

NEAR EAST UNIVERSITY
GRADUATE SCHOOL OF SOCIAL SCIENCES
APPLIED (CLINICAL) PSYCHOLOGY MASTER PROGRAM
MASTER THESIS

**THE COMPARISON OF DEPRESSION AND ANXIETY
LEVELS IN MARRIED AND DIVORCE MOTHERS**

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The Comparison of Depression and Anxiety Levels in
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ÖZET

Boşanmış ve Evli Annelerin Depresyon ve Anksiyete Düzeylerinin Karşılaştırılması

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Haziran,2013

Boşanma özellikle anneleri olumsuz yönde etkileyen bir yaşam olayıdır. Bu araştırmanın amacı boşanmış annelerin depresyon ve anksiyete düzeylerini evli annelerle karşılaştırarak tespit etmek ve depresyon ve anksiyeteye yol açabilecek risk faktörlerini belirlemektir.

Bu çalışma Kuzey Kıbrıs'ta yaşayan 18-55 yaş aralığındaki evli ve boşanmış annelere 2013 yılında yapılmıştır. Bu çalışmada 42 evli ve 38 boşanmış olmak üzere toplam 80 anne yer almaktadır. Örneklem kartopu yöntemi ile seçilmiştir. Çalışma esnasında Sosyodemografik Bilgi Formu, Beck Depresyon Ölçeği, Durumluluk ve Sürekli Kaygı Envanteri kullanılmıştır.

Evli annelerin çocuklarının babaları,boşanmış annelerin çocuklarının babalarına oranla daha ilgili bulunmuşlardır. Evli ve boşanmış anneler iş türü açısından karşılaştırıldığında evli anneler daha fazla memur ve işçi iken boşanmış anneler memur ve serbest meslekte çalışıyorlar. Evli ve boşanmış annelerde depresyon ($p=0.405$),durumluluk kaygı ($p=0.561$) ve sürekli kaygı ($p=0.617$) düzeyleri karşılaştırıldığında iki grup arasında istatistiksel olarak anlamlı bir fark bulunamamıştır. İlkokul mezunu olan anneler , üniversite ve üzeri mezun olan annelere göre durumluluk-süreklilik anksiyete düzeyleri daha yüksek bulunmuştur. Nafaka almayan anneler, nafaka alan annelere göre daha fazla depresyon yaşamaktadır.

Bu çalışmada evli ve boşanmış kadınlar arasında depresyon ve anksiyete açısından fark göstermezken, nafaka alan ve eğitimi yüksek boşanmış kadınların kaygı

düzeyleri daha düşük bulunmuştur. Boşanma sonrası maddi sorunların azaltılmasının, kaygıyla baş etmede etkisi olacağı düşünülmektedir.

Anahtar Kelimeler: Boşanma, Evlilik, Anne, Depresyon, Durumluluk Kaygı, Sürekli kaygı

ABSTRACT**The Comparison of Depression and Anxiety Levels in****Married and Divorced Mothers****Prepared by: Melis Göksoylu****June, 2013****ABSTRACT**

Divorce is a life event that affects especially mothers in negative way. The aim of this study is to examine depression and anxiety level of divorced mother by comparing with married mothers and to find the risk factors that cause depression and anxiety

This study is made with the divorced and married mothers who are living in North Cyprus and having age between 18-55 years old. In this study, totally 80 mothers participated. 42 of them are married and 38 of them are divorced. The sample was choosen by snowball sampling method. During the study, Sociodemographic Information Form, Beck Depression Inventory and State and Trait Anxiety Inventory were used.

There was no statistically significant difference between the two groups compared to levels of depression ($p=0.405$), state anxiety ($p=0.561$), trait anxiety ($p=0.617$). It was identified that divorced mothers with low level of education had higher anxiety and divorced mothers without alimony payment had higher level of depression.

In the present study married and divorced mothers showed no difference in terms of depression and anxiety, divorced mothers who got alimony and had high educational level were have lower anxiety levels.

Key words: Divorce, Married, , Depression, Stait Anxiety, Trait Anxiety

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INTRODUCTION

Divorce is a life event that adversely affects people, which requires to tackle many problems even if it is performed consensus of the parties. In this period, a woman may struggle with many problems such as responsibility of a child, lack of social support, the perspective of the society toward divorced women, for all these reasons women are more vulnerable group for the adverse effect of the divorce.

Besides giving the decision to begin the process of divorce, many couples face difficulties during the continuation and termination. After divorce the divorce, couples remain reorganize their new social lives. Women and children as a result of divorce is considered to be the most affected group.

In condition of nowadays it is difficult for married couples rearing a child and also sustain their own lives. In this context, divorced mothers have many problems while raising children alone, as well as a lot of difficulty in order to maintain their own life.

In the last years, divorce rates increased in our country. This level is a very high level according to the Turkish Republic of North Cyprus population (This shows us that the prestige of the family structure is highly shattered). Family corporation is as very important and valued corporation. However divorced rate of nowadays showed that the value of marriage decreased.

Divorced mothers may struggle many issues alone such as rearing child, financial difficulties, because of these problems psychological problems may occur among divorced mothers. In literature the result of the many studies showed that divorced mothers had psychological problems such as depression, anxiety, somatic symptoms.

Increasing divorce rates in T.R.N.C is followed by a major social problem. Depending on the cultural structure, men sustain their life more comfortable and easier but women suffer social isolation and financial crises and also generally assumed custody of the child to feel a huge burden on their shoulders. For these reasons the present study examines the depression and anxiety levels of divorced mothers and try to find the risk factors for depression and anxiety.

Psychological Consequences of Divorce on Mothers

Lives of both women and men change with divorce. Some of these changes are living in different houses, decreasing of incomes in house, and necessity of solving problems alone. These situations cause different mental problems in women. According to the studies of Bulloch and his friends (Bulloch,2009), divorced women have more depressions than married women. Studies of Afifi and his friends (Afifi,2006) demonstrate that when compared to single mothers, divorced mothers have more psychiatric disorders such as depression, dystimia, generalized anxiety disorder, and post-traumatic stress disorders. There is another study which is based on the married and divorced women in Malaysia. The purpose of this study is testing the validity of sensitivity and depression questionnaire in Malaysia culture and testing whether the risk of depression in alone women is high or not. The investigations show that the ratio of depression in alone mothers is 60.5%, on the other hand the ratio in married women is 39.5% (Kadir, Bifulco. 2011).

According to the research of Beheshti and his friends in Iran, the 57.1% of women who are in depression are divorced. 30.8% of these women feel themselves humiliated. In 2003, Jianwang studied in a research related with the international public health. The data of this research showed that the divorced mothers who are aged 25-50, have more depressive syndrome compared to married mothers (Wang. J,2004). In another research, Cairney and his friend (2002) studied 12 months with the married and divorced mothers and analysed them in terms of mental health. The result of their study showed that the divorced mothers have more mental problems and they get more professional support compared to married mothers(Cairney 2002).

The study of Nilgün in 2011 showed that the anxiety level of divorced mothers is higher than the married mothers. Dreman and Aldor think that when the divorced and married mothers are compared, divorced ones have more anxiety when they are faced with a stressful life event or crisis situations. The reasons of this may be cultural factors, and economical problems. The other factor is that the woman has the

responsibility of both the child and herself. This may cause a serious stress. The divorced women has more stress, and dispair when compared to married women and they do not have family support (Dreman et al. 1989).

Another study that has been made, State-Trait Anxiety inventory is being used. The level of state-trait anxiety is higher in divorced mothers when compared to married mothers (Öngüder, 2011).

In an another study of Frederick et al. (2006), it is observed that the divorcing has a relation with the physical health. Divorce do not cause health problems in short term, however, about after 10 years, most of the women start having health problems. After about 4-6 years, stressful life events turns to depressive symptoms (Lorenz,Conger,Elder 2006). In 2005, the investigations of Kate in psychological well-beings of divorced or married women are investigated. It is observed that the divorced or new-divorced women are more low-spirited compared to married ones (Bennett, 2005).

The Effects of Sociodemographic Variables of Divorced Mothers on Psychological Problems

The factors such as the education of divorced women, her vocational status, her living area and her age affect her life after the divorce (Demircioğlu,2000). These factors may make the life of divorced women harder.

The research of Zabkiewaz in California (2009) show that the depression level of divorced working women is higher in 27% ratio than the women who do not work. This result shows that economical power of divorced women decrease the risk of depression (Zabkiewaz. D,2009). In the research of Hatcher and his friends (2008), it is observed that the divorced African and American mothers who work full time and part time have lower probability of having depressive symptoms, chronic stress factors and thinking negatively. In addition to these it is seen that the working women have more self-confidence than the women who do not work. In conclusion, working, being economically stronger and having more self-confidence decrease the risk of having depression (Hatcher et al, 2008).

Social support has an important role on overcoming life events. In the research of Cairney and his friends (2003), when the major depression levels of married and divorced women are compared, it is observed that the major depression of married mothers is twice of the divorced mothers. According to the analysis, stress and social support on divorced mother are effective in the ratio of 40%. Having the responsibility of both home and children, working and having the lack of social support affect mother negatively and cause depression (Cairney et al, 2003).

Naomi Gerstel and her friends compared the married and divorced women in terms of social environment (1985). It is seen that the divorced women have lower social network than the married ones and they have more difficulties in telling their problems and trusting to people. Married women can tell their problems and trust easier to their friends.(Gerstel, 1985).

In addition to these, child care causes stress on divorced woman. Of man do not support woman for child care, woman would have more stressfull times. In the study of Esther and his friends, it is seen that the divorced parents have serious conflicts in child care. This situation causes an increase in woman's stress and affects woman negatively in terms of life quality (Hakvoort et al, 2011)

In America, Traci and his friends studied with the frequency of occurance of psychiatric disorder in married, single and divorced woman's lives. It is determined that married women are better educated than the divorced women. When the families are analyzed economically, it is observed that the divorced women have lower economical strength than the married ones (Tracie et al, 2006). In his studies, Nor Ba'yah Abdul Kadir observed that the depression levels of divorced women are higher than the married women and their incoming levels are lower than the incoming of married ones. It is also investigated that the most of the divorced women live in low socio-economic areas, they get pregnant in young ages, they are unemployed, they have low household income, they have experiences in large financial problems and they do not have good support (Kadir et al, 2011).

Although all the womens does not face anxiety disorders and depression problems after divorce but there is always some threats in their social life to have those problems. For example, poor women in rural areas has higher probability of having depression. In literature, the role of being both mother and father has negative effects on psychological situation of a person (Turne, 2006).

Reasons of Divorce

In North Cyprus, the first reason of divorce is severe conflict. Severe conflict has a lot of factors in terms of causality. Paul r amato studied with the reasons of divorce. According to the researchs in America, deceiving is the first reason of divorce which is followed by discord, alcohol and drug usage, lack of communication , physical and mental abuse (Amato, 2003). According to the Australian Public Works Institute, divorce reasons of Australian public are based on three main categories. The categories are: ‘ affective reasons’, ‘abusive behaviors’ and ‘external pressures’. Affective reasons are: communication problems, incompatibility and having an affair. Abusive behaviors are: Physical abuse to women or to children, alcohol or drug abuse and emotional and verbal abuse. External pressures are financial problems, family interference, physical-mental health and work-time.

Ratio of Divorce in TRNC

In the last few years , divorces in TRNC are increased. When the last 3 years are analyzed, it can be seen that in 2010, 923 couples asked for divorce and 706 of these couples divorced. In 2011, 949 couples asked for divorce and 739 of these are divorced. In 2012, 1067 couples asked for divorce and 803 of these divorced. These datas show that in the last three years, amounts of divorce requests and divorces increased. (Kuzey Kıbrıs Türk Cumhuriyeti Mahkemeleri. 2012).

Divorce Rates in Turkey

In the second half of 2012 year 173 462 couples are married. In the second half of year 2012 (April-may-june), number of marriages incresed in the ratio of 2% compared with the same term of previous year. When the divorce rates are analyzed, it is observed that in the same period of the year 33 197 couples are divorced. In the second half of 2012, divorce amounts decreased compared to the previous year with the ratio of 2.3% and dropped to 33 197. (Türkiye Cumhuriyeti Türkiye İstatistik Kurumu Başkanlığı, 2012).

DEFINITIONS

Depression

Depressed individuals have a tearful image. Individual feels sad. About everyday, there is a depression mood throughout the day. Enjoying the activities throughout the day decreases significantly. Weight loss or gaining weight can be seen. Insomnia or hipersomnia can be observed everyday. Fatigue and exhaustion or energy loss , feeling worthless are also important effects. The other effects are lack of concentration and increased death ideas. (DSM 4 TR.2005)

Anxiety

In anxiety person feels unrest, extreme excitementand concern feelings are also observed. Person gets tired easily and has difficulties in concentrating thoughts. Muscle tensions and sleep disorders are observed. Anxiety, worry, or physical symptoms of stress casus clinically significant impairment in occupational or social areas. Anxiety feeling is seen in most of the people. This feeling is often headache, sweating, palpitations, chest tightness, and autonomicssymptomssuch asstomach problems. (DSM 4 TR,2005)

Marriage

Marriage is a union between a man and a women such that children born to the woman are recognizet legitimate offspring of both parents.(Bell,1997)

Divorce

Divorce is an event of too many legs. Lawful becouse of law problems, emtional becouse of alienation of couples, echonomical becouse of money and property, parental becouse of the authority of children, social becouse of changes in the friendships and social environment and social events and psychological becouse of the self-discovery and re-independency problems. (Uçan,2007)

METHOD

The Aim of The Study

The studies in the literature show that divorced mothers are having more depression and anxiety compared to the married ones. After divorce, there are some changes in the life of divorced mothers such as emotional, social, economical changes, and these changes effect divorced women in a negative way. Divorced mothers also take on most of the responsibilities as a single parent.

The aim of the present study is to examine the depression level and trait-state anxiety level of divorced mothers and to find the risk factors for depression and anxiety.

Sample

The sample was taken from mothers who are aged between 18-55 and citizen of TRNC. The married and divorced mothers that are participated in this study are being married at least one year or more. This study is a cross-sectional study and the sample was selected by using the snowball sampling method. Sample is made up of 120 people but at the statistical analyse period, 40 people(18 of them are married and 22 of them are divorced mothers) who did not completely fill the questionair was taken out. Statistical analyses were made over 80 people.

The informed consent was taken from the participants before starting to fill the questionnaires.

Limitations of the study

1-Limited with the TRNC citizinship

2-Inculude disadvantage of snowball sampling techniques

Instruments

The questionnaire includes three parts: Socio-Demographic information form, Beck-Depression Inventory and State-Trait Anxiety Scale .

Socio-Demographic Information Form: Age, marital status, education level, job, number of children, marriage style, work that supplies any income, average income to the home, what kind of divorce does she had, who is she living with and economical support from the family are the general index of this inventory.

Beck Depression Scale (BDS): Beck depression scale measures somatic, emotional, cognitive and motivational symptoms and include 21 items. Each item is numbered between 0 and 3 and total point shows the depression point. Aim of this scale is to obtain the level of depression symptoms objectively. Scale is able to be applied to adults and adolescence over 15 years of age. The Turkish version of the scale was made by Nesrin Hisli. The reliability coefficient was 0.80 and validity was found 0.63 (Savaşır,Şahin,1997).

Stait-Trait Anxiety Inventory (STAI): Stait-Trait Anxiety Inventory used to measured the anxiety level of married and divorced mothers and include 40 items. This questionnaire is measuring the anxiety levels in two dimensions. One of them is Stait Anxiety and other one is Tarait Anxiety Inventory. It is developed by Spieberger et al (1970). Kuder- Richardson reliability stability coefficient scores were found 83-92 for Stait Anxiety Inventory and 86-92 for Trait Anxiety Inventory. The Turkish standardization of scale was made by Öner and Le Compte. The test-retest reliability was found 0.71 for Trait anxiety and 0.86 for Stait anxiety (Aydemir and Köroğlu, 2009).

Stait Anxiety Inventory (SAI): This scale that measures the anxiety of and individual at that moment (Aydemir and Köroğlu, 2009).

Trait Anxiety Inventory (TAI): It measures the capacity of threatening and look for the perception and commend of neutral states stressfull, according to objective criteria of the individual (Aydemir and Köroğlu, 2009).

RESULTS

The present study includes 80 women participants. The mean age of the sample was 40.90 ± 7.96 (23-54). 42 of them were married and the mean year of the marriage was 16.00 ± 8.99 (2-32). 38 of them divorced and the mean year of the divorce 6.72 ± 6.70 (1-30).

Table 1a. Socio-demographic characteristics of the sample

		n(%)
Level of Education	Primary School	10(12.5)
	Secondary School	6(7.5)
	High School	47(58.8)
	University and upper	17(21.3)
	Total	80(100)
Marital Status	Married	42(52.5)
	Divorced	38(47.5)
	Total	80(100)
Form of Marriage	Anlaşarak	50(62.5)
	Matchmaking	30(37.5)
	Total	80(100)
Working	Yes	62(77.5)
	No	18(22.6)
	Total	80(100)
Type of job	Officer	33(41.3)
	Worker	15(18.8)
	Self-employment	14(17.5)
	Retired	1(1.3)
	Housewife	2(2.6)
	Total	80(100)
Monthly income	1400 and below	16(20.0)
	1400-3000	32(40.0)

	3000-6000	26(32.5)
	6000 and above	5(6.3)
	Total	80(100)
Number of child		n(%)
	One	28(35.0)
	Two	44(55.0)
	Three	8(10.0)
	Total	80(100)
Support of family on child care	Never	29(36.3)
	Rarely	9(11.3)
	Sometimes	16(20.0)
	Often	12(15.0)
	Always	13(16.3)
	Total	80(100)
Attitude of father on child	Very Involved	23(28.8)
	Involved	37(46.6)
	Little Involved	15(18.8)
	Not Involved	5(6.3)
	Total	80(100)

In the present study 12.5% of the sample graduated from primary school, 7.5% of them secondary school, 58.8% of them high school and 21.3% of them graduated from university and above. 52.2% of the sample were married and 47.5% of them were divorced. 62.5% of the sample reported that they were married by arrangement and 37.5% by matchmaking style. 77.5% of the sample was working and 22.5% of the sample was not having a job. 41.3% of the sample were officer, 18.8% of them blue-color worker, 17.5% of them were self-employment, 1.3% of them were retired and 2.6% of them were housewife. The distrubion of the monthly income was found that 20% of them reported 1400 and above monthly income, 40% of them 1400-3000, 32.5% of them between 3000-6000 and 6.3% of them 6000 and above Turkish Lira of this sample. 35% of the sample had only one child, 55% had two children and 10% had three or more children. According to the distrubiton of family support to the

child care, 36% of them had no family support, 11.3% of them had family support rarely, 20.3% of them had family support sometimes, 15% of them had family support often and 16.3% of them had family support always. 28.8% of the sample reported that their husbands were very involved, 46.6% were involved, 18.8% less involved and 6.3% were not involved with their children

Table 1b. Socio-demographic characteristics of the sample

		n(%)
Who are you living with	Alone	1(2.7)
	With my child	29(78.4)
	With my parents and child	6(16.2)
	With my child,Grand child and my sun's wife	1(2.7)
	Total	37(100)
Having economical support	Never	19(50.0)
	Family	11(28.9)
	Government	1(2.6)
	Ex husband	7(18.4)
	Total	38(100)
Frequency of economical support	Never	13(34.2)
	Each month regularly	15(39.5)
	Sometimes	10(26.3)

	Total	38(100)
Does your ex husband pays maintenance ?	Regularly each month	17(44.7)
	Sometimes	4(10.5)
	Rarely	3(7.9)
	Never	14(36.8)
	Total	38(100)

2.7% of the divorced mothers were living alone, 78.4% of them with their children, 2.7% of them with their child, grandkids and bride. 50% of them were having no economical support, 28.9% of them were having support from family, 2.6% of them were having support from government and 18.4% of them are having support from ex-husband. 34.2% of the sample reported that they were not having economical support, 39.5% of them were having each month properly and 26.3% of them were having support sometimes. 44.7% of the sample reported that their ex husbands were giving alimony payment regularly, 10.5% of them were giving sometimes, 7.9% were paying rarely and 36.8% of them were not paying any alimony.

The comparison of socio-demographic characteristics, BDS mean score, T-SAI mean score between married and divorced mothers

Table 2. Comparison of education level of married and divorced mothers

	Married n(%)	Divorced n(%)
Primary School	8(19)	2(5.3)
Secondary School	3(7.1)	3(7.9)
High School	22(52.4)	25(65.8)
University and upper	9(21.4)	8(21.1)
Total	42(100)	38(100)

$X^2=3.659$ $p=0.301$

The education level of married and divorced mothers were compared by Chi-Square analysis. There was not any significant differences between two groups.($p=0.301$)

Table 3.The comparison among marrying styles of divorced and married mothers

	Married n(%)	Divorced n(%)
Arranged by agreement	23(54.8)	27(71.1)
Matchmaking	19(52.4)	11(28.9)
Total	42(100.0)	38(100.0)

$X^2=2,258$ $p=0,133$

The marrying styles of married and divorced mothers were compared by Chi-Square analysis. There was no significant difference between marrying styles of two groups.($p=0.133$)

Table 4. The comparison of working condition of divorced and married mothers

	Married n(%)	Divorced n(%)
Yes	33(78.6)	29(76.3)
No	9(21.4)	8(21.1)
Total	42(100.0)	38(100.0)

$X^2=1,120$ $p=0,571$

The working condition of married and divorced mothers were compared by Chi-Square analysis. There was not any statistically significant difference between two groups.($p=0.571$)

Table 5. The comparison of job type of divorced and married mothers

	Married	Divorced
Officer	18(54.5)	15(46.9)
Worker	10(30.3)	5(15.6)
Self-employment	2(6.1)	12(37.5)
Retired	1(3.0)	0(0.0)
Housewife	1(3.0)	0(0.0)
Total	33(100.0)	32(100.0)

$X^2=12.070$ $p=0.034$

The job type of married and divorced mothers were compared by Chi-Square analysis. There was statistically significant difference between two groups. Mothers who had self-employment job were divorced.($p=0.034$)

Table 6. The comparison of monthly income of married and divorced mothers

	Married	Divorced
1400 and below	6(14.3)	10(27.0)
1400-3000	17(40.5)	15(40.5)
3000-6000	15(35.7)	11(29.7)
6000 and above	4(9.5)	1(2.7)
Total	42(100.0)	37(100.0)

$X^2=3.234$ $p=0.357$

The monthly income of married and divorced mothers were compared by using Chi-Square analysis. There was not any statistically significant difference between two groups.($p=0.357$)

Table 7. The comparison of number of children of married and divorced mothers

	Married	Divorced
One	14(33.3)	14(36.8)
Two	24(57.1)	20(52.6)
Three	4(9.5)	4(10.5)
Total	42(100.0)	38(100.0)

$X^2=0.164$ $p=0.921$

The number of children of married and divorced mothers were compared by using Chi-Square analysis. There was not any statistically significant difference between two group.($p=0.921$)

Table 8. The comparison of support of family on child care of married and divorced mothers

	Married n(%)	Divorced n(%)
Never	15(37.7)	14(37.8)
Rarely	3(7.1)	6(16.2)
Sometimes	12(28.6)	4(10.8)
Often	6(14.3)	6(16.2)
Always	6(14.3)	7(18.9)
Total	42(100)	37(100)

$X^2=4.814$ $p=0.307$

The support of family on children care of married and divorced mothers were compared by using Chi-Square analysis. There was not any statistically significant difference between two groups.($p=0.307$)

Table 9. The comparison of attitude of father on child of married and divorced mothers

	Married	Divorced
Very Involved	22(52.4)	1(2.6)
Involved	18(42.9)	19(50.0)
Little Involved	2(4.8)	13(34.2)
Involved	0(0.0)	5(13.2)
Total	42(100)	38(100)

$X^2=32.148$ $p=0.000$

The attitude of father on child of married and divorced mothers were compared by using Chi-Square analysis. There was a statistically significant difference between two groups. Married mothers reported highly rate that their husbands were very involved with their children as a father than divorced mothers.($p=0.000$)

Table 10. Comparison of mean scores of BDS between divorced and married mothers

	m±sd	t(p)
Married	10.38±6.72	-0.838 (0.405)
Divorce	11.92±9.36	

Mean scores of BDS and marital status was compared by using student's t-test analysis. There was not any statistically significant difference between married and divorced mothers ($p=0.405$).

Table 11. Comparison of mean score of SAI according to divorced and married mothers

	m±sd	t(p)
Married	35.83±10.15	-0.584 (0.561)
Divorce	37.21±10.93	

Mean scores of SAI and marital status was compared by using student's t-test analysis. There was not any statistically significant difference between married and divorced mothers ($p=0.561$).

Table 12. Comparison of mean scores of TAI according to divorced and married mothers

	m±sd	t(p)
Married	41.61±8.38	-0.503(0.617)
Divorce	42.68±10.54	

Mean score of TAI and marital status was compared by using analysis. There was not any statistically significant difference between married and divorced mothers ($p=0.617$).

Comparison of mean scores of sociodemographic characteristics and BDS, STAI according to divorced mothers

Table 13. Comparison of mean scores of SAI and mountly income among divorced mothers

	m±sd	f(p)
1400 and below	42.70±13.63	2.280(0.098)
1400-3000	38.66±8.40	
3000-6000	31.54±9.84	
6000 and above	29.00±0.00	

Mean score of SAI was compared according to mountly income of divorced mothers by using Anova analysis. There was not any statistically significant difference between mean scores of SAI according to mountly income among divorced mother ($p=0.098$).

Table 14. Comparison of mean scores BDS and mountly income among divorced mothers

	m±sd	f(p)
1400 and below	12.70±8.66	2.834(0.053)
1400-3000	13.00±9.50	
3000-6000	8.27±7.79	
6000 and above	34.00±0.00	

Mean score of BDS was compared according to mountly income of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between BDS mean score and mountly income among divorced mother ($p=0.053$).

Table 15. Comparison of mean scores of TAI according to mountly income among divorced mothers

	m±sd	f(p)
1400 and below	47.40±12.16	2.231(0.092)
1400-3000	44.93±8.56	
3000-6000	36.90±9.56	
6000 and above	37.00±0,00	

Mean score of Trait Anxiety Inventory was compared according to monthly income of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between Trait Anxiety Inventory mean score and mountly income among divorced mother ($p=0.092$).

Table 16. Comparison of mean score of BDS according to level of education among divorced women.

	m±sd	f(p)
Primary School	23.00±7.07	2.769(0.057)
Secondary School	13.00±7.00	
High School	13.04±9.94	
University and upper	5.25±3.45	

Mean scores of BDS was compared according to education level divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between BDS mean score and level of education among divorced mothers ($p=0.57$).

Table 17. Comparison of mean score of SAI according to level of education among divorced women.

	m±sd	f(p)
Primary School	56.50±10.60	4.670(0.008)*
Secondary School	43.00±10.39	
High School	37.36±9.98	
University and upper	29.75±7.64	

Mean scores of SAI was compared according to education level of divorced mothers by using ONE-WAY ANOVA analysis. There was statistically significant difference between SAI mean score and educational level among divorced mother ($p=0.008$). In advance analysis with Tukey showed that the difference was between primary school graduated and university graduated among divorced mothers ($p=0.006$).

Table 18. Comparison of mean score of TAI according to level of education among divorced women.

	m±sd	f(p)
Primary School	61.50±13.43	3.883(0.017)
Secondary School	44.00±11.26	
High School	43.08±9.43	
University and upper	36.25±8.43	

Mean scores of TAI was compared according to education level of divorced mothers by using ONE-WAY ANOVA analysis. There was statistically significant difference between TAI mean score and educational level among divorced mother ($p=0.017$). In advance analysis with Tukey showed that the difference was between primary school graduated and university graduated among divorced mothers ($p=0.010$).

Table 19. Comparison of mean scores BDS and marrying styles among divorced mothers

	m±sd	t(p)
Arranged by agreement	12.25±10.33	0.345(0.732)
Matchmaking	11.09±6.74	

Mean scores of BDS was compared according to marrying styles of divorced mothers by using T-test analysis. There was not any statistically significant difference between BDS mean score and marrying styles among divorced mothers ($p=0.732$).

Table 20. Comparison of mean scores SAI and marrying styles among divorced mothers

	m±sd	t(p)
Arranged by agreement	37.29±11.71	0,075(0.941)
Matchmaking	37.00±9.24	

Mean scores of SAI was compared according to and marrying styles of divorced mothers by using T-test analysis. There was not any statistically significant difference between SAI mean score and marrying styles among divorced mothers (p=0.941).

Table 21. Comparison of mean scores TAI and marrying styles among divorced mothers

	m±sd	t(p)
Arranged by agreement	41.66±10.97	0.931(0.358)
Matchmaking	45.18±9.36	

Mean score of TAI was compared according to marrying styles of divorced mothers by using T-test analysis. There was not any statistically significant difference between TAI mean score and marrying styles among divorced mothers (p=0.358).

Table 22. Comparison of mean scores BDS and having job among divorced mothers.

	m±sd	t(p)
Yes	11.44±9.37	-0.772(0.445)
No	14.37±9.91	

Mean score of BDS was compared according to having job of divorced mothers by using T-test analysis. There was not any statistically significant difference between BDS mean score and having among divorced mothers ($p=0.445$).

Table 23. Comparison of mean scores SAI and having job among divorced mothers.

	m±sd	t(p)
Yes	36.41±9.87	-0.922(0.363)
No	40.50±15.01	

Mean score of SAI was compared according to and having job of divorced mothers by using T-test analysis. There was not any statistically significant difference between SAI mean score and having job among divorced mothers ($p=0.363$).

Table 24. Comparison of mean scores TAI and having job among divorced mothers.

	m±sd	t(p)
Yes	41.75±9.39	-1.149(0.258)
No	46.62±14.47	

The TAI mean score and having job of divorced mothers were compared by using T-test analysis. There was not any statistically significant difference between TAI mean score and having job among divorced mothers ($p=0.258$).

Table 25. Comparison of mean scores BDS and job type among divorced mothers

	m±sd	f(p)
Officer	10.33±10.37	0.303(0.741)
Worker	10.40±6.73	
Self-employment	13.08±9.51	

Mean score of BDS was compared according to job type of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between BDS mean score and job type among divorced mothers ($p=0.741$).

Table 26. Comparison of mean scores SAI and job type among divorced mothers

	m±sd	f(p)
Officer	36.20±11.32	0.583(0.565)
Worker	40.00±10.88	
Self-employment	34.33±7.13	

Mean score of SAI was compared according to job type of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between SAI mean score and job type among divorced mothers ($p=0.565$).

Table 27. Comparison of mean scores TAI and job type among divorced mothers

	m±sd	f(p)
Officer	40.46±10.45	1.613(0.217)
Worker	48.80±7.85	
Self-employment	41.00±8.11	

Mean score of TAI was compared according to job type of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between Trait Anxiety Inventory mean score and job type among divorced mothers ($p=0.217$).

Table 28. Comparison of mean scores BDS and number of children among divorced mothers

	m±sd	f(p)
One	11.00±7.97	0.279(0.745)
Two	13.00±10.87	
Three	9.75±6.13	

Mean score of BDS was compared according to number of children of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between BDS mean score and number of children among divorced mothers ($p=0.745$).

Table 29. Comparison of mean scores SAI and number of children among divorced mothers

	m±sd	f(p)
One	39.71±12.77	0.579(0.566)
Two	35.90±9.69	
Three	35.00±11.16	

Mean score of SAI was compared according to number of children of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between State Anxiety Inventory mean score and number of children among divorced mothers ($p=0.566$).

Table 30. Comparison of mean score TAI and number of children among divorced mothers

	m±sd	f(p)
One	44.71±11.76	0.419(0.661)
Two	41.30±10.22	
Three	42.50±8.69	

Mean score of TAI was compared according to number of children of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between TAI mean score and number of children among divorced mothers ($p=0.661$).

Table 31. Comparison of mean score BDS and family support for child care among divorced mothers

	m±sd	f(p)
Never	17.07±11.70	2.274(0.083)
Rarely	9.66±5.59	
Sometimes	8.00±3.55	
Often	11.00±9.40	
Always	6.00±2.30	

Mean scores of BDS was compared according to family support for child care of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between BDS mean score and family support for child care among divorced mothers ($p=0.083$).

Table 32 . Comparison of mean score SAI and family support for child care among divorced mothers

	m±sd	f(p)
Never	38.14±13.42	0.043(0.996)
Rarely	36.33±10.85	
Sometimes	36.75±3.40	
Often	37.16±12.98	
Always	36.28±9.89	

Mean score of SAI was compared according to family support for child care of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between SAI mean score and family support for child care among divorced mothers ($p=0.996$).

Table 33. Comparison of mean score TAI and family support for child care among divorced mothers

	m±sd	f(p)
Never	42.00±12.20	0.525(0.718)
Rarely	46.00±8.64	
Sometimes	46.25±8.26	
Often	42.33±12.25	
Always	38.42±9.44	

Mean scores of TAI was compared according to family support for child care of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between TAI mean score and family support for child care among divorced mothers ($p=0.718$).

Table 34. Comparison of mean score BDS and relation to father relevant toward child among divorced mothers

	m±sd	f(p)
Very Involved	6.00±0.00	1.020(0.394)
Involved	11.10±8.06	
Little Involved	15.15±11.53	
Not Involved	7.80±7.19	

Mean scores of BDS was compared according to relation to father involved toward child of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between BDS mean score and father involved toward child among divorced mothers ($p=0.394$).

Table 35. Comparison of mean score SAI and relation to father relevant toward child among divorced mothers

	m±sd	f(p)
Very Involved	52.00±0.00	1.287(0.295)
Involved	35.15±10.47	
Little Involved	40.15±10.95	
Not involved	34.40±11.78	

Mean score of SAI was compared according to relation to father involved toward child of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between SAI mean score and father involved toward child among divorced mothers ($p=0.295$).

Table 36 Comparison of mean score TAI and relation to father relevant toward child among divorced mothers

	m±sd	f(p)
Very Involved	54.00±0.00	0.624(0.605)
Involved	42.89±11.44	
Little Involved	43.07±10.09	
Not Involved	38.60±8.87	

Mean scores of TAI was compared according to relation to father involved toward child divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between TAI mean score and father involved toward child among divorced mothers ($p=0.605$).

Table 37. Comparison of mean score BDS and “Who are you living with” among divorced mothers

	m±sd	f(p)
Alone	20.00±0.00	0.462(0.710)
With my child	12.24±9.96	
With my parents and child	9.16±7.80	
With my child, grand child and son “s wife	16.00±0.00	

Mean score of BDS was compared according to “who are you living with” of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between BDS mean score and who are you living with among divorced mothers ($p=0.710$).

Table 38. Comparison of mean score SAI and “Who are you living with” among divorced mothers

	m±sd	f(p)
Alone	51.00±0.00	0.417(0.742)
With my child	42.93±11.39	
With my parents and child	40.66±6.47	
With my child,grand child and sun “s wife	50.00±0.00	

Mean score of SAI was compared by according to who are you living with divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between SAI mean score and who are you living with among divorced mothers ($p=0.742$).

Table 39. Comparison of mean score TAI and “Who are you living with” among divorced mothers

	m±sd	f(p)
Alone	49.00±0.00	0.362(0.781)
With my child	37.03±11.55	
With my parents and child	37.00±10.01	
With my child,grand child and sun “s wife	38.00±0.00	

Mean scores of TAI was compared according to who are you living with divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between TAI mean score and who are you living with among divorced mothers ($p=0.781$).

Table 40. Comparison of mean score BDS and having economical support among divorced mothers

	m±sd	f(p)
Never	12.89±11.05	0.459(0.713)
Family	10.09±7.03	
Government	20.00±0.00	
Ex husband	11.00±8.36	

Mean score of BDS was compared according to having economical support of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between BDS mean score and having economical support among divorced mothers ($p=0.713$).

Table 41. Comparison of mean score SAI and having economical support among divorced mothers

	m±sd	f(p)
Never	35.42±11.47	0.648(0.590)
Family	39.09±9.67	
Government	49.00±0.00	
Ex husband	37.42±12.09	

Mean score of SAI was compared according to frequency of having economical support divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between SAI mean score and having economical support among divorced mothers ($p=0.590$).

Table 42. Comparison of mean score TAI and having economical support among divorced mothers

	m±sd	f(p)
Never	40.84±9.87	0.028(0.393)
Family	41.72±10.14	
Government	51.00±0.00	
Ex husband	48.00±12.79	

Mean score of TAI was compared according to having economical support divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between TAI mean score and having economical support among divorced mothers ($p=0.393$).

Table 43. Comparison of mean score BDS and frequency of economical support among divorced mothers

	m±sd	f(p)
Never	16.53±11.69	3.253(0.051)
Each month regularly	8.00±6.93	
Sometimes	11.80±6.81	

Mean score of BDS was compared according to frequency of having economical support divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between BDS mean score and having economical support among divorced mothers ($p=0.051$). In advanced analysis with Tukey it was found that there was statistically significant differences between who get economical support each month regularly and who never get any economical support ($p=0.040$).

Table 44. Comparison of mean score SAI and frequency of economical support among divorced mothers

	m±sd	f(p)
Never	36.23±12.22	0.428(0.655)
Each month regularly	36.20±11.36	
Sometimes	40.00±9.91	

Mean score of SAI was compared according to frequency of having economical support divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between SAI mean score and having economical support among divorced mothers ($p=0.655$).

Table 45. Comparison of mean score TAI and to frequency of economical support among divorced mothers

	m±sd	f(p)
Never	41.07±10.70	0.381(0.686)
Each month regularly	42.53±11.85	
Sometimes	45.00±8.67	

Mean score of TAI was compared according to having frequency of economical support divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between TAI mean score and frequency of economical support among divorced mothers ($p=0.686$).

Table 46. Comparison of mean score BDS and frequency of alimony payment among divorced mothers

	m±sd	f(p)
Regularly each month	7.76±6.19	3.210(0.035)*
Sometimes	14.75±6.70	
Rarely	8.33±11.35	
Never	16.92±11.47	

Mean score of BDS was compared according to frequency of alimony payment of divorced mothers by using ONE-WAY ANOVA analysis. There was statistically significant difference between BDS mean score and frequency of alimony payment among divorced mothers ($p=0.035$). In advanced analysis with Tukey, the difference was between regularly each month and never ($p=0.028$). The depression level was high among divorced mother who had not have alimony payment.

Table 47. Comparison of mean score SAI and frequency of alimony payment among divorced mothers

	m±sd	f(p)
Regularly each month	34.82±10.87	0.719(0.548)
Sometimes	43.25±12.06	
Rarely	37.00±11.35	
Never	38.42±10.99	

Mean score of SAI was compared according to frequency of alimony payment of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between SAI mean score and frequency of alimony payment among divorced mothers ($p=0.548$).

Table 48. Comparison of mean score TAI and frequency of alimony payment among divorced mothers

	m±sd	f(p)
Regularly each month	41.47±11.87	0.163(0.920)
Sometimes	44.75±10.43	
Rarely	42.00±9.00	
Never	43.71±10.01	

Mean scores of TAI was compared according to frequency of alimony payment of divorced mothers by using ONE-WAY ANOVA analysis. There was not any statistically significant difference between TAI mean score and frequency of alimony payment among divorced mothers ($p=0.920$).

Table 49. The correlation between divorced year BDS score, S-TA I

	BDS	SAI	TAI
Divorce year	r =0.22 p=0.193	r=0.15 p=0.367	r=0.10 p=0.549

The BDS-,S-TAI correlation were analysed with pearson correlation. There were not any correlation between divorced year and BDS, S-TAI. BDS ($p=0.193$), SAI ($p=0.367$) and TAI ($p=0.549$)

DISCUSSION

The aim of the present study was to find the depression and state-trait anxiety level of divorced mother by comparison with married mothers and also risk factors of depression and anxiety among divorced mothers. It was found that there was not any significant difference between divorced and married mothers according to their depression and state-trait anxiety level. This finding was contrary with the literature. Most of the studies found that divorced mothers had high depression and anxiety levels than married women. This finding of the present study was due to that two groups were not differ according to getting social support. In the study of Abdulkadir et al (2010), it was found that divorced women had higher depression level than married ones. It was concluded that divorced women who were not get social support was the risk group for depression. On the other hand researchs showed that divorced mothers from rural areas had more risk for depression and anxiety (Hatcher,2008). In contrast in the present study all of the divorced mothers were living in urban.

The two group differ according to the fathers attitude toward their children. Married mothers were living with their husbands, so the husbands as a father had more close relation with their children. On the other hand divorced mothers separated from their exhusband and their exhusband as a father may not be had close relation with their children. Wallerstein and his colleagues found that fathers who were close to their children during marriage moved away at the divorce. They proposed that father who had close father-child relation during the marriage and moved away after divorce found it painful to frequent leave of children or to give up their central role in the children's daily lives (Wallerstein et al.,2008).

The other hypothesiz of the present study was to find the risk factors of depresssion and state-trait anxiety among divorced mothers. Within the divorced mother group, mothers whose educational level was low, had higher level of state anxiety scores. In the study of Cairney and his colleagues, they were investigated sociodemographic characteristics of divorced and married mother and they found that mothers who were divorced had low educational level and also their anxiety level were higher than married women (Cairney, 2003).

The reason of this is low education level causes low self confidence level. Alongside to be a single parent, responsibility of the child and having a low level of education all combines and makes a women to have high level of anxiety. Low education level also causes low income and financial problems.

Within divorced mothers group, getting alimony payment was found significantly different with depression level. Divorced mothers who does not get alimony payment were having higher level of depression compared to having ones. Mothers who are getting alimony payment a overcome financial problems and met the needs of their children more easily. On the other hand, mothers who doesn't get alimony having stress. For rearing a child such as child care, education of the child, economic well being is needed. Even if the mother works, it is not enough to sustain a home and creating a good future to child with only limited income. Lack of alimony payment causes higher level of depression. In the study of Debra (2005) the income level of the single mothers were investigated. Results showed that mothers who had low level of monthly income had higher level of depression (Debra,2005).

CONCLUSION

In the present study there was not any significant differences between divorced and married mothers according to their depression and anxiety level. The present study result showed that not every divorced mother experience depression and anxiety after divorce more than other mothers. Low educational level and not taking alimony payment were found as risk factors for depression and anxiety among divorced mother. The programs which support divorced mothers can be emphasize these issues. Future studies can be investigate reasons of divorce more deeply and work group with different characteristics.

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ANKET FORMU

Elinizde bulunan anket formu bilimsel bir araştırmanın parçasıdır. Anket formunda yaşantılarınız ile ilgili sorular yer almaktadır. İsminizin verilmesi istenmemektedir. Size ait bilgiler kesinlikle gizli kalacaktır. Anket formu bilimsel amaçlar ile düzenlenmiştir. Yanıtlarınızın içten ve doğru olarak vermeniz bu anket sonuçlarının toplum için yararlı bir bilgi olarak kullanılmasını sağlayacaktır.

Katıldığınız için teşekkürler.

BÖLÜM 1**SOSYO-DEMOGRAFİK FORM**

1-Yaş.....

2-Eğitim durumunuz

a-ilkokul

b-Orta okul

c-Lise

d-Üniversite ve üzeri

3- Medeni durum

a-Evli.....(kaç yıldır evlisiniz belirtiniz?)

b-Boşanmış

4- Eşinizle hangi usulle evlendiniz?

a-Anlaşarak b-görücü usulüyle c-Diğer.....

5- Gelir getirici bir iş yapıyor musunuz?

a-Evet

b- Hayır

6- Gelir getirici bir işte çalışıyorsanız nasıl bir işte çalışıyorsunuz?

a- Memur

b- İşçi

c- Serbest

d- Diğer.....Belirtiniz

7- Eve giren aylık gelir

- a- 1400 ve altı
- b- 1400-3000
- c- 3000-6000
- d- 6000 ve üzeri

8- Çocuk sayısı.....

9-Çocukların yaşları?

- 1.....
- 2.....
- 3.....
- 4.....

10-Çocuğunuzun/Çocuklarınızın bakımında ailenizden destek alıyormusunuz?

- a-Hiç
- b-Ender
- c-Ara sıra
- d-Sık sık
- e-Hep

11-Çocuğunuzun babasının çocuğunuza karşı tutumunu nasıl tanımlarsınız?

- a-Çok ilgili
- b-İlgili
- c-İlgisiz
- d-Çok ilgisiz

Eğer evli iseniz 2. Bölüme geçiniz.

12- Ne kadar süreyle evli kaldınız.....

13- Ne kadar süre önce boşandınız.....

14- Boşanma nasıl gerçekleşti?

- a- Çatışmalı
- b- Anlaşmalı

15-Kiminle yaşıyorsunuz?

- a-Yalnız
- b-boşandığım eski eşimle-çocuğumla
- c-çocuğumla
- d-anne-baba-çocuğumla
- e-Diğer.....

16- Maddi destek alıyor musunuz?

- a- Hiç
- b- Aile
- c- Devlet
- d- Boşandığım eşim
- e- Diğer.....

17-Hangi sıklıkta maddi destek alıyorsunuz?

a-Hiç

b-Her ay belirli bir ücret

c-Ara sıra

18- Boşandığınız eşiniz çocuğunuz için nafaka ödüyor mu?

a-Düzenli her ay

b-Ara sıra

c-Nadiren

d-Hiç

BÖLÜM 2

Sayın cevaplayıcı aşağıda gruplar halinde cümleler verilmektedir. Öncelikle her gruptaki cümleleri dikkatle okuyarak, **BUGÜN DAHİL GEÇEN HAFTA** içinde kendinizi nasıl hissettiğini en iyi anlatan cümleyi seçiniz. Eğer bir grupta durumunuzu, duygularınızı tarif eden birden fazla cümle varsa her birini daire içine alarak işaretleyiniz.

Soruları vereceğiniz samimi ve dürüst cevaplar araştırmanın bilimsel niteliği açısından son derece önemlidir. Bilimsel katkı ve yardımlarınız için sonsuz teşekkürler.

- 1- 0. Kendimi üzüntülü ve sıkıntılı hissetmiyorum.
 1. Kendimi üzüntülü ve sıkıntılı hissediyorum.
 2. Hep üzüntülü ve sıkıntılıyım. Bundan kurtulamıyorum.
 3. O kadar üzüntülü ve sıkıntılıyım ki artık dayanamıyorum.

- 2- 0. Gelecek hakkında mutsuz ve karamsar değilim.
 1. Gelecek hakkında karamsarım.
 2. Gelecekte beklediğim hiçbir şey yok.
 3. Geleceğim hakkında umutsuzum ve sanki hiçbir şey düzelmeyecekmiş gibi geliyor.

- 3- 0. Kendimi başarısız bir insan olarak görmüyorum.
 1. Çevremdeki birçok kişiden daha çok başarısızlıklarım olmuş gibi hissediyorum.
 2. Geçmişe baktığımda başarısızlıklarla dolu olduğunu görüyorum.
 3. Kendimi tümüyle başarısız biri olarak görüyorum.

- 4- 0. Birçok şeyden eskisi kadar zevk alıyorum.
1. Eskiden olduğu gibi her şeyden hoşlanmıyorum.
 2. Artık hiçbir şey bana tam anlamıyla zevk vermiyor.
 3. Her şeyden sıkılıyorum.
- 5- 0. Kendimi herhangi bir şekilde suçlu hissetmiyorum.
1. Kendimi zaman zaman suçlu hissediyorum.
 2. Çoğu zaman kendimi suçlu hissediyorum.
 3. Kendimi her zaman suçlu hissediyorum.
- 6- 0. Bana cezalandırılmışım gibi gelmiyor.
1. Cezalandırılabilceğimi hissediyorum.
 2. Cezalandırılmayı bekliyorum.
 3. Cezalandırıldığımı hissediyorum.
- 7- 0. Kendimden memnunum.
1. Kendi kendimden pek memnun değilim.
 2. Kendime çok kızıyorum.
 3. Kendimden nefret ediyorum.
- 8- 0. Başkalarından daha kötü olduğumu sanmıyorum.
1. zayıf yanların veya hatalarım için kendi kendimi eleştiririm.
 2. Hatalarımdan dolayı ve her zaman kendimi kabahatli bulurum.
 3. Her aksilik karşısında kendimi hatalı bulurum.
- 9- 0. Kendimi öldürmek gibi düşüncelerim yok.
1. Zaman zaman kendimi öldürmeyi düşündüğüm olur. Fakat yapmıyorum.
 2. Kendimi öldürmek isterdim.
 3. Fırsatını bulsam kendimi öldürürdüm.

10- 0. Her zamankinden fazla içimden ağlamak gelmiyor.

1. Zaman zaman içindem ağlamak geliyor.
2. Çoğu zaman ağlıyorum.
3. Eskiden ağlayabilirdim şimdi istesem de ağlayamıyorum.

11- 0. Şimdi her zaman olduğumdan daha sinirli değilim.

1. Eskisine kıyasla daha kolay kızıyor ya da sinirleniyorum.
2. Şimdi hep sinirliyim.
3. Bir zamanlar beni sinirlendiren şeyler şimdi hiç sinirlendirmiyor.

12- 0.Başkaları ile görüşmek, konuşmak isteğimi kaybetmedim.

1. Başkaları ile eskiden daha az konuşmak, görüşmek istiyorum.
2. Başkaları ile konuşma ve görüşme isteğimi kaybetmedim.
3. Hiç kimseyle konuşmak görüşmek istemiyorum.

13- 0. Eskiden olduğu gibi kolay karar verebiliyorum.

1. Eskiden olduğu kadar kolay karar veremiyorum.
2. Karar verirken eskisine kıyasla çok güçlük çekiyorum.
3. Artık hiç karar veremiyorum.

14- 0. Aynada kendime baktığımda değişiklik görmüyorum.

1. Daha yaşlanmış ve çirkinleşmişim gibi geliyor.
2. Görünüşümün çok değiştiğini ve çirkinleştiğimi hissediyorum.
3. Kendimi çok çirkin buluyorum.

15- 0. Eskisi kadar iyi çalışabiliyorum.

1. Bir şeyler yapabilmek için gayret göstermem gerekiyor.
2. Herhangi bir şeyi yapabilmek için kendimi çok zorlamam gerekiyor.
3. Hiçbir şey yapamıyorum.

16- 0. Her zamanki gibi iyi uyuyabiliyorum.

1. Eskiden olduğu gibi iyi uyuyamıyorum.
2. Her zamankinden 1-2 saat daha erken uyanıyorum ve tekrar uyuyamıyorum.
3. Her zamankinden çok daha erken uyanıyor ve tekrar uyuyamıyorum.

17- 0. Her zamankinden daha çabuk yorulmuyorum.

1. Her zamankinden daha çabuk yoruluyorum.
2. Yaptığım her şey beni yoruyor.
3. Kendimi hemen hiçbir şey yapamayacak kadar yorgun hissediyorum.

18- 0. İştahım her zamanki gibi.

1. İştahım her zamanki kadar iyi değil.
2. İştahım çok azaldı.
3. Artık hiç iştahım yok.

19- 0. Son zamanlarda kilo vermedim.

1. İki kilodan fazla kilo verdim.
2. Dört kilodan fazla kilo verdim.
3. Altı kilodan fazla kilo vermeye çalışıyorum.

Evet Hayır

20- 0. Sağlıđım beni fazla endişelendirmiyor.

1. Ağrı, sancı, mide bozukluđu veya kabızlık gibi rahatsızlıklar beni endişelendirmiyor.
2. Sağlıđım beni endişelendirdiđi için başka şeyleri düşünmek zorlaşıyor.
3. Sağlıđım hakkında o kadar endişeliyim ki başka hiçbir şey düşünemiyorum.

21- 0. Son zamanlarda cinsel konulara olan ilgimde bir deđişme fark etmedim.

1. Cinsel konularla eskisinden daha az ilgiliyim.
2. Cinsel konularla şimdi çok daha az ilgiliyim.
3. Cinsel konular olan ilgimi tamamen kaybettim.

Bölüm 3

	Hiç	Biraz	Çok	Tamamiyle
1. Şu anda sakinim.	1	2	3	4
2. Kendimi emniyette hissediyorum.	1	2	3	4
3.Şu anda sinirlerim gergin.	1	2	3	4
4.Pişmanlık duygusu içindeyim.	1	2	3	4
5.Şu anda huzur içindeyim.	1	2	3	4
6.Şu anda hiç keyfim yok.	1	2	3	4
7.Başıma geleceklerden endişe ediyorum.	1	2	3	4
8.Kendimi dinlenmiş hissediyorum.	1	2	3	4
9.Şu anda kaygılıyım.	1	2	3	4
10.Kendimi rahat hissediyorum.	1	2	3	4
11.Kendime güvenim var.	1	2	3	4
12.Şu anda asabım bozuk.	1	2	3	4
13.Çok sinirliyim.	1	2	3	4
14.Sinirlerimin çok gergin olduğunu hissediyorum.	1	2	3	4
15.Kendimi rahatlamış hissediyorum.	1	2	3	4
16.Şu anda halimden memnunum.	1	2	3	4
17.Şu anda endişeliyim.	1	2	3	4
18.Heyecandan kendimi şaşkına dönmüş hissediyorum.	1	2	3	4

19.Şu anda sevinçliyim.

1

2

3

4

20.Şu anda keyfim yerinde.

1

2

3

4

////

	Hemen hiçbir zaman	Bazen	Çok zaman	Hemen her zaman
21.Genellikle keyfim yerindedir.	1	2	3	4
22.Genellikle çabuk yoruluyorum.	1	2	3	4
23.Genellikle kolay ağlarım.	1	2	3	4
24.Başkaları kadar mutlu olmak isterim.	1	2	3	4
25.Çabuk karar veremediğim için fırsatları kaçıırım.	1	2	3	4
26.Kendimi dinlenmiş hissedirim.	1	2	3	4
27.Genellikle,sakin kendime hakim ve soğukkanlıyım.	1	2	3	4
28.Güçlüklerin yenemeyeceğim kadar biriktiğini hissedirim.	1	2	3	4
29.Önemsiz şeyler hakkında endişelenirim.	1	2	3	4
30.Genellikle mutluyum.	1	2	3	4
31.Her şeyi ciddiye alır ve etkilenirim.	1	2	3	4
32.Genellikle kendime güvenim yoktur.	1	2	3	4
33.Genellikle kendimi güvende hissedirim.	1	2	3	4
34.Sıkıntılı ve güç durumlarla karşılaşmaktan kaçınırım.	1	2	3	4
35.Genellikle kendimi hüzünlü hissedirim.	1	2	3	4
36. Genellikle hayatımdan memnunum.	1	2	3	4
37. Olur olmaz düşünceler beni rahatsız eder.	1	2	3	4
38. Hayal kırıklıklarını öylesine ciddiye alırım ki hiç unutamam	1	2	3	4

39. Aklı başında kararlı bir insanım	1	2	3	4
40. Son zamanlarda kafama takılan konular beni tedirgin eder.	1	2	3	4

CV

Borned in 1989, Nicosia. She has studied in Gönyeli Primary School, secondary school education in Bayraktar Secondary School and high school education in Lefkoşa Türk Lisesi. In 2006 she has gained to study Near East University, Faculty of Social Sciences, Psychology. Firstly she has studied one years of English preparation and then she has completed her faculty by a group thesis which is about the prevalence of alcohol and drug usage at the middle school in TRNC. She has studied Positive Psychotherapy basis education. She has completed her Clinical Probation in Bakırköy Mental Health Hospital and her Development Probation in Juniors Home Nursery.

She has started to Clinical (applied) Psychology master program in 2011 in NEU. She has completed her Clinical Probation in 2012 in Mental Health Hospital (TRNC). She has completed her master program successfully by the thesis of The Comparison of Depression and Anxiety Levels in Married and Divorced Mothers