has offered several divorce provisions:

**Adjustment to Divorce:** A variety of theoretical stances have been used to explain why adults divorce, including feminist theories, social exchange theory, family system theory, social learning theory, and socio-biological theories. However, numerous studies that employ the familial stress theory provide two broad models of adults who experience momentary reductions in wellbeing but ultimately recover in the majority of cases. The chronic strain model suggests that divorce triggers a variety of other stressful occurrences (eg, moving to a new neighborhood, on-going conflict between their former spouses, economic hardship) that send divorced individuals into a downward spiral from which they never fully recover. Divorced people into a downward spiral from which they cannot fully recover. Both models have some evidence to back them up. Paul Amato (2000) concluded that the crisis model better represented the post-divorce experiences of some people, and the chronic strain model best described the experiences of others, in a review of data from the 1990s regarding the effects of divorce. He came to the conclusion that both models had some truth to them, and that factors such as the characteristics of the individuals being studied (such as education, age, and self-esteem), as well as the circumstances surrounding the divorce, would determine which model best represented post-divorced adjustment (eg, social support networks, child custody status).

## **2.1 Theoretical Review**

To fulfill any work or to complete any project, there should be clear framework. Without framework we cannot achieve our goals within time. Framework is a kind of action plan. It shows the clear way to complete the action. That is why in this thesis writing theoretical and conceptual frame work is needed to complete it. Framework is helpful to analyze the situation of divorce women and related people.

This chapter presents review of literature which views the effect of divorced on lives of divorced women in Nepal which are carried out in different ways; in books, journals, research papers and documents to develop the conceptual framework. The theoretical review is based on micro-level theories which are presented accordingly to meet the research questions and its objectives where three perspectives have been included. The empirical review provides relevant national and international data on divorce and its effect on the life of divorced women.

After divorce, the divorced women experience disproportionate decline in household income and standard of living, mentally, emotionally and physically, women's lower chances of re-partnering and responsibilities as a single parent may further impede their path to economy recovery. Divorce also influences the current and future relationship of the divorced women. The women after divorce would face troubles, disturbance and challenges in their life. Sociologist have unsurprisingly, suggested that a decline in family income is the central mechanisms in the divorce process. The related study has found that though women faced economic crisis in divorce after certain period of time women may overcome and function it properly in life. Despite the predominant belief that only negative outcomes exist (deficit perspective), divorce also benefits some individual.

The explanation focuses on three notions: modernization theory, conflict theory and inside conflict theory we have economic theory too.

### **2.1.1 Modernization theory**

The first theory used for reviewing this research study is modernization theory. Modernization is not only a process of economic change but also change in 'traditional attitudes values, and institution' (Andersen and Taylor, 2010:217 Qtd. On Drews, 2013:15). Modernization is a driving factor which leads to change in culture, such as norms and values, beliefs, attitudes, dress, language etc. Such change erodes some aspects of traditional pattern or practices of the communities. Tradition society or system means having women in underdeveloped phase. Modernization is making women's life easier, in taking decision of her life.

Modernization theory suggests that traditional societies will develop as they adopt more modern practices. Proponents of modernization theory claims that modern states are wealthier and more powerful and that their citizens are free to enjoy a higher

standard of living. In this view, traditional society was depicted as static, with a predominance of mechanical division of labor and low level of urbanization and literacy. In contrast, modern society was seen as processing, a very high level of differentiation, a high degree of organic division of labor, specialization, urbanization and literacy and exposure to mass media. Modernization means a certain change in the social structure of society, especially urbanization, the reduction of the 'embeddedness' of social relations and the increase in the labor market chances of women.

The sociology of the family explains the increase in divorce partly as a result of a shift in the societal functions of the family, especially due to its functional specialization to a weaker embedding of marriage in other social relationship.

In traditional/ patriarchal society women were bound by its inherited cultural horizons due to which women's used to bear all type of burden such as violence, touchier and stress given by husband and his family member. In traditional society women had no courage to raise her voice and fight against her husband but in modern society women are more educated, self independence, women are coming out with more innovative ideas, now they can speak and fight for their rights.

In traditional society women were fully dependent upon men for social, economic well being but due to modernization in today's modern society, more job facilities are available for not only men, but even for women as in modern society there is high degree of organic division of labor which has helped women whether inside marriage system or even inside dissolution of marriage system to sustain their daily lives. Due to modernization and urbanization, it has been found that it has affected women's life in both positive and negative aspect. As in modern society women are ahead , the rate of divorce among married women's are also increasing, more conflict between husband and wife, more argument, disagreement between couples , increase in women employment especially in foreign employment are found which later has become the reasons for the separation of women's from their husbands. The consequences of divorce in divorced women are found such as stress, psychological and behavioral problems, emotional problems, financial problem especially for single parent mother. It has found that some divorce women are totally broken down after separation that were separated without huge conflict but those divorced women who got separated after facing domestic violence etc were happy and stress free.

With the help of modernization theory we are able to see the divorce and its effect on divorced women lives in positive and negative effect because traditional/practical society is changing and entering into modern society where women are getting more priority.

### **2.1.2 Conflict theory**

The second theory used for reviewing this research study is conflict and economic theory. Conflict theory was first developed by Karl Marx, is a theory that society is in a state of perpetual conflict because of competition for limited resources. Conflict may stem from resource or power differentials. Conflict is frequently a product of each side trying to maximize his or her take of money, property and other resource (including children) (Weitzman, 1985). Gender may play an important role to the extent that women are disadvantaged in terms of money and power and must fight for an equitable outcome.

We can link modernization theory with conflict theory because in modernization theory we have seen that in modern society women are as forward as men in every field, they know their rights and duties towards family and society, they fight for equal rights in money, power, property and opportunities whether in family, society or in world and if these need or requirements of women are not filled then conflict between individuals are seen, that conflict later become the cause of divorce between them and the consequences of divorce on life of divorce women is negative.

Conflict theory view social and economic institution as tools of the struggle among groups or classes, used to maintain inequality and the dominance of the ruling class. Here we can also look through the perspective of the economic theory of the family, because divorce is the result of comparing marital gain with the return attainable from existing alternative to marriage. It is further more assumed that a marriage will end in divorce, if the expected marital gain is less than the expected gain attainable after the dissolution of the marriage. In tradition society women were less aware or less interested in any type of expectation from husband nor husband expect from wife's, they were happy with what they get from husband or family but in modern society it has been found that both men and women aspect some profit from each other in marriage and after dissolution of marriage too. In case of divorce, women expect more money in case of custody of children, women want to be in equal position with

men and if is not able to fulfill women expectation, she might feel hurt, then conflict may originate out which later turned into divorce and may feel hurt, shamed or humiliated by divorce.

Divorce typically leads to decline in the standard of living of divorce women espically the mother headed families, often pulling them below poverty level. This theory assumes that it is economic hardship, rather than family types as such it is economic hardship, rather than family type as such, that is responsible for the lives of divorced women.

A lack of economic resources increases the risk of a number of development problems in divorced women. Economic hardship may negatively affect the social and health of divorced women. Economic aspect is the crucial, dominant and effective component of the society. Every happiness, trust, support and sympathy or tension, clash, quarrel and male adjustment or marital incompatibility in the family is the causes of economic factors. The divorce rate is found to be higher if the spouse has more expectation from each other, faced economic hardship and gone far from their residence due to the economic achievement. Burgess and Ctrell (1950) have found that specific economic items such as moderate income, saving and occupation characterized by stability and social control and regularity and continuity of employment were individually correlated with happiness score.

Conflict theory assumes that conflict within spouses before and during the separation period is a severe stress for women compare to men. The divorce and its effect on the lives of divorced women is a growing concern for our generation as, divorce is widely being accepted and is prevalent among various communities in our society. Several researches have discovered that divorce has both negative and positive consequences on its own relating to oneself, family, and the society. So this study focuses on the divorce and its effect on the lives of divorced women. To some extent, it was found that divorce has given negative effect on women's lives as women's had conflict before and during separation which disadvantage them in their health espically mental health but there were women's who were happy after separation as now they don't have stress of conflict with the opponent partners.

## 2.2 Empirical Review

Whether divorce has a worse effect on men's or women's social wellbeing is unclear. In comparison to men, women have a larger social network, which gives them more resources for support both during and after a marital breakdown (Thompson and Cu, 1989). However, as men often do not have custody of children, they tend to be more free than women and are better able to afford services (such as babysitters, housecleaners, and restaurant meals) to free up free time. Men also remarry quicker than women do (Sweet and Bumpass, 1987).

Divorce carries a lot of stigma in India. Despite surveys showing widespread support for the notion that divorce should be allowed (Desai, 1991), the majority of people find it offensive (Chouhan, 1986, 1986; Kurian, 1982; Singh, 1988). However, women are more likely to face social rejection than men are. Wives have historically been required to adhere to the *pativratya* principle, which calls for a woman to commit herself entirely to her husband and forego her personal wants in favor of those of her husband and his family (Kapadia, 1966). People therefore tend to believe that the wife is to blame when a marriage dissolves (Kumari, 1989). This happens not only in situations when the couple divorces amicably but also in fault-based situations where the wife files for divorce due to the harshness or adultery of the husband. In other words, people think that her flaws must have been the root of the husband's bad behavior. In addition, a lot of individuals think that a wife shouldn't divorce her husband, regardless of how awful he is. Due to these factors, divorced women claim to face greater criticism from others than divorced males (Chouhan, 1988; Pothan, 1986; YWCA, n. d.).

Following a divorce, both men and women receive emotional support from their families. However, it's likely that men get more support than women do, particularly if they're part of a blended family. The members of a man's household can be relied upon to support him and take his side in any marital conflict since men in joint family households are surrounded by kin both before and after separation.

Although women typically spend some time living with her parents or siblings after a divorce, conflict frequently occurs. Parents can be worried that the divorced daughter's stay in the home will decrease the status of the entire family and jeopardize the prospects of any other daughters in the household getting married.

And family members may doubt that the women had done everything possible to save her marriage. Furthermore, the divorce daughter and her children place, an economic burden on her family. So although a woman is usually admitted into her parental home, she may not be welcome with open arms. Consequently, the divorce has low status in her parent's household and is often given the most menial and unpleasant tasks to perform (Choudhary, 1988;Leela, 1991;Mehta, 1975;Pothen, 1986;YWCA, n. d. ).

The factors that influence social adjustment have barely been studied in the US. However, it seems that women's employment both in India and the United States (Weiss, 1979) helps them adjust (Mehta, 1975). Working environments offer significant chances to network in both nations. Education, urban residency, and childlessness are further indicators of social adjustment in India (Choundhary, 1988; Mehta, 1975, YWCA, n. d.).

Furthermore, caste and socioeconomic class seem to have an impact on how socially acceptable divorce is. Mehta (1975) discovered that after a divorce, upper-middle class women received more social acceptance than lower-middle class women. This is in line with studies suggesting that people in higher socioeconomic groups in India are more receptive to unconventional ideas (Srivastava, 1986). However, some lower castes in India have historically tolerated divorce and allowed it, and at least one study demonstrates that poor and low caste people encounter little social disapproval after divorce (Srinivasan, 1987).

Indian research also suggests that emotional and psychological discomfort is linked to divorce. According to a number of studies, divorced men and women performed worse on tests of discontent, irritability, insecurity, and general male adjustment than married people did (Kundu and Ghosh 1977; 1978). However, it seems that women have more emotional issues after divorce than do males (Pothen, 1986; YWCA, n. d.). For example, according to the YWCA (n.d.) Study, two-thirds of divorced and separated mothers reported having despair, suicidal thoughts, and sleep issues. In contrast to a matched sample of married moms, which comprised just 14% of the population, Bharat (1988) found that 60% of single mothers reported experiencing numerous psychological symptoms, the majority of these women reporting that the symptoms started after the death of the spouse. Similarly, Mehta's (1975) study found

that women from the lower middle class were generally unhappy and felt as though their lives had come to an end.

One explanation for disparities in the gendered health benefits of marriage is that males are more likely to suffer health decreases and moral declines after divorce because they benefit more from marriage in terms of health gains. According to more recent studies, men who had been divorced reported decreased life satisfaction, and exclusively men saw an increase in mortality after divorce (Andress and Brockel 2007). (Berntsen and Kravdal 2012;Shor et al. 2012). A second explanation emphasizes behavioral variations throughout the marriage's pre-divorce era. Women are more conscious of marital issues and put more effort into keeping their marriages intact (Baruch et al. 1983). In contrast, women are more inclined to start a divorce after they realize their attempts are futile (Brinig and Aleen 2000; Kalmijn and Poortman 2006). This choice frequently catches men off guard (Thomas 1982), which could make them more upset when their marriage ends.

An explanation of human society is offered by a sociological theory, which is a body of concepts. Theories are selective in terms of their priorities, viewpoints, and the information they consider to be important. They thereby offer a limited and biased perception of reality. There are many different ways to classify sociological theories. The difference between structural theory and social action theory is the most crucial of these. In a structural or macro perspective, the fit of society as a whole is examined. According to structural theory, our current social order is shaped by a web of interconnected relationships. Our lives and characters are shaped by this system. Western individualism presents a free person, but underneath that reality lays a set of structured social interactions. Structuralism focuses on the specific set of structural laws that are applicable in any given civilization (Freund, 1986).

Both functionalism and marxism, despite their differences, employ a model of how society as a whole functions. Many functionalists build their social system on the premise that everyone has basic wants, and then go on to describe how other facets of society contribute to meeting those needs. Marxists, on the other hand, believe that society is built upon an economic infrastructure that is topped by a superstructure. According to them, society is split into classes that might come into conflict with one another. The way they describe the social structure at that time, however, is where functionalists and Marxist perspectives differ most. The degree to which the various

components of the social system work nicely together is emphasized by functionalists. Marxism highlights the potential for social conflict by focusing on how the various components, particularly social classes, don't fit together (O. Kahn. Freund, 1986).

Not all sociologists approach their analysis by looking at how society is structured all at once. They view society as a byproduct of human action rather than as substantially determining human behavior. They place an emphasis on the significance of human behavior and contest the idea that it is largely influenced by social structure. These methodologies are referred to as interpretive sociology, microsociology, or social action theory. Marxism includes a sociological theory, a revolutionary theory of social transformation, and Marxian economic theory, all of which have had a significant impact on socialist political movements around the world (O. Kahn. Freund, 1986).

Behavior is mostly a reaction to shared norms and values, regardless of the various sociological theories and functional perspective mentioned above. Therefore, social relationships, social structures, human and social behavior, etc. demonstrate that changes in the rate of marital dissolution are a reflection to a similar extent of shifting norms and values generally, and particularly those connected to marriage and divorce (Chaudhary 1988:85). According to a functional perspective, the adoption of couples from various socioeconomic backgrounds and the contradiction of their expectations is the cause of divorce, which occurs in society. According to Kapadia, mental pain in a joint family is occasionally unavoidable due to its size, economic pressures, expectations of the younger members and their demands, and restrictive, traditional standards established by the elders (Kapidas 1966: 324). Divorce is not just a social problem; it also results from a social economic foundation that is constrained by societal norms and values that may not be upheld. From a Marxist perspective, however, divorce rates may vary from society to society depending on the type of economic foundation, dominance, and shifting character of the production system. Marxist Nicky Hart claims that the rising divorce rate is a result of the pressure on couples to meet their biological and financial requirements, but they are unable to do so. Divorce results from conflicts in several levels of the current research environment. Role conflict in terms of status and role may also result from the changing nature of the marital partners' and their family members' vocations, opportunities, income, and investing patterns.

The Muluki Ain, 2020, Bihabariko Mahal- This Ain is a well-known Nepalese act that continues to control society and people's conduct. This Mukluki Ain contains a special section on marriage that goes into length about marriage, divorce, and its repercussions (MulukiAin, 2020).

Similar research has been conducted in other nations, with Amato (1994) showing that two-thirds of divorced women in India experience serious emotional difficulties. Sheila Cotton (1999) also noted that the practice of lumping divorced and widowed people together into a single group understates the actual depression levels of divorced people because widows frequently display lower levels of depression and psychological distress consistent with the crisis model of divorce adjustment, depressive symptoms appear to peak shortly after the divorce and then gradually decline for most.

Compared to married people or other non-divorced people, divorced people also have greater health issues and die earlier. Adults who have recently divorced tend to take more risks (example: higher rates of drug and alcohol usage). There is a higher risk of sickness, especially among individuals who have recently divorced, which is probably caused by a weaker immune system from the stress of going through a divorce. (Kiton and Morgan 1990).

Most people who divorce are young, moderately poor, literate, or less educated. With long marriage, it does seem that the divorce rate is decreasing. According to the tendency, marriage will rise as a result of women getting more education, having more family-friendly jobs, and shifting their sexual roles (Chaudhary, 1988).

The social structure and conduct of today have undergone numerous changes. The patriarchal family social structure has been quickly disintegrating as a result of education, empowerment, urbanization, globalization, and other factors. And women develop her independence and capacity for self-determination. The aforementioned theories have an effect on both female conduct and divorced people.

All of the above mentioned can be regarded as significant sources about divorce, providing in-depth knowledge, information, data, a theoretical perspective, its consequences on divorced women, etc. Significant changes in tradition, relationships between couples, norms and values, the emergence of capitalistic thought, industrialization, modernization, urbanization, westernization, and the advancement

of women's education appear to support the right to divorce. In every caste system, economic factors are the major causes of divorce (Acharya, 2058).

However, in addition to these reasons, a number of additional elements, such as job abroad, marital misunderstandings, alcoholism, extramarital affairs, etc., may also play a significant role in the incidence of divorce. Many academics have made an effort to investigate and examine divorce in their own unique ways. However, based on the Damak Jhapa district, this study also attempts to determine the reasons for divorce and how it affects the lives of divorced women and what are its consequences among divorced women.

### **2.3 Research Gap**

A research need is a hole that prevents decision-makers from acting effectively. Between current research and earlier research, there is a gap. While reviewing the literature on the topic, it has become clear that there has been several studies conducted on a wide range of subjects relating to mechanism and consequences of divorce among divorced women in various nations. No researcher, however, had any plans to carry out this kind of study in Nepal's Damak or Jhapa districts.

Divorce, usually referred to as dissolution of marriage, is the process of ending a marital relationship. In the modern world, it is quickly rising. Divorce has a consequence on both couples' lives, but it has been observed that women suffer greater and thus are negatively impacted than men are on a mental, emotional, physical, economic, and psychological level.

As a result, this study was carried out to examine how divorce has affected the lives of divorced women. Numerous researchers have investigated divorce, its causes, and its effects using a variety of theories, including structural and functionalism, Marxist, and theories of deviance, as well as historical and legal considerations. With the use of modernization theory, conflict theory, and economic theory, this study fills a gap in the research on mechanism and consequences of divorce among divorced women. This is because in the modern world, women are more educated in every sector and have the ability to fight for their rights.

## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

#### **3.1 Selection of the Study Area**

The Nepalese society has been changing very dramatically over the few decades. It has immensely affected the family structure, consuming pattern, in culture, religion, change in women position and responsibility, change in income sources so on. In this process the social structure are also changing; one of them is the structure of the family and the relationship between the family members as well as responsibility. Furthermore, the change in bread earners in family, redistribution of the responsibilities, women position has created a new pattern of thinking in relationship between married couples which has lead couples to individualism. This has brought up both positive and negative consequences in the well-being of the family. So, this paper tends to study the split marital relationships and its consequences among divorced women.

This research has been conducted in Damak located in Jhapa district of Mechhi, province 1 in Nepal. The total population of Damak Municipality is 107, 410 out of the total population of Jhapa which is 994, 090 according to census 2021, where males are 51, 118 and female are 56, 292. And the population of ward no. 5 of Damak is 6000 where female are 3400 and males are 2600. Damak ward no. 5 has been chosen for the study because it is one of the growing city of Jhapa Nepal, where women divorce rate is rapidly increasing. As in a growing city, where education awareness, employment, migration are found there is always a chance of divorce due to the concept of individualism and materialistic life style of the people in modern society. The number of nuclear family is the case of the selection of the area. The purpose of research was to identify cause and consequence of divorce and analyze the situation of the women's from broken homes and how it has affected their lives after divorce. In this research study divorced women are taken for study and not divorced men because it has been found that women suffer more from divorce then men. Compare to men, women are more emotional.

#### **3.2 Research Design**

The model adopted in this study has been significant in order to make it scientific, unbiased and logical. In sociological research that is related to social relation and

human behavior, so this study will mainly based upon descriptive as well as exploratory research design to explore the impact of divorce on the lives of women. This study has been the tool for the study of women who have separated (divorce) and the consequences of the divorce to related women's. In order to develop the tools for data collection for measuring the impact of divorce on lives of women, the factors such as social, mental, physical activities(indoor and outdoor both), believe and faith in love, trust, strength to cope with unfavorable situation and ability to solve the unfavorable problem.

### **3.3 Sampling method**

A sample as the name implies is smaller representative of a large whole. A non-probability sampling (snowball) method has been applied due to the nature of the research based on the characteristic of population. Snowball method was used to locate the respondents as researcher could ask individual to name in their community who are influential. This study has been taken in my own hometown Damak, Jhapa district of eastern region of Nepal. Altogether, a total of 8 case study were randomly selected and observed for the sampling method so that it can be easier for study as there was limited resources available related to topic and can complete the study in time.

### **3.4 Data collection technique**

In this study both primary and secondary data has been used.

**Primary data:** Primary data are those first hand data that are collected by the researcher himself/herself. The primary source is content analysis of the selected cases from Jhapa district.

**Secondary data:** Secondary data are those which are collected from the sources like related books, magazines, internet, newspapers, therefore the researcher will use these sources as secondary data.

The main respondent of this research will be the couples itself. This research has been base on descriptive method focusing on human activities and social science which will focus on the understanding of human psychological in-depth understanding of human behavior. In-depth interview, observation and case study will be done to explore the impact of divorce on the lives of men and women.

### **3.5 Tools of Data Collection**

Different qualitative research tools and secondary data have been used for the gathering of the data. They are described briefly below.

#### **3.5.1 In-depth Interview**

In this study eight different divorced women's of different castes and age group were interviewed in an in-depth way to gather the real information from them to collect the answers of the research object. The interview was conducted by visiting home to home of divorced women, making them fully comfortable, so they bring honest feedback, by setting of limited time so they may not feel exhausted, by using open ended questionnaires and checked list where questionnaires were made flexible so that few changes could be made when necessary. The interview was conducted by using semi structured questionnaire method. All of the interviews were conducted by following the research ethics and introducing the purpose of the research, introduction of the researcher and taking consent with the respondent. All the interview conversations were recorded for the proper analysis of the data so as to gain a better overview on the related question. In this research, the real name of the respondents has been converted into a pseudo name for the protection of the privacy of the respondents.

#### **3.5.2 Case Study**

Total 15 cases of divorced women were interviewed in an in-depth way by using semi structured questionnaire method to find out the effects of separation on women's physical, mental, economical, socially and psychologically lives. Out of 15 interviews of divorced women 8 cases has been studied from both interview and case study method. The research was conducted in my home town area, the neighbors or the community helped me for the research of the respondent areas. In some cases, women were suffering and having a hard time overcoming the trauma of divorce. Some women were suffering from a long term disease some of them were hesitant to talk about their divorced lives and some were doing well and were happy with their decision.

### **3.6 Process of data analysis**

The data has been in a descriptive and interpretive way to examine the effects of divorce on the lives of divorced women in brief while giving the empirical outcome of the research.

This is also for the understanding of the causes of divorce and its impact on the lives of divorced women because it has been found that there are many causes for which women has to separate and after separation they have to face many consequences. So, the data has been presented in different supporting topics including title, its importance and the analysis of the field data.

### **3.7 Limitation of the Study**

Although the study was to explore the impact of divorce on the lives of divorced women, out of 15cases, 8cases were taken and studied. Therefore, the research findings may be biased and it may not be representing the entire women's falling into this category. The study area was also limited to Damak which is situated in Jhapa district, Nepal.

### **3.8 Ethical Consideration**

Social research of any kind is obviously a complex activity. It is carried out within a variety of cultural, legal, economic and political environments which are bound to influence the research, its scope and its focus. To complicate the issue further, research projects often involve practitioners from different discipline with their own specific priorities and procedures. In these complicated circumstances, the ethical facet of the research findings can easily be secondary considerations and even the best meaning researchers can overlook the ethical aspect of the process.

- a) The rights of subjects: the need to protect the statutory rights of members of the social community or groups beings investigated, avoiding undue intrusion, obtaining informed consent, and protecting the rights to privacy of individuals and their family.
- b) The ethical conduct of research: the need to frame research questions and agenda objectively, so as to widen the scope of the study, and to maintain confidence in the research process; to ensure that the conduct, management and administration of research is framed in a way which

is consistent with ethical principles and which recognizes the limits of competence of the individual conducting the study.

- c) Sensitivity to cultural and social differences: the need to remain sensitive to and conscious of social and cultural differences and to consider conflicting interests.
- d) Reporting of the study: the need to report the findings completely, widely and objectively, with full information on methodologies employed both to allow the study to be evaluated by the colleagues and to increase public confidence in its reliability.

These principles must be accepted and implemented by all researchers. I have also completed this study by abiding to all the above ethical considerations.

## CHAPTER FOUR

### MECHANISM AND CONSEQUENCES OF DIVORCE

#### CAUSES AND CONSEQUENCES OF DIVORCE IN THE LIFE OF WOMEN

Divorce also known as dissolution of marriage and is the process of terminating a marriage. Marriage process is not only built up by the relationship between men and women but it is built up by the relationship between one family and another. It is important that both men and women must fully agree and support their relationship in the journey of marriage. Marriage is the permanent bound which lasts for the lifetime. And if any kind of disagreement between married couples arises then there are many causes which destroyer's the marriage relationship.

The most causes for divorce which are commonly found are communication problem, lack of conflict management skills, falling out of love and lack of commitment, to marriage financial problems, alcohol addiction, lack of maturity and physical abuses etc.

This chapter explores the mechanism and consequences of divorce among divorced women. The main concern here is to study the causes of divorce women. The result found after the research have been analyzed and describe accordingly.

#### 4.1 Causes of Divorce

Divorced of any individual is not just because of one causal factor, there are many internal and external factor within married couples to get separated from each other. Here in this research study, why women got separated, what are the causes for separation has been identified and they are misunderstanding, foreign employment, conflict for extra marital affairs, education of women etc? The causes are described below, they are as fallows.

##### 1. Misunderstanding

Marriage is a prerequisite for the divorce process. The process of marriage creates a lot of relationships, and there are numerous factors that can lead a married partnership to fail. Process is crucial for starting a new married life when getting married for the first time. Divorce is based on by various marriage types and post-marriage situations.

Misunderstandings between couples are one of the reasons for divorce. Having little to no clarity about something typically indicates misunderstanding. An assumption

without supporting evidence leads to miscommunication. And until things are more transparent, it would still lead to conflict in a relationship. Similarly, many women have left their husbands as a result of incorrect assumptions and misunderstandings in their marriage.

*The 24 year old young respondent from Damak, Jhapa, had a love marriage at an early age 18. She is a working lady respondent and now working in a bank as banker. She used to live with in-laws father and mother. According to young lady, her husband used to leave for foreign employment and return back home after every two years. She was happy with her married life. But she said that her mother-in-law was the main culprit for her separation with her husband. She says that she was often helped by her male colleague in receiving and dropping her home, which her mother-in-law did not like it. Later her husband was informed about it by her mother-in-law which created misunderstanding between her and husband. She said that, because of misunderstanding husband started doubting her and blamed her to be outgoing, disobedient, stubborn, and characterless women. She was mentally torture by her husband and in-laws. She tried to clear all negative thought, assumption's doubts, but never trusted her. Her husband used to only follow his mother's path. Differences between couples arise, less conversation, less attraction, more conflict, and more pressure. Finally she decided to get over this problem by separating through the process of divorce.*

This study has been analyzed through conflict theory because it has been analyzed that early marriage is more responsible for the increase of divorce rate because in arrange marriage the role of family is more important an in arrange marriage usually family, relatives, elderly people are more involved and in love marriage only two people, espically the one who are in love with each other are involved at young early age. Here the lady was unaware during her early teenage about proper marriage relationship, her responsibilities towards husband and family, which create misunderstanding between married individuals and fight for unwanted reasons. Here both the partners are in state of perpetual conflict for power. There were no proper planning for life many social, culture and economic differences between husband and wife in love marriage has been responsible factors to destroy the relationship and that kind of relationship is not suitable.

So, from this study, it has been found that misunderstanding between individuals can also be the main cause of divorce among married couples.

## **2. Foreign employment**

Remittances from foreign employment are a major factor in the decline of poverty and the growth of an economy in any nation. People move from one nation to another in search for better employment opportunities and higher incomes that can be saved for the future.

There are many relationships between employment and marriage. Employment on an individual basis contributes to a good economy. The employment generally affects one's role in society, social interactions, everyday activities, and degree of thought. "Discord in the clerical and skilled, business, unskilled, and employed classes appears to out balance the occupational relationship of divorce," according to a study conducted by Fonseca in Bombay in 1966.

According to Burgess and Locke, "different research seem to suggest that divorce is particularly high among those involved in occupations needing frequent leave from home, including intimate interactions with the opposite sex." This claim states that if a spouse works at different places, there will be a loss of love, patience, attraction, and other factors that contribute to the breakdown of family ties and may even lead to divorce.

*A 28 year old respondent, she had an arrange marriage. She is 10<sup>th</sup> pass. She says that she was not aware about her husband behavior because her family and relatives espically her uncle forced her for marriage. She said that her husband was in Malaysia for employment which causes distance in their relationship. Earlier she was living in panchthar village and recently shifted to Damak Jhapa. After 5 year she came to know that her husband was in relationship with other girl and had married in Malaysia since 5year. She was living with in-laws in husband house for 10 years waiting for husband. She has one daughter with her. But finally after 10 years of waiting her husband return home Nepal and she has come in conclusion to get separated. Her husband was ready to give her divorce.*

In the above case study the husband was engaged in foreign employment for the purpose of earning money and for better life style. He had worked as labor in foreign

countries like Malaysia and Qatar. For long time he had been to foreign for almost 10 years. After marriage he had not sent any remittance for around 5 years. Whenever she asked for money husband used to say there is no work or has very less income which was not sufficient for his own requirements. She had to face much social, economic and mental pressure given by husband as well as by outsiders. But later she herself managed all her ups and downs in life, her needs related to money by her own little income. She make sari and sell them. She had little hope till she was not aware about relationship of her husband but later when she came to know about it she made clear decision for separation. Most of the other female respondent claim that their husband does not care about any family matter, family responsibility, and had to go through economic crises.

The employment is very much important to make economic condition strong which could help in daily life as well as in society and if we look through the perspective of the economic theory of the family it has been found that divorce are the result of comparing marital gain with the return attainable from existing alternative to marriage and in this research study employment in foreign countries has become the cause of divorce and has detached from the beautiful marriage life because women has certain expectation from husband which is not fulfilled .

So, it has been found that foreign employment which is the most important source of resource for under developed or developing countries can also be the cause of divorce and can affect the lives of divorced women's.

### **3. Economic**

Every human being's existence is greatly influenced by the economy. The way e in which the economic is structured has an impact on every element of human life. The state of the economy can define some kinds of joy and misery. Numerous researchers have noted that economic problems can be one of the causes of divorce as a result of their research. Good man says that a group's divorce and separation rates are lower the greater their socioeconomic standing. This process makes married women unhappy because of their poor income and reduced economic position. This ultimately resulted in the breakup of a happy family.

*A dalit lady respondent at the age of 18 years she had love marriage before 20 years, she belong to dalit (pariyar) community and was tailor by profession.*

*She used to live in a joint family; slowly her husband got indulged in taking excess alcohol and started beating her as well as abuses her verbally. Her husband left for employment in abroad 2years in Malaysia 2 years Qatar for 4 years but returned back home with no money. She said that whatever little bit her husband earned was wasted by her husband in drinking alcohol. All remittance was sent from abroad was used for education of children. She has one son and claim to nurture her son. She said that she has taken loan from local community such as samuha in kista system. Economic scarcities, alcoholism were the main reason for divorce. She is living in a single rent room after her divorce. She came in conclusion for divorce and finally became separate with her husband by the decision to court.*

A person's occupation, family income, and economic ancestry are all involved in determining their economic standing. Economic factors have a big impact on everyone's lives, regardless of socioeconomic status. Higher socioeconomic individuals may work in developed nations like Hong Kong, America, Japan, etc., whereas lower socioeconomic folks may work in Arabian countries. There are two elements to it: if someone has a high level of living, their wants are addressed; if not, their relationships with their family, friends, and other people deteriorate.

According to the analysis, her husband's excessive drinking had a negative impact on both her family's financial status and her standing. Any money made on the working in abroad was all spent on alcohol. She struggled financially as a result, which led to the separation. It has been established that married women's dissatisfaction with their economic status and low income leads to divorce.

#### **4. Education**

One of the most crucial ways to educate women with the information, abilities, and confidence needed to actively engage in the development process is through education. Everyone needs an education, but girls and women are particularly in need of it. This is true not only because education serves as a platform for additional chances, but also because women are educational advancement can have consequences across generations and within families.

Education helps in the growth of family ties, which eventually has an impact on the divorce rate. Every day, more people are becoming educated. As more women

become aware of their rights, the number of divorces increases. Education is referred to as the light of knowledge. Nobody can understand their rights, obligations, or responsibilities without education. The main driving force behind women's employment is education. Having additional education makes someone more professional, According to Burgess and Locke, "different research seem to indicate that divorce is quite high among those engaged in occupations requiring frequent leave from home, including intimate contact with the opposite sex. It is the foundation of any nation's economic prosperity. Education helps people understand their obligations and rights. Education is essential in divorce.

*A 46 year old lady respondent, from Gauradaha Jhapa is now staying in Damak Jhapa since last 12 years. She had an arrange marriage at the age of 21. She was 12<sup>th</sup> pass when she got married. She continued her studies even after her marriage and completed her bachelors and masters degree. She is in government collage as lecturer. She is earning pretty well. Her husband was doctor by profession. Both husband and wife are well educated in respected field. They have one daughter and one son. The lady said her love politics and has joined politics. The lady said they got separated by making mutual decision of all family member such as husband, wife, son and daughter .According to lady the reason she got separated from her husband was conflict in every little things, husband did not allow her to stay out of home till mid night for her meetings. She had different views, opinions, and priorities of their own then her husband. According to her disagreements, no mutural decision became the cause of divorce between them.*

Education provides women in Nepal the ability to fight against injustice, threats, torture, and undue influence over their husbands. The old role of women, wherein they had to put up with the abuse, threats, and beatings from their husbands and other family members in order to survive, was altered by education. Many studies have been involved in the function of women's social and economic independence for marriage security in response to increased female labor for participation and marital disruption.

This study can be analyzed using two theories the modernization and conflict theories because the respondent is well-educated woman who is independent and focused on her own interests. Modernization has helped her in achieving all of her

goals, but it has also caused misunderstandings between husband and wife. Divorce is brought on by misunderstandings between partners. The two couples are at conflict because they want a satisfactory outcome.

One of the key causes of unstable marriages has long been thought to be women's job. Especially in a society like Nepal, the position of women as employees and breadwinners is having beneficial effects on gender equity and participation, but it is also having an impact on family life. Dual role conflict is a challenge for working women and has an impact on marriage and family.

Since it has completely transformed traditional society into a modern society where women are found on an equal footing with men in all fields, education, particularly for women, plays a significant role in today's modern world. However, it is now also a factor for divorce.

#### **4.2 Consequences of Divorce**

The most challenging aspect of marriage for both married couples and divorced family members is divorce. Both partners' existence are impacted by divorce, although it has been discovered that women suffer more and are more negatively impacted than males are on a mental, psychological, emotional, physical, and economic level. Women who have recently been divorced may find it difficult to focus on their daily and social lives because they are unable to adjust to the changing dynamics of life.

Divorced women are forced to endure this traumatic experience for a variety of reasons. The factors could include women's education, family pressure, women's employment abroad, miscommunication, disagreements, conflict, torture, and violence.

This chapter explores the effect of divorce on the lives of divorced women. The main concern is to study the situation of divorced women affected by divorce. The result after the research has been analyzed and describe accordingly.

##### **1. Stress**

Divorce from any married couple is a very stressful situation in the lives of divorced women. No couple would want to end their relationship (unless the marriage was full of bitterness and intense conflict or another source of unhappiness unsuitable for

couples) because it can strain any relationship, exacerbate conflict, and bring difficulty, stress, and tension, among other things. Most women may have difficulties throughout the divorce transitions as a consequence of all these factors.

The first consequences of divorce on the lives of divorced women in my research study are stress.

A respondent, 40 years old divorced women said “*pahile mero ra mero buda KO bicha ma din rat jhagada hunthiyo kunnai Pani Sanu Kura hoss ki thulo kura. Jasle garda malai sarai tension hunthiyo. Ahile ma mero buda sanga chutiye ko xu ani eklai mero chori sanga baseko xu. Ahile malai dherai sancho xa kunai tauko dukhai xaina*”.

40 years old lady respondent said that the women had very tough time when she was getting a divorce. Her husband was in a relationship with other women, not just with one woman but with more than one. She was fed up by her husband behavior. Due to her husband affairs, the women had to go through hard time full of stress, tension at home. She said that her husband used to spend most of his nights outside the home, used to get angry very often, disagreement in household decision, became much worse with his behavior. She was so much stress out that sometime she used to feel as if she will go through mental disorder. She did not feel like talking to any other member of the family, friends, relatives as she was scared that they would ask about her relation with husband. She felt herself very weak and left alone. She said that her in-law's especially her mother-in-law was against her because mother-in-law used to love his son as he was the youngest child among all children. She says she used to have conflict, verbal abuses with both husband and mother-in-law. Later she decided to get separate with her husband as she gave many chances to improve his behavior but he could not. With no option left, the women decided to get separate. She took her child with her. After divorce she got 1 property in her daughter name. Now she is living separately with her daughter, and having beautiful peaceful life without any mental stress.

It has been analyzed that although women have entered into modern states where they have started taking decisions of life, especially in marriage, where they are not happy and satisfied, modernization theory suggests that traditional societies will develop, when they start adopting more modern practices. Women experience highly

significant consequences during divorce or the dissolution of a marriage, which may be either temporary or permanent. One of these aftereffects of divorce is stress. The first thing every woman who experiences dissolution may experience is stress. Women experience stress not just before but even during the process of separation. Therefore, it can be concluded that divorced women have a variety of issues.

When their relationship is unsatisfactory, divorced women might find the situation to be quite stressful. Couples' ongoing arguments always have a greater negative impact on women. Women tend to be quiet about their unhappy relationships with their partners; firstly, they would prefer that they remain together, but later, when they are constantly put through hardships because of the terrible behavior of other partners, they too begin to consider divorce as a solution. While the marriage is dissolving, the women may still experience significant mental distress.

Divorced women often react to stress by feeling alone, being paranoid, becoming irritable or aggressive, blaming someone or oneself, thinking excessively poorly of one, drinking, and losing interest in surroundings. Pinkerton (1974) identified three categories of stress; home base stress includes socioeconomic difficulties including overcrowding, abuse, and a lack of play facilities. Each individual responds differently to each type of stress. Family structure anomalies, such a separation in power in a large family. Family group disturbance due to events including death, abandonment, divorce, and separation.

Life events, stress, and the beginning of illness (both physical and mental) are all related, according to a well-researched and established result. Scientists now hold that stress can contribute to any illness, not just those classified as psychosomatic.

Women experience the stress of divorce more severely than males, according to research.

## **2. Psychological and Behavioral problems**

The probability that a divorced woman would experience psychological and behavioral issues is undoubtedly increased. Men and women who are going through a divorce have psychological long term consequences from being apart, with women more likely to be impacted than men on a physical, mental, emotional, and financial level. However, there are some positive aspects to divorce for women as well. Anxiety, despair, anger, guilt, grief, and fear are the six emotional responses that are

usual and important in understanding the psychological impacts of divorce on women. Numerous studies published in the 1990s revealed that divorced people have lower levels of psychological wellness than married people, including lower levels of happiness, greater signs of psychological distress, and worsened self-concepts (Aseltive&Kessler, 1995;Demo&Acock, 1996;Marks, 2006).

A respondent, 27 years old women said “*Malai dherai risuthxa ani mah risayeko bela ma rish le kai dekhina, ghar ma savai jana sanga rish matrai uthxa ani rish utheko paxi jharkera bolxu. Sathi haru sanga bhelawayera drinks garxu.*

She is living alone after her separation with her husband. She has taken a room in rent. She is well educated, had completed her bachelors. Before marriage she had worked in modeling and in some of the dancing videos. At the marriage she was 20 years old, and has also registered the marital status. She says that as she was more carrier focus and have no child even after seven years of her marriage, she had first wanted to make her carrier better and stable. She used to earn around 30000 not monthly but according to music videos she used to get. She was side dancer. She said that when she was with her husband, she did not feel like staying at home as her husband used to question about her profession and used to quarrel and fight a lot and did not allow her to continue her dancing and modeling carrier. She said that she was doubted many times by her husband with her co-partners. She even did not have in-law's support. She was not at all happy with her marriage relation and decided to get separate. She lost her carrier as well as married life.

The majority of the studies cited in the literature review agreed in their conclusion that divorce mentally disadvantaged divorced women not just at the time it happens but also over the course of the women's lives. The woman claimed that following their breakup, she was neither happy nor sad. She was under stress. She used to think a lot and worry about her lost career and marriage breakdown, which led to her eventual descent into depression. As she descended into depression, she experimented with various ways to injure herself and developed bad habits like drinking, smoking, and pill-taking to release the strain. She is much better now, though, as she is on depression medication. Studies show that divorced people have higher levels of anxiety and depression than married women do, and they also often have worse self-esteem and more signs of psychological discomfort (compared to those who are married).

According to Kurdek (1991), individuals who have experienced two or more divorces in the past show depression at much higher rates than those who have only experienced one divorce. This finding suggests that divorce-related stress builds up over time. Similar research has been conducted in other nations, with Amato (1994) showing that two-thirds of divorced women in India experience serious emotional difficulties. Sheila Cotton (1999) also noted that the practice of lumping divorced and widowed people together into a single group understates the actual depression levels of divorced people because widows frequently display lower levels of depression and psychological distress consistent with the crisis model of divorce adjustment, depressive symptoms appear to peak shortly after the divorce and then gradually decline for most.

It has been found that divorced women may experience psychological and mental issues during and after the dissolution process, which could have an impact on their quality of life overall. The most important effect of the separation is the mental disease, particularly depression. It has been implied that the divorced women believe they are despised and are not accepted by the community to which they once belonged.

### **3. Economic**

Every human being's existence is significantly influenced by the economy. The way that the economy is structured has an impact on every element of human life. Sometimes, a person's happiness or suffering is determined by the state of the economy. The difficult economic situation of divorced women is a major issue that underlies worries about the high divorce rate in today's society. Family income and measures of financial well-being that account for family size often fall significantly for women who are separated or divorced. Men's family income falls more gradually than women's, and they often see gains in stand-of-living indicators that account for family size. Losses in household income that are disproportionately experienced by women are connected with an increase in poverty and single parenting risk.

The divorce process has a major impact on women's financial situation as well as the education and overall well-being of their children who are raised by a single mother. In the article "Growing up with a Single Parent: What Hurts What Help," the author details how children of divorced parents are less likely to succeed academically

regardless of their parents' backgrounds. Although the circumstances of the mother, parents, or children in these cases may not all be directly related to the divorce, they can however have an impact on divorced women and children with single parents.

*A 45 years old lady respondent was married in her early age at 18 years is basically from Urlabari, Morang district and currently residing in Damak Jhapa, district. She has been staying in Damak for the last five years with her son. Lady used to stay in joint family after marriage. She had a beautiful time with her husband and family as they both meet in abroad. They had worked in same work place for three years and got married after returning home. The lady said that she was forced to leave her husband as he was totally changed after marriage, she used to have fights and quarrels with husband for money. According to lady husband earning was around one lath per month but used to send her only 25-30thousand monthly that too after requesting him. After few years of marriage he suddenly disappears and had no contacts. Lady almost waited for 2-3 years and finally decided to separate. After the separation from her husband, she had been earning her livelihood by going abroad again as she had responsibility of her son to at least provide her son the basic need that he deserve. But she could not stay for long period of time and returned back home soon after 3years. The son completed his class10 in low grade because of no parent's guidance and does not want to study further. Son has left his studies and went abroad to fulfill his and mother requirement's.*

According to analysis, one of the main consequences of divorce on divorced families, particularly on divorced mothers who care for both their children and themselves, is economic crisis. This is related to less income, according to many research. Others mentioned truancy and a lack of drive, which are connected to rebellion and mental anguish. The modernization theory argued that modern states are wealthier and more powerful because individuals of modern states are free to enjoy a higher standard of living, even though society has changed from historical/traditional society to modern society where women are equally divided in the division of labor. A significant portion of the research was critical of single mother families, claiming that mothers were frequently absent and unable to oversee the completion of schoolwork due to women's lower levels of income.

Mitchell (1985) states that boys were the ones who went missing, however Ham (2003) observed that "for both grades and attendance, female were more substantially impacted negatively by divorce than men." The varied years in which the investigation was conducted can be blamed for this inconsistency. My research suggests that children of divorced, separated, or single parents are less likely to achieve academically on par with their peers from intact homes (Downy, 1994).

Women in the US experience a big decline in their standard of living after a divorce. Divorce has a detrimental effect on women's financial stability for a number of reasons. First, a huge percentage of unmarried fathers do not provide child support, and mothers are more likely than fathers to be the primary caregivers for their children. Second, although divorced women participate in the work force at a relatively high rate, they have less experience than men in the field, are less likely to have full-time jobs, and make less money overall (Amato, 1994).

One of the most common personal disruptions in western civilization is divorce. Although divorce rates in the United States have decreased since the "decades of divorce" in the 1970s, they are still considerably higher than those reported in previous decades in most European countries. Because single motherhood is frequently identified as a significant contributor to crime, delinquency, and community decline, divorce among parents is a specific policy concern. At the individual level, divorce is linked to financial difficulty, social isolation, and dangerous health behaviors in both adults and children. Problems with physical and mental health have historically been involved with divorce.

The process of a parent's divorce has been found to have an impact on a child's academic performance. A few behavioral issues with the youngster include arguing frequently with the mother and looking for excuses to avoid coming home. The mother described how the divorce procedure had changed her and her son's lives. They have had ups and downs together.

#### **4. Emotional**

Divorce not only causes stress, a change in economic status, and a decline in happiness level, but it also causes emotional problems. Divorce affects the entire family emotionally, not just the divorcing couples. Women are more likely to have symptoms of despair, poor health, loneliness, and ineffectiveness at work, insomnia,

memory problems, and increased substance misuse during the first six months after separation.

For young divorced girls, the situation can be stressful and confusing. Young divorced girls often struggle to understand how and why this happened to them at such a young age. Divorce causes emotional pain for the entire family. Along with ongoing concerns about the circumstances, her marriages, and divorce, they are still sad and painful memories. Again, several adults may experience physical illnesses, psychiatric disorders, or both after stress, but others do not (Rabkin and Struening, 1976), who argue that additional factors should be taken into account. These include the characteristics of the stressful situation, a person's biological and psychological characteristics, and the characteristics of their support system. In comparison to married and single women, they are more distressed and depressed. The perception of stressful events among divorced women is what makes this collection of behaviors particularly intriguing. It is this perception, which is influenced by both internal factors like prior experience and attitude as well as external agents like family and neighborhood, that distinguishes a stress from a stimulus and establishes the kind of stress reaction.

A number of researchers (Amato 2000, 1274; Herrington and Kelly 2002, 49–51; Kitson 1992) have found that not all emotional changes that occur before, during, and after divorce are bad. Women frequently grow in their abilities, understanding, and self-confidence as a result of divorce.

*A respondent at the age of 20 years had love marriage before 5 years. She belongs to kirat family and was teacher by profession. She said that she is 25 years old and living with her parents after her separation. Her marriage did not last for more than 1 year. She was teacher by profession and used to earn 20000 monthly at private English boarding school. She says that she never ha faces physical pressure but was force to take mental and emotional pressure given by parents. She says that her marriage was forcefully separated by her parents. She was not happy for her separation because she was still in love with her ex-husband. As it was forcefully separated she used to feel angry upon her parents. She used to feel lonely, depress and find difficulty in taking sleep at night. The sleep was never restful rather it was painful. She said that she used to stay alone at her room and does not like to be surrounded with other peoples. She tried to harm herself and had scares on her hands, she has*

*made all habits like smoking, drinking. She says that she feel lot of pain in her heart as she still has love, care, affection towards her ex husband. The end of her marriage relation was literally shocking and emotional to her.*

It has been analyzed that the consequences of divorce espically for women are more emotionally affected. As we can see from this study, where a lady is forcefully separated from her husband by her parents. As a result young lady is emotionally broken down, she feel ashamed of herself, and had gone through depression. The consequences of divorced on women's life is negative. When we compare this study with modernization theory which talks about women education, awareness empowerment, and freedom, change in tradition, culture it is just in outer society because women are still static, they are still bounded under certain boundries, which they cannot cross even in modern society.

Divorce frequently results in a difficult scenario that is followed by strong, hurtful feelings, such as profound sadness, rage, and guilt, which are normal reactions to grieving (Clark-stewart and Brentano 2006, 54-56; Hooyman 2008, 621).

According to studies particularly in India, emotional and psychological suffering is linked to divorce. Researchers showed that divorced men and women performed worse on tests of discontent, irritation, insecurity, and general male adjustment as compared to married people (Kundu and Ghosh 1977;1978). However, it seems that women have more emotional issues after divorce than do males (Pothen, 1986; YWCA, n. d.). For instance, the YWCA (n.d.) study discovered that two-thirds of mothers who were divorced or separated reported having depression, suicidal thoughts, and sleep difficulties.

According to research, individuals who divorced after extremely contentious marriages felt better than those who did not, whereas those who divorced after happy marriages felt unhappy. In 2007, Amato and Hohmann-Marriott wrote (p. 635).

It has been found that divorce has an impact on the emotional and mental health of divorced women as well as their social and personal lives. Here, the woman's post-separation emotions are so severely damaged that she has feelings of guilt, depression, and obsession. A divorce leaves a woman feeling hurt, lonely, depressed behavior, and unhappy because women may carry the scars of the broken marriage for a very long time.

## CHAPTER FIVE

### SUMMARY AND CONCLUSION

#### 5.1 Summary

Divorce is simply the process of unmarrying two persons who have already been married. It is an official admission that their union is doomed to collapse and should therefore end rather than endure (Baber, 1963). Divorce, however it can be a sign of a broken marriage, is not a sign of a successful one. Divorce is regarded in Hindu culture as being disrespectful. Therefore, despite the lack of harmony in the home, couples attempt to remain together in order to maintain their social position and also for the benefit of the child. Divorce is less common but increasing in Asian society as a result of this as well as the strong family connections (Metha, 1975).

Marriage is viewed as a holy union in Hindu culture between a man and woman for the purpose of carrying out religious obligations. The major goal of this arrangement is to keep the couple together and enable them to preserve their social and financial standing. The nature and form of marriage, as well as other social institutions, are changing. The marriage relationship between the partners is ended via divorce. The marriage tie is fully severed. It is impossible to study marriage and divorce separately. The two are so connected that it is impossible to comprehend what marriage means in any society apart from the circumstances that lead to divorce. There are additional factors, such as physical, mental, social, economic, etc., for the dissolution of the marriage in addition to the collapse of the marriage bond between the couple. Increased modernity, westernization, or high levels of education in today's globe may also contribute to an increase in the divorce rate. The purpose of this study was to determine the causes and effects of divorce among divorced women in the Damak Jhapa district.

The study's overall objective is to study mechanism and consequences of divorce among divorced women's , while its particular objectives are to look at divorce's causes, its process, and its effects on divorced women.

Although the present dissertation is mainly an academic study, it also contains data that is significant in understanding the causes of divorce. It will assist in developing new policies that address the effects of divorce on individuals in a nation like Nepal. The researcher has discovered that the primary causes of divorce for divorced couples

include an increase in international employment, miscommunication, high levels of education for women, and economic difficulties.

The results of the case study shows that divorce has a wide range of causes. Women from bad marriages or families were shown to have low self-esteem, which had an adverse effect on the lives of divorced women and made it difficult for them to succeed in their future efforts. This case study reveals that miscommunication is one of the main factors contributing to the rising divorce rate among married couples. They completely fail to understand one another's emotions both before and after marriage, which leads to doubts that eventually lead to divorce.

Another case study shows the critical role that employment plays in maintaining a healthy economy, but it also shows how employment in abroad has contributed to an increase in divorce rates because it has been observed that couples who work abroad tend to be less attached to one another and to show less love, care, and affection for one another.

Economic situation and foreign employment are interrelated in this case since maintaining financial stability is the central objective. It has been observed in both situations that if a person has a good standard of living, their needs are fulfilled, and if not, it becomes the reason for divorce.

Last but not least, because more educated women are more aware of their obligations and rights, education has also become a factor in divorce in the modern world. They have no fear of anyone or anything because schooling tends to make people more career-focused and ambitious.

These are some of the cause of divorce that are discussed in this research paper, but there may be others, such as communication issues, poor conflict resolution abilities, a lack of commitment to the marriage, a lack of love, financial issues, alcoholism, a lack of maturity, physical abuse, and others. It has been discovered that all of these potential cause of divorce have a very negative impact on the lives of divorced women, including physical abuse.

Marriage and divorce are interrelated; it is impossible to imagine a divorce without a marriage. The family management structure must be disrupted when a couple divorces. The impacts of divorce differ from family to family. There are losses involved on both a personal and a collective level. The loss of a past love interest has

an impact on one's entire condition in life. Each partner assigns blame to the other, and there is a pervasive desire, frustration, and emptiness (S. Pothan 1986). But for some people, divorce is eagerly anticipated in the belief that it would open the door to a new way of life. Divorce serves as a means of leaving one circumstance and entering another.

Families are affected differently by divorce. There are consequences involved, both personal and general. The loss of a previous love relationship has an effect on every element of life. Each partner places the blame on the other, and there is universal desire, frustration, and a sense of emptiness (S.Pothan 1986). However, other people eagerly await divorce in the hope that it will usher in a new way of living. They utilize divorce to change settings.

Sometimes the partner really loves the other after getting a divorce. When a divorce occurs, people become self-centered and turn to their friends for support. To release tension and focus their minds, some people immerse themselves in their work. The wound may begin to heal over time, and organization may begin. There, a new philosophy of life and new love objects are chosen. In the west, divorced people frequently remarry. Men on the Indian subcontinent are allowed to start a new life, but women must live alone and provide for themselves. But things are quickly changing, and women are beginning to exercise their right to marriage (Mehta 1975).

This study's findings shows that divorced women find the process extremely distressing. The constant fights between the couples always have a greater impact on women than on males. Stress was discovered to be the cause of their low self-esteem, impatience or violence, excessively negative self-talk, and loss of interest in their surroundings. As a result of their difficult separations at home, the women sometimes turned to talking alcohols. Additionally, they had a tendency to hurt themselves.

They sometimes chose to stay by themselves without talking, but when they did, they tended to speak in an angry manner. Some of them even had trouble falling asleep at night, and the sleep they did get was never restful.

Moreover, it was found that the family's split had a detrimental effect on the women's financial situation as well as the schooling of the children being raised by their mother as a single parent. The kids lacked toys, school supplies, learning materials, and other essentials back at home. Some children were even forced to drop out of school in

order to help their mother support the family's meager financial situation by working. Due to these circumstances, several of the kids developed into introverts.

Women who have divorced have admitted that it has undoubtedly impacted their personal lives. They had to endure both mental and psychological pain previous to and throughout the divorce process. They believed that their failed marriage would not have an impact on society or other married people. However, they experience severe illnesses including depression, anxiety, fear, guilt, and anger.

Legal procedure of divorce: Feminist Jurisprudence play vital role in Nepalese legal system after 2047 B. S. There is very easy process legal procedure of divorce for women in comparison of men in Nepalese legal system. If a male person wants to divorce with his wife, then firstly he should submit an application with brief description in his VDC/Municipality office. The VCD/Municipality member/personal should try both party to live together as much as possible but if they fill that then it is better to live separate, and both party do not agree to live together then with in a period of one year of application, VCD/Municipality make recommendation also with their suggestion in related district court. But there is easy legal procedure of divorce for female.

## **5.2 Conclusion**

Hindu Legal Philosophy is the foundation of Nepalese law. Marriage and divorce are intertwined; one cannot exist without the other. Marriage and divorce are so closely related that, in any community, it is impossible to forget the meaning of marriage without also understanding the circumstances surrounding divorce and the circumstances of divorced women's post-divorce lives.

The legal way to end a husband and wife's marriage is through a divorce. The governing law in Nepal that governs divorce is known as the Civil Code 2017 (or "Civil Code"). The marriage may be ended at any time through divorce if both the husband and wife choose to do so.

According to the New Legal Code of 2020 B.S., divorce is legally allowed in Nepal for both husband and wife in this situation. The first written legal code of Nepal, the Muliki Ain 1910 B.S., allows a man to divorce his wife by using the sinko-vachichhuttinu method (to break a little, thin stick of bamboo by the husband). Initial: ParpachukeGarnyako 2) LognyaSwasnikoMahal, this legal code has

introduced a notable alteration on the women and by the right of divorce and separation. This legal code is on the section of husband and wife.

Divorce is a multidimensional social event with many different social factors involved. Every civilization has it, whether it takes the shape of a legal or customary practice. In general, it happens easier in more open and industrialized societies. The pattern of social and cultural change brought about by modernization and simultaneous urbanization is giving rise to new sociological phenomena. It is being studied sociologically in our context.

The objective of this research was to identify the causes for and consequences of divorce on women's lives in order to develop effective sociological research. The pattern in this study is adverse and is present in every community, including Hindus, who believe that marriage should last for life or until death. As a result, divorce and marriage are not culturally and socially acceptable in Nepalese society, which is preponderantly Hindu and where nearly 80% of the population practices Hinduism.

The dissolution of a marriage cannot be associated with a single cause. The personal, familial, social, and economic factors have an impact on how each partner is satisfied in a particular way. It should therefore be handled using a multidimensional approach primarily with reference to current shifting patterns. According to these data, the main reasons for marital distress include financial hardship and ambition, harshness, male sexual adjustment, barren wives, unequal social, educational, and economic position, as well as increased expectations between the spouses after marriage.

The present study includes occupational mobility and the position of agreement to the opposite sex, low age at marriage and immaturity, education, misunderstanding, traditional and modern expectations between in-laws, as contributing factors. Divorce is not merely the end of a couple's marital relationship; it also leaves the children of the couple with significant adjustment concerns.

In this study, divorce and its consequences on divorced women's lives have been linked to modernization and conflict theory because, according to modernization theory, traditional societies will advance when they adopt more modern practices. Modernization is also making women's lives easier because it emphasizes women's rights to education and empowerment as well as the freedom to choose their marital arrangements. Similar to how women's thought processes, lifestyles, norms and

values, culture, tradition, language, and attitudes have altered in modern society compared to traditional or patriarchal societies when women's thought processes were in an immature stage. Women are coming out from home to office, and from married life to single life, less dependency upon husband and family can be seen.

However, in one of my case studies, it was found that women's education, foreign employment, and economic crises all contributed to divorce or broken families. It was also discovered that when women were well-educated, independent, able to find good employment, and full of attitude and confidence, this led to misunderstandings, conflicts, and eventually divorce. Traditional societies have undergone modernization, and various changes have been observed among women. However, it has had a negative impact on women's lives in modern society if a marriage dissolves. The divorce rate has risen quickly along with society's rapid transformation. In addition to women's education, there are a number of additional divorce-related factors that have an impact on women's life following divorce.

When two couples fight for the same amount of economic gain from their marriage, conflict between them begins, and if the actual marital gain is less than the expected gain, the marriage will terminate in divorce. The conflict theory suggests that partner disagreement before and throughout the separation time causes women to experience significantly more stress than males. Divorced women experience emotional instability and stress due to psychological and behavioral issues, financial crises, especially if they are single mothers who are responsible for the growth and education of their children.

This research study found that, out of eight cases, every single one had a negative effect on life following divorce. After a divorce, women are in a bad condition and experience difficulty, mental health issues, disturbances, and hurdles. However, there are cases of divorced women who have overcome the bad effects of divorce and developed new abilities, gained fresh insight, and improved self-confidence. Women who have gone through divorce often portray themselves as strong, cheerful people on the outside, but deep down, they are struggling.

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## QUESTIONNAIRE

The following questions were asked to collect in-depth information of the women's from the broken homes. The questions for the questionnaire that were prepared from the interview as follows.

### A. Causes of Divorce:

1. Full Name:-.....
2. D.O.B(dd/mm/yy):-.....
3. Age:-..... Gender:-.....
4. Temporary Address:-.....
5. Permanent Address:-.....
6. Education and Qualification
  - a)Illiterate
  - b)Literate
  - c)Primary Level
  - d)Secondary
  - e)Higher Secondary
  - e)Bachelor or above
7. Age at marriage  
.....
8. Have you registered the marital status?
  - a)Yes
  - b) No
9. If not, why?
  - a)Lack of knowledge
  - b)Not necessary
10. Types of family
  - a)Joint family
  - b)Nuclear family
11. Do you have children?
  - a)Yes
  - b)No
11. If yes, how many children do you have?
  - a)Son
  - b)Daughter

### B. Process of Divorce

12. Who gave the proposal of separation first?
  - a)Men
  - b)Women
13. Why was the proposal of separation give?  
.....

14. How long ago did you make this decision?
  - a) Within the last year
  - b) Over five years ago
  - c) Don't remember
15. Did you think about the Pros and Cons when thinking about the options? Pros=Good points and Cons=Bad points
  - a) Yes
  - b) No
16. When thinking about your options, did you feel unsure about what to do?
  - a) Yes
  - b) No
17. Where was the process of separation done?
  - a) Legal Court
  - b) Within community level
  - c) Within family member
18. Which process of separation was more easier?  
.....
19. How was the process of separation?  
.....
- C. Consequences of Divorce:**
20. What are your income source?
  - a) Business
  - b) Daily wages
  - c) Foreign employment
  - d) Other job
21. How much do you earn every month?
  - a) Less than 15000
  - b) more than 15000
  - c) less than 25000
  - d) more than 25000
22. Is your source of income sufficient ?  
.....
22. Did you face any stress, tension, violence physically and mentally?
  - a) Yes
  - b) No
23. If yes, what types of violence did you face?  
.....
24. Do you enjoy your life after separation?
  - a) Yes
  - b) No
25. If No, then what are the things that bind you from your freedom even after your separation?
  - a) Socially
  - b) Culturally
  - c) Economically



