



NEAR EAST UNIVERSITY
INSTITUTE OF GRADUATE STUDIES
DEPARTMENT OF GUIDANCE AND PSYCHOLOGICAL COUN-
SLING

DIVORCE IN NORTHERN CYPRUS: THE CAUSE AND IM-
PACT ON DIVORCED WOMEN AND CHILDREN

M.Sc. THESIS

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Nicosia

July, 2022

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THE THESIS TITLE

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MSc. THESIS

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Approval

We certify that we have read the thesis submitted by Elisabeth Adugna titled “**Divorce In Northern Cyprus: The Cause And Impact On Divorced Women And Children**” and that in our combined opinion it is fully adequate, in scope and in quality, as a thesis for the degree of Master of Educational Sciences.

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Declaration

I hereby declare that all information, documents, analysis and results in this thesis have been collected and presented according to the academic rules and ethical guidelines of Institute of Graduate Studies, Near East University. I also declare that as required by these rules and conduct, I have fully cited and referenced information and data that are not original to this study.

Elsabeth Adugna Edosa

8/7/2022

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God, I thank you for giving me purpose in life and being with me all the way. The completion of this thesis would not have been possible without the support of many people. First and foremost, my special thanks go to my advisor prof. Gizem Oneri uzun should receive much credit for giving me valuable comments, Suggestions, and corrections.

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Elsabeth Adugna Edosa

Abstract**Divorce In Northern Cyprus: The Cause And Impact On Divorced Women And Children****Aduqna Edosa, Elisabeth****M.Sc., Department of Guidance And Psychological Counseling****July 2022, 83 pages**

Whatever the motive for the breakup and regardless of whether it is intended to or not, the end of a relationship may flip a person's entire world upside down and cause a slew of unpleasant and disturbing feelings. It is frequently difficult for the people involved to return to stable and regular life after a split.

Significant increases in divorce rates have enormous ramifications for marriage and the family and raise fundamental issues about marriage and the family. The purpose of this research is to investigate the causes and effects of divorce as they are experienced by divorced women and children in Northern Cyprus, comparing the moral, emotional, and physical changes in daily life between divorced and intact families. The study included 38 divorced mothers as participants. The study included a qualitative descriptive and content technique and a structured questionnaire. Content and descriptive analysis were employed to analyze the data collected during the course of the study. The result of the study indicated that new negative attitudes, nagging, and lack of communication were the significant causes of divorce amongst women in North Cyprus, and the least causes included infidelity and lack of commitment. Regrets, emotional problems, and problems related to the child(ren) where the psychological effect suffered most including financial problems.

Keywords: divorce, financial instability, psychological disorder, attitude, causes.

Özet

Kuzey Kıbrıs'ta Boşanma: Boşanan Kadın Ve Çocuklar Üzerinde Nedeni ve Etkileri

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Yüksek Lisans, Rehberlik Ve Psikolojik Danışmanlık Bölümü

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Ayrılmanın nedeni ne olursa olsun ve amaçlanıp amaçlanmadığına bakılmaksızın, bir ilişkinin sonu bir kişinin tüm dünyasını alt üst edebilir ve bir dizi hoş olmayan ve rahatsız edici duyguya neden olabilir. Bir bölünmeden sonra ilgili kişilerin istikrarlı ve düzenli yaşama dönmeleri genellikle zordur.

Boşanma oranlarındaki önemli artışlar, evlilik ve aile için çok büyük sonuçlar doğurmakta ve evlilik ve aile ile ilgili temel sorunları gündeme getirmektedir.

Bu araştırmanın amacı, Kuzey Kıbrıs'ta boşanmış kadın ve çocukların yaşadıkları şekliyle boşanmanın nedenlerini ve etkilerini araştırmak, boşanmış ve bozulmamış aileler arasında günlük yaşamdaki ahlaki, duygusal ve fiziksel değişimleri karşılaştırmaktır. Çalışmaya 38 boşanmış anne katılmıştır. Çalışma nitel bir tanımlayıcı ve içerik tekniği ile yapılandırılmış bir anket içermektedir. Araştırma süresince toplanan verilerin analizinde içerik ve betimsel analiz kullanılmıştır. Araştırmanın sonucu, Kuzey Kıbrıs'ta kadınlar arasında boşanmanın önemli nedenlerinin yeni olumsuz tutumlar, dırdır ve iletişim eksikliği olduğunu ve en az nedenin sadakatsizlik ve bağlılık eksikliği olduğunu gösterdi. Maddi sorunlar da dahil olmak üzere psikolojik etkinin en çok yaşandığı çocuk(lar)la ilgili pişmanlıklar, duygusal sorunlar ve sorunlar.

Anahtar kelimeler: Boşanma, finansal istikrarsızlık, psikolojik bozukluk, tutum, sebepler.

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TRNC: Turkish Republic of North Cyprus

CHAPTER I

Introduction

Divorce is one of the most terrible times in a person's life, but it has also become increasingly prevalent in our culture in the last five decades. Divorce has become so common, according to (Sadeghi, & Agadjanian, 2019), that individuals in various groups and cultures now have a favorable view of it. Many people have unrealistic expectations of marriage, believing that it should be all glamour and glam, but they overlook the time, effort, and dedication required to make a marriage function and succeed. Divorce influences many people's lifestyles outside of the divorced family, including many elements of society. Divorce is actively affecting the world's society by altering the meaning of the family. Divorce, according to (Moldovan, 2014), is one of society's most severe challenges, retaining the focus of global public opinion. Divorce has a devastating influence on the family and society: it disrupts child upbringing and mothers' and their children's economic and social security in society (Mekonnen et al., 2019).

Divorce proceedings are mentally and emotionally draining regardless of the state or area of the world, but the processes involved in securing a divorce in North Cyprus add an added layer of stress and are accompanied by many stipulations. For example, if you had been married in North Cyprus, divorcing in some other nation that is not Cyprus may not be instantly acknowledged in North Cyprus, and having divorced in a nation other than North Cyprus or Turkey, you may also need to divorce in North Cyprus as well to be legally divorced in North Cyprus.

According to studies, the most prevalent causes for divorce include an absence of commitment, excessive squabbling, infidelity, marriage at a tender age, excessive expectations, a lack of harmony in the marriage, unpreparedness for marriage, and abuse. Divorce has grown so common in every society in the last five decades, with the accompanying implications in communities all over the globe, including ethnic backgrounds where marital union disintegration was previously an unpleasant phenomenon, such as in the Middle East and Sub-Saharan Africa (Stack & Scourfield 2015; Ikpe, & Izuchukwu, 2020). Some of the most popular causes of divorce may be categorized as "no longer in love." According to scientific evidence, the nature of love

evolves throughout time. When individuals seem as if they have lost touch in their love life, marital therapy may help rekindle that love by providing a fresh viewpoint.

Infidelity, crime against life, indifference, disparaging conduct, quitting the family, and mental illnesses are among the causes of divorce among families in North Cyprus, (Fatma, & Munevver, 2020). Another study of divorced women (Abali, 2006) found that personal coldness, alcoholism, and gambling were the most often mentioned reasons for divorce. According to additional research, the most common causes for divorce are financial issues, dissatisfaction with the spouse, the inability of the husband to execute his tasks, cultural differences, a lack of affection, and personal discord. Adultery, an offense against life, mistreatment, and violence, committing criminal and ignominious situations and acts, desertion, and mental disorders are specific grounds for divorce in the Turkish Republic of Northern Cyprus (TRNC) (Fatma, & Munevver, 2020).

According to the Ministry of Finance's statistical study, a total of 2,114 divorces were granted in the Republic of Cyprus in 2018. From 1980 to 2018, the crude divorce rate was estimated at 2.43 per 1,000 population, representing a significant rise in the projected divorce rate of 295.6 per 1,000 marriages, and in 2019, the crude divorce rate was calculated to be an increase of roughly 2.60 per 1,000 people.

Problem Statement

The significant uptick in divorce rates has major repercussions for marriage and the family, as well as raising basic concerns about marriage and the family. According to the figures provided by (Lansford, 2019), between 43% and 50% of first marriages in the United States end in divorce." This indicates that around half of all marriages in the nation end in divorce annually. This remark emphasizes that many women and children (at home) are vulnerable to mental and physical abuse, as well as a financial failure. Jacob and Chattopadhyay (2016) studied divorce data from the 2001 and 2011 Indian censuses and calculated that around 1.36 million persons in India are divorced, representing 0.24% of the married population and 0.11% of the entire population. (Biswas, 2016) discovered that the number of separated persons is about three times that of divorced people, accounting for 0.61% of the married populace and 0.29% of the whole populace. This statistics record is mind-boggling.

Divorce has an enormous effect on children since children are a member of the family/marriage that divorce splits. The higher divorce rates, of course, have an impact on the children. According to Maria and Leandro (2020), when a family splits apart, it

is challenging for everyone in the family to deal with the circumstance; nevertheless, children are frequently the hardest sufferers of family breakdown. Children suffer mentally, physically, and emotionally as a result of the divorce, the absence of one or both parents, and a lack of sufficient care, which manifests itself in their conduct, studies, and so on. According to (Jerald, 2020), pupils that have a broken family tend to be difficult, easily annoyed, and feel anxiety at times at Jagobiao National High School. Individuals from broken households were more likely to be in delinquent peer groups than those from intact families (Quenseel et al., 2002). The observed behavioral occurrences among children in today's culture have inspired research on the consequences of divorce on children from divorced families in comparison to children from intact families in different areas, such as education and their behaviors in various interactions.

Divorce is an arduous process that affects both adults and children. According to the research (Emmie, 2019; Hongjian et al., 2022), divorce affects children of all ages, however, their reactions vary. According to the study, children of divorce have higher behavioral issues and indicators of psychological maladjustment on average. Furthermore, these studies argue that children of divorce have worse academic success, more social challenges, weaker self-concepts, and more problematic connections with both moms and dads than children from twoparent households. As a result, it is critical to address the different aspects that divorce attributes, as well as to investigate the consequences divorce has on pupils' academic progress.

The link between divorce and women's mental/physical well-being is a developing phenomenon that concerns society and destabilizes the institution of "family." Divorce is becoming more widespread in marriages; consequently, continual research is required to evaluate the influence divorce has on the psychology, health, and economics of women. Premature menopause, malnutrition induced obesity, related disorders, stress-induced hazardous behaviors (smoking, drinking, drugs), cardiovascular diseases, hypertension, and cancer are some of the health issues that people face the following divorce (Can, & Aksu, 2016). Divorce may be a significant societal issue that causes individuals, particularly women, to be sad for a length of time. Divorced women may face several physical, economic, and social adaptation issues. Divorce is a societal problem that is a hot topic in family law; it also piques the interest of public discourse (Fatma, & Munevver, 2020).

According to statistics collated by Bolkan and Alim (2016), from 2008 to 2012, a total of 6600 marriages took place in the TRNC, 3490 got divorced, and 3225 children were left with only one parent (mostly the woman) during this period. Every year, 1320 people marry, 698 people divorce, and 645 children become the children of a divorced family. According to statistics, the yearly percentile average of divorces to marriages was 49 percent. This statistic has continued to be on the increase ever since then and the effects of divorce on society, children, and women have also continued to be a thing of great concern. For these reasons, this study focuses on the causes of divorce in North Cyprus (TRNC) and its impact on divorced women and children of a broken families.

Aim of the Study

- This study aims to examine the causes and effects of divorce on the lives of divorced women and children in Northern Cyprus, comparing the moral, emotional, and physical changes in everyday living between divorced and intact homes. In light of this, this research is also aimed at;
- Investigate on the causes of divorce among families in TRNC
- Identifying the psychological repercussive effects of divorce and its processes on divorce women.
- Assess the negative impact of divorce on the psychological behavior of children from divorced families.
- Investigate the Economic challenges encountered by divorced women.
- Investigate the attitude of women about divorce

Research Questions

1. Is there a statistically significant impact of divorce on the psychological disorder in divorced women?
2. Does divorce have a substantial impact on the children of divorced families, resulting in psychological disorders?
3. Is there a statistically significant influence of divorce on economic challenges encountered by divorced women?
4. Does divorce have a significant influence on the attitude of divorced women as a result of the incidence of divorce?

Significance of the Study

Marriage was regarded to be the typical pattern of the conjugal union from the Stone Age until the 1960s, and divorce was viewed as both an individual failure and a societal problem. Since then, many people have been wondering what reasons are important enough to justify organizing or filing for a divorce. For many years, the sociology of divorce has suffered from the negative image associated with the basic concept of divorce (Michel, 1972). Many individuals and different pieces of literature have considered different causes of divorce (Brandner, & OmondiOchieng, 2022; Lowenstein, 2005), and causes of divorce slightly differ from an individual, region, culture, religion, race, etc. This study will delve into the major causes of divorce amongst women in TRNC and try to understand the reasons behind every decision to get a divorce.

The ways parental divorce impacts young individuals' commitment to future marriages and their chance of divorce, including the attitude of women are considered. Miles and Servaty-Seib (2010) investigated whether children, young adults, and women from divorced households were less committed to marriage or remarriage than their counterparts, as well as if they supported divorce more than their counterparts from intact families. Divorce attitudes can influence marital behavior (Amato & Rodgers, 1999), hence great emphasis has been placed on trends that correspond with divorce attitudes (Liefbroer & Fokkema, 2008; Martin & Parashar, 2006; Rijken & Liefbroer, 2012; Sadeghi & Agadjanian, 2019; Toth & Kemmelmeier, 2009). This research is significant since it examines female children's and women's attitudes regarding future family, family, marriage, and divorce.

Understanding women's thoughts regarding marriage and commitment may assist counselors in preparing them for a more favorably supported family.

Considering the significant relationship between parental divorce, women and their children's wellbeing, it is critical to understand its psychological effect on the family and social development of the child and the mother (Violetta et al., 2019), and it is unclear whether children of divorced parents are at increased risk for mental disorders in adulthood compared to children of continuously married parents, as no studies are using structured clinical interviews to assess mental disorders. In this study, a standardized self-administered questionnaire was used to assess the impact of divorce on the lives of divorced women and children in Northern Cyprus, comparing the moral, emotional, and physical changes in normal life between divorced and intact

households. Detailed awareness of the repercussions of parental divorce in terms of the child's social integration, as well as experienced traumas and family interactions, can aid in the development of specific interventions designed to prevent children of divorcing families and their parents from suffering from longterm health consequences (Violetta et al., 2019). We restricted ourselves to female subjects solely to maximize testing power by eliminating sex encounters (Schaan, 2020).

Limitations

Due to the sensitive nature of the study, many divorcees do not desire to identify as a participant in the study nor provide information that can contribute to the success of the research.

Secondly, there is the challenge associated with the availability of some of the participants as the location of residence is far from urban settlement making it difficult to fix an appointment.

It is also possible that women's reports of their perceptions of the causes and effects of divorce are more accurate, as their perceptions may be more relevant to their representation of their current divorce, whereas some others' perceptions may be less accurate, as their perception is heavily influenced by many factors such as age, motive, status, and more.

The current study was constrained due to the small sample size employed. The study only had 38 participants, which may have influenced the study's results and the frequency of responses.

Getting in touch with the respondents was a key challenge during data collecting. Before the research instrument could be responded, the researcher had to travel from home to house and sometimes schedule special time with responders. This was the most challenging aspect of the data collection since the researcher had to plan her time to match the preferences of the respondents; this required the researcher to spend more time collecting data than was first anticipated.

Many of the ostensible responders for the research were not corporative, which resulted to an interruption of the interview. Nevertheless, issue was overcome thanks to the assistance of colleagues and a friend who assisted in convincing some of the participants to participate in the study. They also assisted in explaining the survey form and translating it into the divorced women's chosen language.

Language was also a hindrance to the research. Because some of the respondents could not speak English, the research needed to hire an interpreter who could easily explain the questionnaire to those respondents.

One crucial consideration is that a person's age may influence his attitude about divorce. A study of divorced women from various decades may indicate differences in divorce views. Another fascinating approach would be to do longitudinal research on people's opinions regarding divorce to see if they remain the same, get more liberal, or become more conservative as they get older.

CHAPTER II

Literature Review

Marriage is the act of making two people's relationships public, formal, and permanent. It is the merging of two individuals in a connection that is supposed to last until death but is frequently cut short by separation or divorce. Healthy marriages are beneficial to both the emotional and physical health of spouses. Divorce can have an impact on one's well-being, with many people enduring despair, loneliness, isolation, self-esteem issues, or other psychological discomforts. According to Moldovan (2014), the agony of divorce can lead to melancholy and extended anomie, in which life appears worthless and routine actions become meaningless. Divorce, according to Aneesh and Sujata (2019), causes severe psychological and emotional issues. According to Fatma and Munevver (2020), the most common problems encountered during the divorce process are psychological breakdown, external interventions, and property sharing, while the least common problems are failure of the family to provide support and failure to divorce due to living in different countries. It has been observed that young people whose parents separated while they were children suffer from poor self-esteem and have relationship issues (Rime, 2008). Couples who have recently divorced endure unpleasant emotions such as anger, anxiety, despair, impulsive conduct, isolation from friends and family, and poor self-esteem (Moldovan, 2014). Marriage and divorce are both societal and individual problems. A marriage breakup is nearly usually a sad affair, defined by disappointment and the loss of hopes and ambitions. Our marriage's success or failure has ramifications beyond our own life. When individuals at the crossroads of divorce can mend their relationships and develop a strong, secure marriage, they benefit not just themselves and their families, but also their neighborhoods, towns, and nation.

Divorce has a detrimental social, economic, and psychological impact on women (particularly when they are divorcees) and their children (Damota, 2019). A divorce is often a traumatic event in a person's life, especially for a kid. Children are not often addressed throughout the termination and settlement process when parents' divorce. This omission might cause issues with the child's view of daily life.

The impact of divorce on a family is considerably more visible to the children than to the parents. Divorce has a significant impact on mothers as well. Divorce may be a life-changing experience for the entire family, including the children, the spouse, and the extended family (Aneesh & Sujata 2019). As a youngster, several conditions or occurrences might influence one's viewpoint, opinion, attitude, and/or memory. Children face several everyday challenges, such as peer pressure and figuring out who they are. Adults and parents sometimes forget what it's like to be a child coping with some of the childhood stresses that children endure, especially in today's world. Many parents are unaware that divorce may have an impact on their children just as much as it does on them. Divorce, in any case, has a significant impact on the majority of children. Some people respond to and manage the circumstance differently than others, but they all go through some form of emotional adjustment.

If a woman with school-age children is considering divorce, she is likely to face a drain on her financial resources with no quick rebound in sight. While marriage has a typically good influence on financial health, thanks in part to tax breaks and dozens of regulations that benefit married couples, divorce is like attempting to keep a house that's crumbling apart, with money flowing out quicker than it can come in. While sociological studies show that each person's net value grows by 77% throughout a marriage, that net worth begins to decline four years before the divorce (Bent, 2021). Divorcees have a 77% in wealth on average. And the effects of divorce on women are often severe because women are far more often than not the principal carter of a couple's children.

Divorce cuts the financial resources of women with children in half and then adds expenditures to the remnants like a reduction sauce. It is typically a low-income situation for women who do not have paid jobs and full-time custody of their children, with one in every five women becoming poor as a consequence of divorce. Add to that the reality that, even while married, women are more likely than males to abandon lucrative employment to care for the children, sapping their financial independence as well as their working abilities. If they needed to file for disability, their lack of "points" in the workforce may lead to a denial of such claims, leaving them hampered by health difficulties as well as poverty and the lack of mobility that comes with daily childcare (Bent, 2021). So, while divorce generally leaves a woman in financial distress, it also appears to have the impact of helping women feel stronger, more vibrant, and more truly themselves.

Theoretical Framework

Causes of Divorce in Today's Society

According to Anamika (2022), it is impossible to preserve the purity of any relationship unless both partners are willing to work on it. This reluctance and callousness frequently lead to divorce, which may be messy. Divorce rates have risen dramatically in recent years, and numerous explanations have been given for this. There are several reasons for divorce, and each one is unique to each marriage. If a person feels compelled to leave his or her marriage, it is a decision that must be made by the individual, and no one else may make that decision for them.

Incompatibility

When there are irreconcilable differences, it is referring to the degree of incompatibility. Either it is opposed and unable to compromise, or it just grows apart. It might be due to differing ideals, sex difficulties, religious differences, or personal growth that is autonomous and not at all in sync. One of the leading causes of divorce is sexual incompatibility. According to King (2009), one of the reasons stated by young couples for divorce is a lack of sexual desire, which leads to a deterioration of their relationship. According to Ukpong (2014), incompatibility in sexual matters or a spouse's refusal to do the sexual act for an extended length of time may lead to the other spouse applying for and receiving a divorce. In court, this is commonly referred to as "denial of conjugal rights." When incompatibility is used as a cause for divorce, it does not apply if just one of the parties to the marriage is incompatible. Incompatibility is a two-way street, and it should not be used when the person seeking divorce is the only one who is incompatible. Our legislation did not aim to imply that anybody might acquire a divorce only based on their desire for a divorce.

Temperament incompatibility does not refer to petty squabbles and minor bickering that are but evidence of the frailty that all humanity is heir to; it undisputedly refers to conflicts in personalities and dispositions that are irreconcilable and make it impossible for the parties to continue a normal marital relationship with each other. To paraphrase an old Danish expression according to Leonard and Lawrence (2013), the disagreement between the couples in their common life must be so profound and strong that it is irreversible. It is the legal acknowledgment of a proposal long established in older Danish law of the Islands that if the parties are so mismatched that their marriage has terminated as a consequence of their hopeless dispute and strife, the courts should be permitted to terminate it as a matter of law.

Miscommunication

Miscommunication is the primary cause of the majority of conflicts, disagreements, and divorces. In this situation, assuming and supposing go hand in hand. If family concerns and financial obligations are not acknowledged, they lead to separation and divorce, which may be quite nasty. According to Malone Colon (ND), successful communication is "the CONNECTOR of the relationship," which indicates that it links the individual and shared ideas, feelings, experiences, dreams, and difficulties of partners in a relationship through spoken and nonverbal communications. Many divorces among young couples are caused by a lack of communication; the inability to communicate makes it difficult for couples to overcome the financial, sexual, and emotional difficulties harming their marriage (Benokraitis, 2007). According to Uwom-Ajaegbu, et al. (2015), poor communication is the surest marker of marital discontent and the largest predictor of marital difficulty. Communication can be productive or ineffective, with both good and negative intentions. It can be used with positive intentions when attempting to comprehend, connect, encourage, empower, or explain, but it can also be used with evil intentions when attempting to control, manipulate, win an argument, or insult.

According to Uwom-Ajaegbu, et al. (2015), the majority of marital conflicts may be attributed to a breakdown in communication. Miscommunication occurs when a couple does not interact or exchange information with one another. Miscommunication may also occur when a couple fails to demonstrate their passion for one another. For example, some couples believe that if they have wonderful sex, that is all there is to marriage, forgetting that the other person may be longing for sex and not go out hunting for it. Couples must learn to confirm their love and affection for one another; it provides them with a sense of belonging. Divergent interests, insufficient time, hostile sentiments, fear, pre-judgments, not listening, destructive criticism, foggy thinking, language, nagging, sulking, bypassing, and gunny-sacking are some communication hurdles (Munroe, 2003; Uwom-Ajaegbu et al., 2015; Ninan, 2005). He also claims that cultural and religious differences may rise to animosity, and that fear prevents a spouse from speaking out to address the hostility. Jent (2012) continues, "the spouse may be fearful for three reasons: a fear of upsetting the loved one, a fear of being rejected by the other, or a worry of being unable to withstand the rejection due to a need for the other's affection.

Betraying Trust

Unfaithfulness is undesirable, whether the person is married or not. If this happens in a marriage, don't expect the other person to understand. There is some form of discontent, a missing piece in that marriage that should be worked on, and if it cannot be worked on, it should be ended before cheating. Extramarital encounters are typically the final cause of marriage, resulting in divorce. Among young couples, infidelity is at the top of the list of causes of divorce (Preller, 2014). Whether it is a woman or a husband who is unfaithful, the consequences may be terrible for the entire family. Infidelity may be caused by a variety of circumstances, including a lack of closeness and communication, as well as sexual unhappiness in a marriage. Some cultural beliefs may also encourage infidelity; for example, after delivering birth, a woman is supposed to abstain from sexual intercourse for a certain length of time to recover. The negative of this approach is that some men may succumb to temptation and engage in promiscuity, which may be harmful to the couple's relationship and marriage (Shirindi & Makofane, 2015). Infertility can lead to marital tension, pain, and dissatisfaction, which can ultimately lead to divorce (Nkuke et al., 2017).

Substance abuse

Any kind of addiction or drug misuse is a sure sign that a marriage will fail. Substance misuse, whether from alcohol or drugs, is frequently the cause of divorce. Addictions harm a person's mood swings, conduct, sleep pattern, hunger, family duties, friends and connections, money waste, and, not to mention, memory loss. According to Paul and Denise (2003), women were more likely than males to blame their divorce on alcohol or drug abuse. Further examination of the data revealed that women who claimed these factors were more likely to refer to the behavior of their ex-husbands than to their own. Substances, habits, and even other individuals may become addictive to people (Ubong, 2018). Addiction, whether to drugs, gambling, or alcohol, may completely devastate a person's life. As a person's addiction acquires strength, they are more likely to lose their job, friends, and marriage. Addicts frequently demonstrate undesirable marital conduct, such as lying, stealing, and breach of marital trust, and as a result, addiction ranks among the top grounds for divorce.

Domestic Abuse

This is a major cause of divorce. Domestic violence encompasses a wide variety of actions and does not usually imply physical assault. In their research, Paul and Denise (2003) discovered that women were more likely than males to be physically

mistreated in the home and to cite any mental or physical abuse as a cause for divorce. According to them, pre-divorce income was adversely related to claims of abuse and favorably associated with reports of personality conflicts. Domestic violence affects people of all ages, ethnicities, and socioeconomic backgrounds, and it takes many forms, ranging from physical assault to verbal, emotional, psychological, and even financial abuse. The most upsetting aspect is that children learn from what they witness. Being a witness to abuse between their parents may lead to them being victims of violent relationships themselves later in life. According to Eyo (2016), incidences of violence against women in marriage by either the husband or in-laws may result in divorce, especially in this age of gender equality and parity.

Domestic abuse injures women more severely than car accidents, muggings, and rape combined. According to Mary (1990), each year, more than 1,500 women are slain by their spouses, accounting for 30% of all female homicide victims. Regardless of the victim's gender, the consequences of the violence and habit of abuse are catastrophic. Abuse may be prevalent in every social, economic, ethnic, religious, or racial group. Domestic violence can manifest itself in a variety of ways. Physical assaults, such as beating, shoving, or punching, as well as threatening with a weapon, psychological abuse, or forced sexual activity, can all fall under this category. An enforcer will frequently utilize physical assault or the threat of violence. Physical abuse, for example, may not have happened or been necessary for several years because other behaviors, such as threats, isolation, humiliation, or economic control, have been sufficient to preserve the dominance established via violence. The most excruciating and long-lasting agony is described by abused women as a pattern of abusive actions rather than single acts of violence.

Family Problems

A marriage photograph includes more than simply the couple. When one's family or spouse interferes with how one lives, how one raises one's child or other home chores, things tend to grow ugly, and individuals file for divorce in that situation. Another example is when a spouse fails to match the new standard of living, which may result in a divorce to allow the other person to marry a new spouse to fit into the new status. This may also be true when a person's cultural position declines, and as a result, he or she may seek divorce out of shame (Bell et al., 2017). They do not want their child to grow up in a hostile atmosphere if the parents do not support one another.

A spouse may have had specific expectations before marriage(s). People approach marriage with varying expectations. People occasionally seek wives who will satisfy their economic, social, religious, intellectual, and other demands (Paul, & Jacob, 2008). When such expectations are not realized, the marriage bond may be broken.

Other Factors Contributing to Divorce Young Marriages

Certain age groups have greater divorce rates. According to statistics, the younger a couple is when they marry, the more likely they are to divorce. Young individuals, particularly teens, may lack the maturity and experience needed to deal with the rigors of a marriage relationship. Young couples experience the most difficulties in marriage because they must overcome immaturity, financial difficulties, jealousy, and familial pressure (BTL, 2022). It is argued that because marriage partners are too young to make critical decisions about who to marry, this frequently leads to divorce.

Furthermore, their personalities have not yet settled, so their requirements may fluctuate, upsetting the equilibrium of their new marriage. Very young individuals also have poor earnings, which, coupled with low educational levels, is a risk factor for divorce (Clark & Crompton, 2006). Those who married for the first time in their adolescence are more likely to divorce because the spouses are less mature (intellectually, emotionally, and experientially) than when they are older, and hence are less likely to make effective marriage decisions (Enang, 2003).

Poverty and Low Income

This appears to be one of the leading reasons for divorce. Financial difficulties can have a detrimental influence on a married connection. On the other hand, rapid upward social mobility in which money and prestige are the primary motivators is also a dangerous factor. This might be because such materialistic pursuits take time away from relationships or represent individualistic beliefs that are incompatible with a healthy marital life. A husband and wife experiencing financial troubles are frequently under a great deal of stress, which can lead to incessant bickering and a communication breakdown. Couples that disagree on spending patterns, or couples in which one spouse owns and controls the household money, may experience marital hardship, which may lead to divorce. A spouse's wasteful use of financial resources may lead to the other spouse filing for divorce. Economic theories of divorce, according to Estin

(1995), are founded on two pillars: a corpus of economic thought about marriage and a set of conventional criteria of efficiency employed in economic discourse.

Money troubles have risen to the top of the list of significant causes of divorce as a result of the recent global financial downturn. A worldwide recession, rising unemployment, consumer credit card debt, rampant foreclosures, and the world's trillion-dollar national deficit are all factors leading to the dissolution of many marriages. Most couples are unable to deal with the stress of losing a house, being laid off, or avoiding bill collectors. Even happily married couples might get distracted by the frustration of not having enough money to make ends meet. Husbands and wives who divorce owing to financial difficulties are becoming as prevalent as those who divorce due to infidelity.

Lack of religious observance

This is linked to decreased marital contentment and a greater proclivity for divorce (Clark & Crompton, 2006; Treas & Giesen, 2000; Tremblay et al., 2002). Furthermore, religious and racial heterogamy are risk factors for marital instability, possibly due to a lack of shared values (Heaton, 2002).

Remarriages

Remarriages increase the likelihood of divorce, owing to the complexity of reassembled families (Ambert, 2005). This danger is becoming more visible. Many couples marry for the second time before the previous one is through. This might lead to trust concerns later in life, such as communication with an ex or social media activity. More specifically, in first marriages, spouses are expected to divide resources as well as share financial objectives and duties. Spouses in second marriages frequently have far greater financial assets than they had in their first marriages, owing to the older age of the couples involved. They also likely had the financial objectives that they had been working for a long time before getting married for the second time. And just because they're married doesn't mean their ambitions should alter from before they married. Money is already a major source of contention in many relationships. Couples in second marriages are more prone to quarrel about money, which commonly leads to divorce since their finances are more complicated.

Furthermore, households with a resident stepfather are quite unstable than households with a resident stepmother (Marcil-Gratton et al., 2003). Many couples opt to settle or deal with marital difficulties because they do not want to go through the anguish of dissolving their family and dividing shared property. There is less

motivation to attempt to make second marriages succeed if one doesn't share children or big assets. And if a stepparent has never linked with stepchildren, there is less guilt in breaking up a blended family that never felt integrated; in fact, it may feel like a relief for all parties. Divorce isn't as frightening as it once was. Now it's the 'devil you know,' because once a person has gone through it before, she did be sure that she can do it once more or repeatedly.

Cohabitation before Marriage

This is a recent generational habit that has been a significant risk factor for a first divorce until recently (Clark & Crompton, 2006; Marcil-Gratton et al., 2003). However, new data suggests that cohabiting just with a prospective spouse does not raise the likelihood of divorce (Teachman, 2008). Furthermore, if cohabitation becomes more common and lasts longer before marriage, the association between past cohabitation and subsequent divorce may weaken (Hewitt & de Vaus, 2009).

Male-to-Female Ratio

Men are more likely to divorce whenever there is a significant share of unmarried women in the labor market, and the same is true for women who work in male-dominated fields (South, et al., 2001). Sex or gender ratios in geographically varied regions can be viewed as contextual variables that impact the availability of alternative spouses in those locations. These varied geographical sex ratios may impact the probability of divorce (Klein & Stauder, 2008). These circumstances increase the likelihood of sexual infidelity and the formation of new relationships among married people, particularly men. Similarly, when there is a gender imbalance favoring men in a city, this ethnic community may have greater rates of serial cohabitation and divorce (Harknett, 2008). While people in the numerical majority, particularly females, are predicted to have less interpersonal power and be more motivated to get into or remain in monetarily and psychologically expensive partnerships due to their relative lack of alternatives (Cindy, 2015). The majority of existing research in this area focuses on female outcomes and suggests that sex ratios are positively connected to female marriage and adversely related to divorce (Fossett & Jill Kiecolt 1993; McLaughlin, et al., 1993; South & Lloyd 1992; Barber, 2003).

Divorce of Parents

This is associated with greater divorce rates among children as they grow into adults. Children are more likely to divorce if their parents split (Jay, 2002). Parental separation affects around one-third of all marriages in various nations, according to

Yllza et al. (2020). Youngsters who have witnessed parental divorce are more prone to expect their parents to divorce than children from intact households. According to Pamala, et al. (1995), children of divorced parents are more than twice as likely to divorce as children of intact households. According to a report, this happens notably when parental marriages had a low degree of conflict; such parents may divorce simply because they are less devoted to marriage and may pass this value on to their children (Amato and DeBoer, 2001).

Sons of divorced parents with less educated moms are more likely to avoid marriage (Verna, & Barbara, 1988). According to one research, persons who have experienced parental divorce are 38% more likely to divorce than those reared in intact households, and this increase is not apparent in children whose parents' marriage ended due to the death of one of the parents (Jay, 2002). When compared to children who did not experience such family changes, children who had three or more shifts in family structure are substantially more likely to divorce later in life (Nicolas, 2000). He also indicated that persons who have never had a transition are expected to never terminate a marriage, but those who have experienced three or more changes are projected to never divorce.

Related Research

Divorce and Its Effects on Children

Today, one out of every two marriages end in divorce, and many divorcing households involve children. While parents often have some input in how their divorce proceeds, children do not have this privilege. Whilst parents may be distraught or soothed by the divorce, children are generally terrified and perplexed by the threat to their safety. A youngster may feel uneasy if his or her family is broken up (Ruksana, 2017). In a child's view, a family consists of a father, a mother, and children. And being without either his father or mother would instill anxiety and anxieties in him. Some parents may be so burdened by the divorce that they neglect their children and their needs.

Divorcing parents are typically concerned about the impact their divorce will have on their children. During this tough time, parents may be concerned with their issues, yet they remain the most essential individuals in their children's lives. The impacts of divorce on a child's development are determined by a variety of circumstances, including their ages at the time of their parent's separation, as well as the development of their personality and family ties. Although newborns and early

children may have minimal negative developmental impacts, older children and teens may have some difficulties with social, emotional, and educational functioning.

Psychological issues

When compared to youth in stable and intact nuclear homes, teens in singleparent and mixed households are 300% more likely to require psychiatric support. Children with divorced parents have more psychological issues, regardless of age, gender, or culture (D'Onofrio & Emery, 2019). This is because divorce has a psychological impact on the children of divorced parents. When the children are around their peers, they may feel detached, especially when their friends are discussing their parents and family life. They could even bring this psychological issue into their marriages (Ubong, 2018).

While their parents are divorcing, children frequently worry that they will be divorced as well as their parents' relationship will end. This is exacerbated if a parent is late for a pick-up after school or during a visitation exchange (whether or not the cause was direct or indirect). This can lead to parental disloyalty, especially if one parent performs a better job of responding to their needs, which tends to address the abandonment concerns in their subconsciousness.

Behavioral issues

Children from divorced homes are more likely to develop externalizing difficulties such as conduct disorders, delinquency, and impulsive behavior than children from two-parent households (D'Onofrio & Emery, 2019). Children from divorced families typically grow up with a poor and nasty demeanor. Children from divorced families are more likely to cause problems, competition, and unhappiness in school or other gathering places. The majority of youngsters admitted to the Remand home or other social facilities as a result of significant blunders come from divorced families with no adequate administration or living standards. Divorced families are more likely to have financial troubles, which is why children are more likely to engage in theft and robbery (Ruksana, 2017).

Children may have behavioral issues with instructors, act out against peers, and generally refuse to cooperate with any tasks or directions, and they may also struggle to concentrate and grasp schoolwork. Peer pressure may harm children. Children may behave out at home against siblings, their biological parents, and maybe a stepparent. Juvenile delinquency shows that in a generally dysfunctional family environment, the absence of male authority, control, and authority following parental divorce drove

youngsters to perform antisocial activities (Moldovan, 2014). It was shown that adolescents had fewer behavior difficulties if they had a positive relationship not just with their biological parents, but also with stepparents, especially if they had a close relationship with their stepfathers.

Children of divorced parents are less likely to consider marriage to be permanent and less likely to consider it to be a lifelong commitment (Weigel 2007). As a result, there is a greater proclivity for premarital sex, cohabitation, and divorce. Girls whose dads left the house before they were five years old were eight times more likely than girls from intact homes to become pregnant as teens (Ellis et al. 2003). Similarly, when their parents' divorce, boys may have an earlier sexual debut and a greater incidence of sexually transmitted illness.

Educational and academic performance consequences

Children of divorced parents are twice as likely as children of intact parents to drop out of high school. Divorce frequently impacts children by slowing academic development and decreasing language stimulation. According to Brand et al. (2019), children from divorced households tend to struggle in school if the divorce was unexpected, but children from divorced homes do not. The emotional stress of a divorce might be enough to stymie a child's academic development, but lifestyle changes and the instability of a divided family can also contribute to poor scholastic outcomes (Ruksana, 2017).

According to research, children from divorced households have fewer college degrees and work in lower-paying positions than their parents. According to studies, these youngsters have a strong proclivity to underperform in school. Children with divorced parents are more likely to have poorer grade point averages and to be required to repeat a year of school, according to Jeynes (2000). His research also found that children from two-parent homes performed better in math and science than children from divorced families. According to Pong, et al. (2003), children from single-mother homes were twice as likely 6% to have been away from school for eleven or more days in the previous year due to illness or injury as children from two-parent families, 3%. This might be due to a lack of attention, hunger as a consequence of economic difficulties, injuries from violence as a result of peer association, and other factors.

Social and ethical issues

Children with divorced parents are more likely to have insecure attachment patterns and report higher rejection sensitivity as adults (Clark, 2017; Schaan & Vögele, 2016), which can impede the establishment of a stable social network and increase loneliness (Clark, 2017; Schaan & Vögele, 2016). (Watson and Nesdale, 2012).

Divorce can cause youngsters to act aggressively and abuse others to express their feelings about their shattered family, both of which can have a bad impact on peer relationships. Some children may suffer anxiety, making it harder for them to seek healthy social relationships and participate in developmentally useful activities like teen sports (Ruksana, 2017). Teens from shattered homes may have a cynical attitude about relationships and maintain mistrust against both their parents and possible love partners.

Mental frustration and depression

People who grew up in broken households are nearly twice as likely to attempt suicide as those who grew up in stable houses. Brown et al. (1998) discovered that children raised by single parents were more than twice as likely to acquire a significant mental disease, commit or attempt suicide, or develop an alcohol addiction. Lizardi et al. (2010) found that females with divorced parents had a greater frequency of depression, suicidal ideation, and a higher risk of suicide than boys with divorced parents. According to Fuller-Thomson and Dalton (2011), boys with divorced parents had a greater risk of suicidal thoughts. The consequences of marital clashes and divorce on a child's life extend into adulthood, and individuals who experienced marital conflict and divorce between parents exhibited considerably greater despair than adults who grew up as children of parents with healthy relationships (Motti & Aaron, 2016).

Involvement in criminal activity and drug use

Kalter et al. (1984) detailed a clinical investigation conducted over 10 years with roughly 600 children of divorced parents in their publication. Boys born to divorced parents who remained in the custody of their mothers were shown to have impaired masculine development due to a lack of a male role. A type of criminal conduct inclination and trouble controlling urges were also discovered in boys. DeGarmo and Forgatch (2005) investigated the factors that influence criminal conduct in children of divorced moms who continued in school and found a decrease in crime following an intervention. (DeGarmo & Forgatch, 2005; Tomcikova et al., 2011)

investigated the prevalence of alcoholism in teenagers from divorced homes. It was discovered that divorce had an influence on teenagers' drinking, particularly in the last month, and that positive engagement of the father after divorce – was a protective factor against alcoholism in divorced households.

Children's Reaction to Divorce

The primary risk to children of divorced couples is the loss of one or both parents, whether total or related. Many youngsters, particularly those under the age of 8, believe that the parent who no longer resides with them has rejected and abandoned them. This is particularly true when the non-custodial parent comes to visit seldom, or if a non-custodial parent tends to forget key events like the child's birthday (Leung, & Robson, 1990). According to Weitzman and Robin (1988) and Leung and Robson (1990), a considerable percentage of custodial moms later work outside the house. This might lead to the establishment of a daycare facility for infants and toddlers (Alejandra, & Heather, 2015). Adolescents or youngsters are frequently required to care for themselves for longer periods of the day, typically all alone in the house.

According to Shamsie (1985), divorce tends to be an exceedingly traumatic occurrence for virtually all children. Children frequently respond to divorce with psychological and behavioral responses that are normally associated with death (George, 2002; Leung, & Robson, 2000; Dudley & Karnes, 2011). These are to be expected, as divorce may be regarded as the end of an existing family unit. Denial, rage, badgering, despair, and acceptance are all common stages in the emotional development of a kid who has witnessed his or her parents' divorce (Leung, & Robson, 1990). The mourning process might continue for months or years, and in some youngsters, it may never cease. According to Lawrence, et al. (2015), the ages and developmental stages of the kid impact the exact type of emotional reaction. young children under the age of three may exhibit irritation, sobbing, increased anxiety, angry outbursts, aggressive conduct, and behavioral regression. The regression generally happens in the child's most recent developmental success (Judith, 1986). A youngster who has just been toilet trained, for example, may revert to having no bowel or bladder control. Children may resume thumb-sucking or intensify their masturbatory practices.

Divorce anxiety is common among kindergarten and elementary level children. They may grow hesitant to let go of the surviving parent for the panic of being abandoned. The anxiety of desertion is frequently exhibited during normal separations from the custodial parent, such as when the kid is brought to an infant school (Leung,

& Robson, 1990). Insomnia problems are a common issue because the child dreads being alone which is common. Children of this age may feel that they contributed or that they are the main reason responsible for their parents' divorce. Often, self-blame co-exists with illusions of parental reunion. Children from five through eight years old are prone to depression and publicly display grieving behavior. Children in this age group are frequently obsessed with sentiments of concern and desire for the one parent, (Leung, & Robson, 1990). They are particularly concerned about being replaced or substituted. A significant degree of anxiety may manifest as agitation, daydreaming, trouble concentrating, or a reduction in academic achievement.

Social connections may suffer as a result of the child's increasing irritation and aggression. Somatic problems are extremely prevalent. Some youngsters overeat compulsively out of dread of getting hungry or in an attempt to cope with feelings of grief (Leung, & Robson, 1990). Some youngsters are troubled by their conflicted feelings for their parents. Children between the ages of nine and twelve sometimes express strong feelings of resentment against one or both parents. These children may feel victimized by the parent who initiated the divorce and may be furious at the custodial parent for allowing the other parent to go. They may also suffer from sadness, anxiety, an intense feeling of alienation, and helplessness, and are particularly sensitive to the "propaganda game" (Leung, & Robson, 1990). They could grow too reliant on one parent whilst entirely rejecting the other. If a custodial parent remarries, the children may become enraged. Aggression expressed towards the non-custodial parent may now as well be directed also at the new step-parent. Somatic symptoms are typical in this age range of children. Some of the children could engage in small recidivism such as stealing, lying, or manipulating other youngsters.

Adolescents are especially sensitive to their parent's divorce. Just a moment after the divorce, adolescents are frequently sad and furious, and they are often frightened that they, too, will experience marital failure like their parents. Males, for instance, may become less interested in heterosexual relationships. Females, on the other hand, are more likely to engage in dating and sexual interactions, especially if parental constraints are relaxed. Tension and concern over the availability of finances for future requirements might lead to a reduction in academic achievement and absenteeism among these teens. Depression, paired with the loss of parents as role models, may encourage some teenagers to engage in alcoholism, substance use, or confrontational conduct. Males under the age of 12 are thought to be more prone to the

extreme stress of divorce than females (Leung, & Robson, 1990). They acclimatize less effectively and have more behavioral and educational issues than females. Nevertheless, as teenage and after remarriage, females have greater troubles than guys.

Impact and Children Adjustment

The majority of children can survive the early stress of parental divorce and continue their development, long-term impacts of divorce were recorded. Guidubaldi and Perry (1985) discovered substantial academic success gaps between males from divorced households and males from intact homes. (Leung, & Robson, 1990) discovered that the average time passed after the divorce for the male children who were slipping behind their classmates by 78 months in their research. According to records, the children had had more detrimental life changes and higher behavioral difficulties six years after the divorce than children from intact households.

Kimberly et al. (2011) discovered that more than 37% of children were agitated and upset five years after the divorce. Childhood depression was the most frequent issue. When the children were examined 10 years after the divorce, 45 percent of the young adults performed well, 41 percent performed poorly, and 14 percent performed extremely unevenly across areas. The predominant issue among those struggling young people was sadness, which was frequently accompanied by emotions of rejection from one or both parents or step-parents. A considerable percentage of older teenagers and young adults were plagued by vivid memories of the divorce's sad occurrences (Leung, & Robson, 1990). When they remember the incidence of the divorce, they were filled with repressed melancholy, bitterness against their parents, and a bittersweet sense of having lost out on the experiences of growing up in an unbroken family. Several factors, including the parents' adjustment to the divorce, the parent-child bond, external support, and the child's personality, may impact the long-term effect of divorce on children. There is some evidence that children of the same sex as the custodial parent are better adjusted than children who live with a parent of the opposite sex. Nonetheless, if both parents continue to nurture and love their children, most youngsters adjust satisfactorily after divorce.

Divorce and its Effects on Women

Women typically suffer the most in terms of quality of life and emotional well-being following a divorce. Divorce has an immediate effect on one's emotional and physical health. When compared to the general population, newly divorced persons have lower mental and physical health.

Divorce has an impact on both the emotional and physical health of individuals who are going through it, but the woman is the one who suffers the most. As a consequence of a variety of causes, divorced women have lower self-esteem than married women. One example is society's overall attitude toward divorced women, which is increasingly dismissive. It is natural for divorced women to have low self-esteem and regard for their accomplishments in this societal situation. According to (Moldovan, 2014), one of the key causes of poor self-esteem among divorced women is the assumption that their divorce is an indicator that they are not good enough for their partner, therefore the lower self-esteem.

The uncertain economic well-being of divorced women is a fundamental element behind global worries about increasing divorce rates (Pamela et al., 1999). Women who are separated or divorced generally experience significant drops in family income and indicators of economic well-being that take family size into account. Divorce frequently has considerable negative financial implications, with women in particular facing a reduction in their quality of living as a result of marital instability (Tach & Eads, 2015). Divorce may either have a transient negative impact on an individual's well-being or it can have a long-term negative impact from which individuals seldom recover.

Psychological and emotional issues

Divorce-related psychological stress can have substantial medical consequences for the heart and mind, particularly in women. The divorce process itself may cause great stress for the woman, for example, owing to financial concerns, loss of one's social surroundings and support system, and loss of one's romantic relationship (Leopold, 2018). According to Demo and Acock (1988), divorced women had worse levels of psychological well-being, including less happiness, more symptoms of psychological distress, and weaker self-concepts. According to Gerstel (1987), it is the contextual variables of divorce, such as psychological repercussions, emotional impacts, trauma, stigma, and so on, rather than the divorce itself, that lead to rejection and societal stigmatization. Divorce causes severe psychological and emotional issues. The higher the trauma created by a marriage, the longer it lasts. Women suffered far more than males in this regard (Ramachandrappa, 2016).

Divorce has been demonstrated to greatly increase the chance of men and women, particularly women, developing mental health disorders such as depression, drug misuse, or anxiety (Leopold, 2018). Women going through divorce frequently demonstrate significant emotional liability, with exhilaration and optimism alternating with anger, irritability, anxiety, loneliness, melancholy, despair, suicide ideation, and related alterations in self-concept and self-esteem. Furthermore, divorced women reported higher levels of sadness, anxiety, stress, loneliness, social interaction anxiety, and a high degree of state anger, angry outbursts, and overall anger when compared to married women (Ariplackal & George, 2014; Kumari, 2016). Divorce is often regarded as a major cause of adult depression (Tennant, 2002). A study investigating gender differences in depressed reactions to severe life stressors discovered that males and females were equally likely to develop depression after a marriage split (Maciejewski et al., 2001).

Divorced moms have regularly been reported to have greater rates of depression and mental diseases than married mothers, due to variations in stress and social support. According to Frederick et al. (2006), divorced women reported substantially increased levels of disorder, even after adjustment for age, remarriage, education, income, and previous wellness, and when especially in comparison to their married counterparts, divorced women showed increased rates of stressful life events between 1994 and 2000, which led to higher levels of depressive symptoms in 2001.

According to Park's (2015) research, women who divorced at least once were 24% more likely to have a heart attack than women who remained married, while women who divorced two or more times had their risk increase to 77%. These findings held even when other possible risk factors for heart attack were corrected, such as age, social variables such as changes in career and job status, and health insurance coverage, and physiological ones such as body mass index, hypertension, and diabetes.

Economic Difficulties

The constraints put on moms by unemployment are enormous, and they have a significant influence on the well-being of the family, particularly if she has custody of the children. Divorce often leads to a significant decrease in the level of living for the majority of custodial moms and their children (Duncan, & Hoffman, 1985). The majority of divorced women have financial difficulties. Economic hardship raises the chance of psychological and behavioral disorders in children (McLeod, J., & Shanahan, 1995), and can have a detrimental impact on their nutrition and health

(Williams, 1990). Women experienced financial uncertainty for the rest of their lives after divorce (Saraswathy, 2016).

The financial condition of a person after a divorce is critical because it impacts other aspects of the person's life, notably his or her health and well-being. Economic hardship makes it extremely tough for custodial women to buy books, educational toys, home computers, and other things that might help their children succeed academically. Therefore, low-income parents frequently relocate to areas with underfunded schools, high crime rates, and insufficient resources (McLanahan et al., 1989).

Adolescents may be more likely to enter delinquent subcultures if they grow up in these settings. According to this viewpoint, divorce has a detrimental impact on children to the extent that it causes financial difficulties. According to research, children's outcomes, particularly measures of academic success, are connected to the degree of home wealth following divorce. Guidubaldi et al. (1983) discovered that children from divorced homes scored substantially worse than children from intact two-parent households on 27 out of 34 outcomes; taking financial disparities into account statistically lowered the number of significant differences to just 13.

CHAPTER III

Methodology

Research Methods

Some particular processes will be required to get at the empirical proof for study analysis and conclusion to obtain answers to research questions and so provide strategies for resolving the situation under inquiry. As a result, this chapter is devoted to detailing the processes of sampling, collection of data, and data analysis. The technique used to carry out the study will involve the following elements: the research design, data sources, study population, sample selection and sample size, data collecting methods, and data analysis.

Research Design

The study used qualitative research method. Qualitative research is helpful to get in depth information on the individual experience of women in their own story telling. Face to face interview, online survey and group discussions are the once's used most in qualitative method. The semi-structured open-ended survey was employed as an interview tactic in the research. The surveys were primarily designed to determine the reasons and effects of divorce on the lives of women in the Turkish Republic of North Cyprus. This technique will enable the collection of qualitative data, and the data will be aligned to offer a thorough picture of the situation. The findings will be exhibited with qualitative statements to support, refute, or strengthen each finding.

The research uses a one-on-one discussion because the study requires an explanation and description of personal life experiences of the issues relating to individual reasons for divorce and how this these issues disrupt their general wellbeing. Data collected will be analyzed using content and descriptive techniques.

Descriptive Analysis

Descriptive analytics is the practice of identifying patterns and correlations by analyzing current and historical data. It describes or summarizes data using statistical approaches. The potential of descriptive analysis, as one of the key forms of data analysis, to provide accessible insights from otherwise uninterpreted data makes it one of the most popular. It does not aim to forecast the future; instead, it derives insights purely from previous data, which it manipulates in order to make it more relevant. As a result, it is an excellent tool for analyzing data for this investigation. Descriptive

techniques were created in order to examine data with great reliability and precision (Herbert, 2012). Although the views of chosen samples gained from bench screening may give hints to a specific problem and, in certain cases, will solve a problem, this should not be used to dismiss formal and thorough sensory examination of a problem. It has progressed from expert judgments to a more rigorous and scientific way to assessing perceptions (Yang & Robin, 2016).

Content Analysis

Content analysis is a study technique that is used to identify the existence of specific words, topics, or concepts in qualitative data. Investigators can use content analysis to measure and evaluate the existence, meanings, and correlations of such words, topics, or concepts. Investigators, for example, can assess the language used within an article to look for prejudice or partiality. Investigators can then draw conclusions about the interviews, writings in the texts, the audience, and even the culture, historical period, and incidents around the work. The goal of content analysis is to organize and generate meaning from the material collected, as well as to make reasonable inferences from it. The researcher must decide whether the investigation should be of a wide surface structure or a deep structure. (Mariette, 2016)

Study Group

The study was conducted mostly in Lefkosa a Province in the Northern Republic of North Cyprus (TRNC) and other Districts including Girne, Lapta, Kyrenia, and Famagusta. The country witnessed a high rate of divorce during the period of the COVID-19 pandemic and therefore needs an empirical investigation into the causes and effects. The study is patterned to target all divorce women that had a child or children while married to their ex-partner.

This study will utilize both a purposeful sampling technique and a convenience sampling technique for qualitative data collecting to acquire different viewpoints on the current causes of divorce and its psychological and economic implications. To begin with, a convenience sample strategy will be used to select research participants who are available and easily accessible. Then, to get detailed information on the participants' personal experiences with the problem, a purposeful sampling strategy will be used.

The one-on-one interview conducted consisted of 38 recruited divorced women with at least one child. The study used this sample size as a result of the time constraint involved in the study duration. Secondly, the use of a large sample size might prove problematic in achieving the study's objective, and combining other works of literature may not be possible.

Each woman was asked to fill out a demographic survey that included questions on her educational history, nationality, number of children, employment status, and length of time she had been divorced.

Table 3.1

Demographic Characteristics of the Participants

S/N	Respondent Characterization		Frequency	Percentage distribution
1	Age	Characteristics		
		Group		
		≤ 20	0	0
		21-30	9	23.7
		31-40	10	26.3
		41-50	11	28.9
2	Level of Education	51-60	7	18.4
		≥ 61	1	2.6
		University graduate	15	39.5
		High school	12	31.6
3	Nationality	Vocational school	9	23.7
		None	2	5.3
		KKTC Citizen	19	50.0
4	Divorced Duration	Non – Citizen	19	50.0
		≤ 2	9	23.7
		3-5	9	23.7
		6-10	13	34.2
		11-15	3	7.9
5	Number of Children	16 – above	4	10.5
		≤ 2	26	68.4
		3-5	12	31.6
6	Employment status	6-10	0	0
		Student	0	0
		Stay-at-home mother	8	21.1
		Employed	17	44.7

self-employed	12	31.6
Unemployed	1	2.6

This study will make use of both primary and secondary data sources. Personal experience information was acquired by the presentation of a questionnaire and a one-on-one discussion. While publications, journals, periodicals, and articles will be the secondary sources of data for the research,

Data Collection Tool

In this study, a semi-structured open-end interview form was used as the main measuring scale. As a data-gathering technique, this semi-structured survey form was employed. According to the study questions and information in the relevant literature, the survey form was prepared for divorced women with children. In the survey form, there are questions about reasons why women were compelled to divorce and the repercussive effects of the aftermath of the divorce. The survey questions were derived from searches of similar works of literature, and every effort was taken to guarantee that the questions were readily intelligible, not multidimensional, and did not deviate from the research. The expert opinion of three Ph.D. students in guidance and psychological counseling, as well as a professor, was sought to determine the extent to which the produced interview form fit the goal of the study.

The survey questionnaire was also piloted among a few divorced women in TRNC to assess its understandability and usefulness for data collection in this study. This test also assisted in determining the clarity of the phrases and sentences on the survey form, as well as the viability of the data-gathering technique.

Data Collection Procedures

The data for the study was mostly gathered using an open-ended semi structured survey. Data is collected in one-on-one discussions in contexts where participants may express themselves securely and freely speak their views without hesitation or fear of disclosing information to a neighboring individual or a third party. The survey form is beneficial for this study since it allows for a large number of respondents to be contacted in a short amount of time.

The study purposely chose 38 individuals from the Northern portion of Cyprus using a criteria sampling approach, and each participant was permitted to familiarize themselves with the survey questions.

Before each distribution of surveys and commencement of the interview, the following standardized instruction was given:

This questionnaire is part of a research project that we are conducting in Northern Cyprus to investigate “divorce, its causes, and the impact on the lives of divorced women and their children.”

This questionnaire is intended for divorced women with children, and you are under no obligation to undertake it. By filling in the questions below, you consent to participate in the survey. Please keep in mind that your involvement in the study is entirely voluntary, and whether you choose to take part or not has no bearing on your chances of success. No third parties will ever have access to your information or learn about your identity.

We expect you will complete all sections of this questionnaire following the instructions provided in each section. We would like to assure you that all data acquired will be kept entirely confidential and will only be used for this academic research purpose. We'd want to express our gratitude and appreciation for your cooperation.

Survey questions including 6 demographic questions and 8 cause and effect of divorce questions were delivered to each participant and, in certain circumstances, presented with the same wording and expressions that would imply the same meaning to each participant. In the instance of interviews with divorced women, voice recording and noting were used in tandem.

Data Analysis Procedures

The participants completed 38 valid survey forms in total. Participants' demography was categorized based on their age, level of education, length of divorce exposure, number of children in care, and other factors. The relevant data for this study are provided by mothers who are considered divorced. The raw data received from respondents is analyzed using content and descriptive analysis technique in this study.

The data obtained from respondents was verified to eliminate mistakes that might occur during filing and analysis. The data is coded for meaning, and this created the outline of the research findings, which were then investigated using descriptive and content analysis. The data coding was created based on the survey questions. The information gathered through one-on-one interviews was analyzed using a qualitative technique, with the results being presented following the study goals.

Reliability

This study's reliability was attained through the use of thick rich description validation procedures. This is used to produce extensive and various interpretations of divorced women's situations by taking into account all accessible and acquired information as presented. The thick, rich description will be produced by presenting the voices of the participants under each coding (theme) and offering extensive descriptions of each of the situations.

CHAPTER IV

Findings and Results

This chapter focused on the presentation and analysis of data obtained from respondents. The whole study addressed a sample group of 38 respondents, the majority of whom were divorced women with children. The data was examined descriptively using frequency tables. According to the study's objectives, the purpose of the survey and interview questions was to describe the current situation of the causes and effects of divorce related to mothers, and to interpret the extent to which divorce has affected the society and the lives of mothers in the Turkish Republic of North Cyprus (TRNC).

The chapter is divided into the following sections: the factors that led women or couples to consider divorce, the psychological impacts of divorce on women, the economic obstacles of divorce, and women's attitudes toward divorce or marriage as a result of the divorce's occurrence. Following the collecting of surveys and interviews, respondents' opinions were presented with themes and sub-themes based on the confidentiality principle.

The data acquired for the study was organized into four topics. The first theme is 'opinions on the causes of divorce among women in the TRNC.' 'Opinion on the psychological impacts of divorce as experienced by women,' is the second theme. The third theme is 'financial difficulties encountered during the divorce procedure.' The fourth subject is 'women's attitudes regarding divorce and marriage as a result of divorce episodes.' Table 2 shows the topics and sub-themes that developed during data gathering and classification.

Opinions of Women on Divorce According to The Research in TRNC

Table 4.1

Themes and Sub-themes which Emerged after the Analysis of the Data

S/N	Themes	Sub-themes
1	Opinions on the marital problem which force women to divorce	Lack of commitment Infidelity Communication problem Negative Attitude Nagging
2	Opinions on the psychological effects of divorce on women	Regrets Emotional problems Problems related to child (ren)
3	Opinion financial challenges experienced by divorced women	Financial problems
4	Opinions attitude of women towards divorce and marriage as a result of the incidents of the divorce	Attitude

4.2 Opinions on the Reasons for Divorce amongst Women in TRNC.

The lack of comprehensive and precise data adds to the ambiguity and complexity of the concerns and challenges caused by divorce, which needs careful consideration. Because of the variety of variables at work in a family system, there is a broad reliance on assumptions and generalizations in determining the reasons of divorce. Some of the documented and observed divorce causes in the Turkish Republic of North Cyprus are as follows:

1. Lack of commitment towards maintaining a healthy family;
2. Infidelity from either of the partner;
3. Level of agreement and/or disagreement between the marital partners on basic issues;
4. Excessive complaining and nagging from one or both partners;
5. Lack of proper communication;
6. A change in sex life;
7. Development of new negative attitude;

8. Money management;

In relation to this issue, the sub topics are the questions in the interview form that were devised to study the causes or reasons that prompted women to file for divorce. The study of this theme yielded five sub-themes, which are listed in Table 3 below.

Table 4.2

Opinions on the Marital Problem which force Women to Divorce

Sub-theme	F	%
Lack of commitment	7	18.4
Infidelity	8	21.0
Communication problem	18	47.4
Negative Attitude	18	47.4
Nagging habit	20	52.8

As shown in Table 3, the majority of participants stated differences of opinion in the individual differences sub-theme, and nagging behavior was the most commonly recorded as the primary reason of family dissolution in TRNC. About 47 percent of the participants claimed that the new growth of a negative attitude was one of the key factors of their marriage's breakup. 47.4 percent of the participants also stated that communication problems leading to arguments and unresolved quarrels were a contributing factor to their divorce, 21 percent stated that infidelity was a contributing factor to their divorce, and 18.4 percent stated that lack of commitment was a major cause of their divorce. Following are some views expressed by divorced women on this subject:

According to one of the respondents seven ‘...I was much more committed in marriage than he is, his greater devotion encourages selfishness, exploitation, or feelings of captivity. Most of the time, I believe he is hesitant to make a commitment to keeping the family together. He never laughs about his work and sports time, and he never makes time to ensure that our emotional and physical needs are met. I couldn't be with a man who couldn't make sacrifices for his family or make any type of commitment to keeping things together.’

A lack of commitment in your marriage is not just irritating; it is also one of the leading causes of divorce. A lack of commitment may lead to a slew of issues in any relationship, including marriage. A lack of commitment can lead to difficulties with trust, deception, and other types of marital harm, especially if a full-fledged marital affair happens.

Whereas participant two, '..... I had an inattentive spouse who had little financial or emotional attachment to his house and child,'. Disagreements, lack of respect, and lack of interest reached a peak over time. Of certainly, our cultural differences played a role in our arguments. I endured them for the sake of my child, but in the end, I was dumped, which is the primary reason for my divorce.'

When asked about infidelity, participant nine, '..... He has been disloyal to the marriage; I saw him send flirty messages to several girls' (some are friend that I know). He has cheated on me with several women, and I don't believe I can continue in this marriage.'

Participant eleven stated, '.....my ex-partner never cheated on me, I was the one cheating on him." He found me cheating, which ended our marriage.'

The faithful party may find it difficult, if not impossible, to comprehend their partner's ability to participate in an affair. In the aftermath of the tragic revelation of infidelity, high emotions and recurring crises are the norm. And, while most affairs are the consequence of marital discontent, they can also be the result of personal dissatisfaction and low self-esteem. In such circumstances, the participating partner may be oblivious of his or her involvement to the relationship's deficiencies. Satisfactory relationships are built on reciprocity, and a persistent imbalance of give and take can quickly lead to dissatisfaction.

Aside from poor self-esteem, other factors for adultery include interpersonal inadequacies such as a lack of love or a societal milieu in which infidelity is tolerated.

In an interview, a participant four noted, '.....our personality, ideals were different, and we couldn't get along. There was so much unresolved conflict in our marriage, many of which were trivial matters, that appropriate communication was lacking. I eventually realized that I was miserable and did not want to live under the same roof as him. I was trying to keep my marriage going for my child, but I didn't have the fortitude. 'I made the decision to divorce.'

Generations of men have been taught to man up and stay in terrible relationships or marriages, or to seek happiness outside of their marriages in order to

make their lives bearable. Modern women, on the other hand, are more self-sufficient than most men believe, and they are unwilling to stay in bad relationships month after month, year after year, with no possibility of improvement. Often, men may not know they are in a failing relationship until their wife announce, "I want a divorce!" This has frequently caused men to ponder or say, "I thought everything was good, I was surprised by this divorce!"

According to Robinson (2021), successful men in business are educated to focus on cerebral pursuits, apply reasoning to solve all difficulties, and disregard their emotions. Ironically, it is this distance that frequently leads a marriage to fail, and men believe their marriage is OK while their wife consult with divorce attorneys. Women are tired of trying to work on their relationships by the time they file for divorce.

Participant three stated that '..... To begin with, deciding to divorce is quite tough for a mother with three children. But I made this decision because my ex-husband changed his attitude; he became lazy, refused to take responsibilities, and gambled; we had regular conflicts and character differences; he constantly insulted me, used violence, and cheated on me.'

Changes in attitude toward a partner, especially when unfavorable, can be emotionally, spiritually, and physically damaging to a marriage. It has the power to poison the happiness that previously existed in the family and drive away any type of oneness. Any bad attitude acquired and displayed in a family environment has the potential to ruin such a home.

Participant twenty-one also mentioned that: '..... lack of interest, excessive complaining, nagging, and not being taken seriously exacerbated my dissatisfaction over time, which sapped my love for him and made me want to divorce.' For years, I kept my marriage going for the sake of my children, but at the end, I was depressed and wanted to divorce. 'I couldn't go on with someone I didn't love.'

Howard J. Markman, Professor of Psychology at the University of Denver and Co-Director of the Center for Marital and Family Studies, discovered that negative conflict patterns, associated with nagging, assault love and increase the probability of dissatisfaction and divorce. Markman understands something that we all do: nagging is prevalent. And therein lies its inherent peril. Your relationship is like a home in a falling rock zone: nagging often causes boulders to slide onto your house and chip away at love, while infidelity generates an avalanche. You keep an eye out for

avalanches, but you may be ignorant of the long-term harm caused by the regular falling rocks (Binder, 2013).

Nagging is a "marriage killer... more widespread than infidelity and perhaps as destructive," according to Wall Street Journal columnist Elizabeth Bernstein. Even if nagging is not as bad for our marriages as adultery, we must acknowledge that it has a real negative impact on relationships.

Opinion on the Psychological Effects of Divorce as Experienced by Women in TRNC.

As the divorce rate in the TRNC has risen over the last three years, it may be beneficial to learn more about divorce and the usual consequences it has on women and children. In accordance with this issue, the sub-themes in table 4 indicate the interview questions prepared to explore the psychological impacts of divorce on women.

Table 4.3

Opinion on the psychological effects of divorce as experienced by women

Sub-theme	F	%
Regrets	13	34.2
Emotional problems	6	15.8
Problems related to child (ren)	13	34.2

As shown in Table 4, the majority of respondents mentioned regrets and dissatisfaction with how they handled things during their marriages in the sub-theme, psychological breakdown in the emotional problems sub-theme, and a few respondents mentioned the child's negative psychological condition in the problems related to child (ren) theme. Following are some perspectives expressed by divorced women on this topic:

Regret is the emotion that arises from wishing one had made a different option in the past because the results were undesirable. Regret is connected to missed opportunities. Its intensity changes over time following the decision, in terms of action vs inaction, and in terms of self-control at a specific age. Self-recrimination along with regret is supposed to motivate remedial action and adaptability. Divorce related regrets are not excluded. Many women regretted leaving their marriages or filed for divorce in the first place.

Participant twenty-two expressed her sadness, explaining, '..... I was married for twenty years and we had 2 kids together.' My girl is 16 and my boy is 23. During our marriage, he drank heavily, entered an AA program, and had an affair while in the program. I informed him I wanted a divorce. Now I'm sorry because it's been three years and I still can't get over the divorce. He's met someone new and they're currently living together. He has informed me that he is happier than he has ever been (which hurts even more). I am in Divorce Care, attend Church, and believe in God. I have good days and bad days, but it aches to think of the time I spent with him.'

Another participant, participant nineteen stated, '..... I was the one who sought for the divorce, and I regretted it the day he signed the papers. I couldn't bring myself to beg him to return. Now he's leaving, and I'm in a lot of pain.'

During an interview with a responder, she stated, '..... After my first marriage ended in divorce, I found and married a very lovely man who adores me. He tries so hard to make me happy, but I don't think I'll ever feel as at ease, connected, or love him as much as I did my ex. We don't appear to have the "best buddy" bond that my ex and I did. To be honest, I still miss my ex in a lot of ways, notably our friendship, despite the fact that we had some serious issues in our marriage.'

Others blamed themselves for not trying hard enough to save their marriage, particularly by working on themselves before to or during marriage.

'..... I wish I'd had a greater sense of my own identity and self-worth, and that I'd been smarter to first tackle loneliness before joining a partnership,' said one responder. That I should have waited longer before getting married in order to approach it with power and plenty rather than dread and loss. That I'd realized that the person we pick in our twenties and thirties to have a family with may be very different from the person we choose in our forties and fifties to grow old with.'

One of the active participants wishes she had accepted responsibility rather than blaming others.

She said in her statement. '..... I wish I had given more attention to my own accountability. I was so focused on finding fault that I neglected to consider all the things I could have done differently. Partly because I was young and naive, I hadn't realized that I couldn't rely on others to make me happy and pleased. I thought the end of the marriage meant the beginning of perfection because he was the issue! I wish I'd realized that the phases of marriage might be cyclical and that it could be worthwhile

to try a bit more to work things out. Our divorce was horrible for our children, and I regret it greatly.'

Another wishes she had the fortitude to end things sooner rather than waiting so long.

'..... My regret is that I allowed a horrible situation to continue for too long,' she says. Not long after we married, my husband's expectations for our relationship and our life together evolved, and we battled a lot about it. In retrospect, I wish I'd had the fortitude and self-awareness to face the problem head on. Instead of asserting my authority, I ignored the unpleasant realities of our shared existence and allowed the relationship to deteriorate while we both suffered.'

Emotional issues that disturbed the psychological equilibrium of some divorcees played out in their lives.

Remarked one response. '..... People who tried to abuse me because I was a widow; in summary, it was a terrible process. My family and friends were really helpful during this process. My mentality was in a poor state, but with time, everything improves. I was subjected to a lot of defamation and harsh imputations as a result of our community.'

Divorce may be a defining experience for children, altering the course of their life at times. Divorce, in reality, implies a loss of stability and, more crucially, a loss of a cohesive family from the perspective of a kid. Divorce can have a physical, psychological, and intellectual impact on children. As a result, it is not unexpected that a divorce can elicit a wide range of emotional responses in children, ranging from rage and frustration to worry and melancholy.

Another responder stated, '..... I had no troubles following my divorce.' I organized my life and am now content. My family was always there for me. The only issue was that my child was mentally harmed.'

According to Blaine, G. B. (1963) the impact of divorce on children at various stages of their life.

He stated, '..... In general, divorce or separation has little influence on children under the age of three. However, between the ages of three and six, the kid requires both parents more than at any other time. At this period of development, intimate sentiments toward the parent of the opposite sex arise. It is quite difficult for a youngster to establish proper attitudes toward people later in life if he does not contact with both his mother and father throughout this three-to-six-year period of

development. From six to twelve, there is less demand for both parents' presence than previously, and a shift in the adult figures in the child's life is handled better at this age. A process of reconciliation with and emulation of the parent of the same sex is underway at this time, and if placement with one parent must be chosen, the presence of the parent of the same sex is more preferred. Adolescents between the ages of twelve and eighteen may generally comprehend the need of divorce or separation, therefore they may not suffer as much as younger children, unless the outcome is the loss of a parent of the same sex (Blaine, 1963, p. 99).

Opinions on Financial Challenges Experienced by Divorced Women in TRNC.

Divorce has a negative impact on the family's lifestyle. The question posed in relation to this sub-problem was, 'Do you require financial assistance to adequately care for the family?' As shown in Table 5, the responses offered in response to this sub-issue are classified as a financial problem.

Table 4.4

Financial Challenges Experienced by Divorced Women

Sub-theme	F	%
Financial problem	10	26.4

As shown in Table 5, 26.4 percent of respondents claimed they require financial help from their ex-husband (through child support), as well as support from family and friends, to cope with the family. The following are some respondents' perspectives on this sub-theme:

'..... I did not have the financial resources; if I had, I would relocate to another location,' said one respondent. I was experiencing financial difficulties. My family was supportive, but it was still difficult.'

'.....with the financial and emotional help of my family and friends, I managed with the issues I had during and after divorce,' stated another responder. Everything would be more difficult if it weren't for them. I traveled with my friends, visited new areas, and participated in social events on a regular basis. We went on vacation and traveled with my children and relatives. Everything changed for me when I became a policewoman; today I have ensured my future as well as the future of my children. Feeling financially secure is the solution to a number of difficulties. I met new people, grew more social, and am now content.'

While participant twelve stated, '..... As I lost my work, I became financially powerless.' I had the issue of being unable to walk outside at night. I became an anxious person as a result of the dangers and constraints in my life.'

The financial repercussions of divorce can be a source of contention, particularly for women who have custody of the children. Divorce's financial hardships can force children to spend less time with their parents, have fewer extracurricular activities, lose health insurance, and forego attending college.

Opinions on Attitude of Women towards Divorce and Marriage as a Result of the Incidents of the Divorce.

In relation to this sub-problem, the question was posed, 'Do you believe that keeping the marriage together would have been more essential than breaking it up?' As shown in Table 6, the responses offered in response to this sub-problem are determined as attitude.

Table 4.5

Attitude of Women Towards Divorce and Marriage as a Result of the Incidents of the Divorce

Sub-theme	F	%
Attitude	16	42.1

As seen in Table 6, 42.1 percent of respondents felt that keeping the marriage together was more essential to them and their children than splitting it up. Some interviewees' perspectives on this issue are as follows:'..... I should have spoken out when I felt overwhelmed and needed support,' stated one responder. We had recently married, and I had just given birth to our daughter. As a new wife and mother, I allowed cultural expectations and pressure fully take over my mind. I believed I had to be the perfect parent and wife in every aspect. To me, this meant doing all of the child-rearing, housekeeping, and cooking while seeming to have just walked off the Victoria's Secret catwalk. I truly believe that working on our marriage would have been more beneficial to us and our child than divorce.'

CHAPTER V

Discussion

The study was conducted to look at the reasons and effects (attitude, psychological, and economic repercussions) of divorce on divorced women in TRNC, an island in Europe. The research included 38 divorced women with children. The study examined the reasons of divorce in the area, the psychological impact of divorce on women, and the attitudes established by women as a result of divorce.

When women's viewpoints on the causes of divorce are assessed, it is clear that differing opinions and personality in the individual and situational characteristics sub-theme, lack of effective communication, financial irresponsibility, nagging, change in attitude, and adultery are among the most frequently mentioned reasons. Lack of commitment, infidelity, sadness, and gambling are less often mentioned factors than the preceding. This supported Kingsley's (2020) assertion that while individual people had varied reasons for divorce, the most prevalent reasons claimed for divorce are adultery, distrust, poor communication, disrespect, sexual and marital abuse. A review of the outcomes of previous research reveals that Ucan (2007) included sexuality, aggression, alcoholism, infidelity, difficulties with the spouse's family, financial concerns, and psychological problems as causes of divorce in women. Another research, by Barikani et al. (2012), indicated that personal disinterest, drinking, and gambling were among the leading reasons of divorce. According to Sevim (2013), the most common reasons for divorce are disloyalty and adultery. Unlike other studies, this TRNC-based study found no evidence of maltreatment as a reason for divorce.

Furthermore, in this TRNC-based survey, fewer respondents cited lack of commitment and adultery as reasons for divorce than in prior studies. This might be because the TRNC is a smaller community, creating the pressure of being revealed, which serves as a deterrent effect. The nature of civilization also fosters sloth and a fear of failure, which leads to a dread of commitment. Another reason for this internalization might be the high prevalence of divorce in the area.

The respondents explained why they needed a divorce for personal reasons. According to the field data, the study discovered that the causes for the respondent's divorce were unresolved conflict, change in attitude, adultery, complaints and attitude, poor communication and lack of commitment, and financial irresponsibility. As respondents listed these issues as the cause of divorce, this suggests that marriages

suffering from these factors are more likely to terminate in divorce. According to Wolcott and Hughes (2009), insults and verbal abuse, infidelity, poor communication, lack of commitment, and financial irresponsibility are the most prevalent reasons for divorce in many married relationships.

Divorce causes a number of issues. According to this survey, the primary issues faced as a result of divorce are psychological disorder, harmful effects on children, accommodation, and emotional problems. According to comparable research, these issues are economic challenges, societal biases, kid responsibilities, and changes in family structure, all of which put strain on the couples (Demircioglu, 2000). The most commonly mentioned difficulty of divorce in this study is the attitude of women towards divorce and marriage as a result of divorce episodes. It is followed by regrets and issues with children. The findings of Ugur (2014) research back up the conclusions of this investigation. His research also looked at how some participants struggled to integrate into the society since the married ladies they encountered were or may be jealous of their husbands. In this aspect, the patriarchal structure of the family and society is particularly successful (Ilkaracan, 1998). The fear of losing position in the family is one of the reasons why women are not welcomed by their families after divorce. The reluctance of society to divorce, particularly the attitude toward divorced women, and the notion that divorce is viewed as a failure of the woman, is a factor that contributes to family intolerance for divorce (Ozar & Cakar, 2012). It might be said that in TRNC, society has a negative attitude toward divorced women with children.

Family and friend support (both financial and social) is extremely vital in the lives of divorced women. This assistance allows individuals to cope with the divorce occurrence and heal from the hurt more quickly. According to Ugur's (2014) study, the most of divorced women reported that the support of friends and family at this stage of divorce was crucial in assisting them to face the challenges of divorce more readily. According to Yildirim (1997), various research has shown that social support systems are a strong source in the solution, prevention, and treatment of the individual's sociological and psychological issues, as well as her dealing with stressed circumstances.

According to the responses of the majority of participants, it is generally simpler for women to terminate a relationship legally than it is to stop it emotionally. This indicates that divorced women face an ongoing emotional challenge following their divorce. This supported Sweeney's (2002) assertion that many divorced women

have had emotional issues for many years. Respondents stated that they have an emotional link to their ex-spouse even after divorce. According to the findings of the study, despite divorce, many women retain an ongoing emotional tie to their exspouses. This suggests that, despite of divorce, the majority of divorced women have an emotional tie to their ex-spouse. This supported the findings of Bickerdike and Littlefield (2001), who found that women may have an emotional relationship to their ex-spouse following divorce. The vast bulk of respondents stated that it is difficult for women to remove good emotional links with their ex-spouse. This verified Kingsley's (2020) conclusions that divorce may destroy the marriage union but not the emotion between the parties. Though the study found that divorced women may find it incredibly difficult to cut emotional links with their ex-spouses, they are not emotionally reliant on the ex-spouse.

Elizabeth (1973) stated that "the impending trauma we are dealing with is a force that reminds us we must modify the old roles and the old perception of women." Women appear to be responding to that impulse in an increasing stream, accepting new notions of themselves, which has resulted in changes in our entire social system. It appears that a more comprehensive view of what is going on in our society would be beneficial in approaching comprehending the ferocity of the changes. Women's movement to reconsider their positions and the limits imposed by their conventional roles is not occurring in a vacuum, but rather as a result of events such as divorce. According to this survey, there have been significant shifts in women's views and ideologies concerning marriage and divorce.

CHAPTER VI

Conclusion and Recommendation

The study findings satisfactorily addressed the researcher's goal. First and foremost, the study demonstrated that some of the major causes of divorce in the study region include lack of communication, lack of commitment, nagging, excessive whining, change of attitude, and adultery.

According to the conclusions of the study, the most critical causes that push couples to divorce are differences of opinion (communication), nagging, and a shift toward a bad attitude or habit. They are followed by the spouse failing to maintain perfect faithfulness to their partners and a lack of dedication to sharing. Age difference, financial irresponsibility, changes in sex pleasure with spouse, gambling, abuses, and cultural differences are all eliminated reasons. The most common issues in divorce include psychiatric disorders, emotional problems, regrets, and the child(ren) being negatively mentally affected. Accommodation and financial issues appear as the least essential issues. One of the highlighted financial issues is the loss of a source of income.

According to the respondents, divorce has a direct negative impact on the lives of the children of divorced parents. To put it another way, divorce may increase the likelihood of children and adolescents developing mental health problems. Children with divorced parents are more likely to experience psychological disorders, regardless of age, gender, or culture. This also implies that divorce may produce an adjustment problem in children, resulting in melancholy and anxiety, both of which are more common in children of divorced parents. Children from divorced homes are more prone than children from two-parent families to suffer externalizing challenges such as conduct disorders, delinquency, and impulsive behavior. Following a divorce, children may have more conflict with classmates, as well as increased behavioral challenges.

Understanding the elements that determine attitudes about divorce is crucial since research have shown that tolerant views of divorce are associated with reductions in marital quality (Amato & Rogers, 1999) and an increased proclivity to end one's marriage. Despite the fact that divorce may be a significant source of women's gender roles liberalization and even freedom, and that the Women's Revolution does not typically induce divorce. According to the findings of our survey, women still regard

marriage as an essential partnership that may assist nurture positive growth in the lives of their children. Divorce, on the other hand, might be defined as a radicalizing event for women. This radicalizing encounter causes people to reconsider their principles and views.

Recommendation

Recommendation according to Findings

- The divorce rate in the area will be lower, reducing the psychological impacts of divorce on women.
- The researcher suggests that couples be more faithful to their spouses in order to lessen the situation of infidelity and lack of trust among couples, which respondents regarded as the primary causes of divorce.
- The expert also suggests that divorced women should constantly endeavor to lessen their emotional attachment to their ex-spouses. Divorced women should forget about their ex-spouses and engage in activities that will assist them in releasing any emotional attachments to their ex-spouses. Divorced women might consider seeking counseling to assist them decrease emotional attachments to ex-spouses.
- The expert also suggests that women should do their hardest to stay in their marriages rather than considering divorce because divorce has more emotional and psychological impacts on women.
- The researcher suggests that counseling programs be established to assist women in dealing with emotional and psychological issues. Social awareness studies may be conducted to guarantee that women overcome this process and reach the future in a healthy manner, so reducing the problems they confront and alleviating their consequences. Divorced women should be trained on how to deal with their emotions and how to interact with their ex-spouse in order to avoid emotional difficulties.

Recommendation For Future Studies

- Divorce rates in North Cyprus are on the rise, especially during the covid-19 pandemic. To promote responsibility and value perspectives, mentoring and psychological therapy, as well as family counseling, can be provided. Likewise, family counsellors might be assigned to family courts to make divorces healthier and decrease potential issues.
- A bigger sample size should be employed in future research, and assessments on training programs for divorce prevention or coping with

post-divorce depression might be included to incorporate additional features into the study.

- Furthermore, future research might usefully duplicate this study using a sample of divorced respondents and should investigate the possibilities of changing one's opinions via education.

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APPENDICES

Appendix 1: Study Questionnaire (English version)

QUESTIONNAIRE

This questionnaire is part of a research project that we are conducting in Northern Cyprus to investigate **“divorce, its causes, and the impact on the lives of divorced women and their children.”**

This questionnaire is intended for **divorced women with children**, and you are under no obligation to undertake it. By filling in the questions below, you consent to participate in the survey. Please keep in mind that your involvement in the study is entirely voluntary, and whether you choose to take part or not has no bearing on your chances of success. No third parties will ever have access to your information nor learn about your identity.

We expect you will complete all sections of this questionnaire following the instructions provided in each section. We would like to assure you that all data acquired will be kept entirely confidential and will only be used for this academic research purpose. We'd want to express our gratitude and appreciation for your cooperation.

PART A

1. Age range

≤ 20 21-30 31-40 41-50 51-60 ≥ 61

2. Which best describes your Level of Education

University graduate high school vocational school
 None

3. Nationality

KKTC Citizen Non – Citizen

4. How long are you Considered Divorced?

≤ 2 3-5 6-10 11-15 16 – above

5. Number of Children

≤ 2 3-5 6-10

6. Which best describes your employment level?

- Student stay at home mother currently employed
 self-employed unemployed

PART B

- 1 Lack of commitment led to the divorce. I believe that my lack of commitment was due to my lack of romantic feelings for him right then before the divorce. Is this case applicable to your reason for divorce?
 Yes No
 If yes, when did you start losing feeling for your ex-partner and for how
- 2 Was infidelity the cause of the divorce? Yes No
 If yes, briefly describe your involvement or His involvement (in the case where he was cheating or you were cheating)
 We were unhappy in the marriage and we'd argue a lot over a mundane
- 3 thing that should have just been overlooked or discussed. Please describe
- 4 Did he developed any new attitude that You cannot tolerate. Yes No
 If Yes, briefly explain
- 5 If question 4 is Yes, can you relate this complaining attitude to nagging?
- 6 What are your regrets about the divorce or the marriage? If any
- 7 Do you need financial aid to effectively care for the family?
- 8 Do you feel that keeping the marriage together would have been more?
 important than breaking it up?



NAER EAST UNIVERSITY
SCIENTIFIC RESEARCH ETHICS COMMITTEE

12.04.2022

Dear Elisabeth Adugna Edosa

Your application titled **“Divorce: its cause and impact on the lives of divorced women and children A comparative study between divorced and intact families in Northern Cyprus”** with the application number NEU/ES/2022/827 has been evaluated by the Scientific Research Ethics Committee and granted approval. You can start your research on the condition that you will abide by the information provided in your application form.

Assoc. Prof. Dr. Direnç Kanol

Rapporteur of the Scientific Research Ethics Committee

Direnç Kanol

Note:If you need to provide an official letter to an institution with the signature of the Head of NEU Scientific Research Ethics Committee, please apply to the secretariat of the ethics committee by showing this document.

Elsa

ORJİNALLIK RAPORU

% 12	% 6	% 3	% 7
BENZERLİK ENDEKSİ	İNTERNET KAYNAKLARI	YAYINLAR	ÖĞRENCİ ÖDEVLERİ

BİRİNCİL KAYNAKLAR

1	journals.sagepub.com İnternet Kaynağı	% 1
2	www.vifamily.ca İnternet Kaynağı	% 1
3	mafiadoc.com İnternet Kaynağı	% 1
4	Submitted to Azusa Pacific University Öğrenci Ödevi	% 1
5	drjoannewendt.com İnternet Kaynağı	% 1
6	A. K.C. Leung. "Children of Divorce", The Journal of the Royal Society for the Promotion of Health, 10/01/1990 Yayın	% 1
7	Submitted to North Atlanta High School Öğrenci Ödevi	<% 1
8	www.science.gov İnternet Kaynağı	<% 1

- Name: Elisabeth Adugna Edosa
- Gender: Female
- Date of Birth: 02/04/1994
- Place of Birth: Welega, Oromia
- Nationality: Ethiopian
- Marital status: Married
- Mobile No: +905338608566
- Telephone: (+251924842339
- Email: elsukooadugna@gmail.com



1.	Educational background	<ul style="list-style-type: none"> • MA in Guidance and psychological counseling 3 .2 GPA (Near East University) • BA degree in social work 3.09 GPA (University of Gonder)
2.	2+ years of work Experience and responsibility	<ul style="list-style-type: none"> •
3.	Building and maintaining relationships with host governments, donors and stakeholders, local organizations, and partners.	<ul style="list-style-type: none"> • Governments: Worked closely with government sectors in child Protection projects, especially with women's youth, and Children affairs offices, agricultural offices, and other concerned bodies as related to projects. • Local Partners: Worked with local organizations at a different level, like the woreda health Extension bureau • Local NGO: a better life for children who lost their families due to HIV Aids (Hana Orphans home) • International NGOs: Worked with international Doners

PROFESSIONAL EXPERIENCE

Hana orphans' home from November 27, 2017, to August 23, 2018, by the position of child social worker.

BDS-Center for Development Research/CDR/ Client: UNICEF from June 14, 2019, to July 21 the position of Research Assistance

Grow together green valley initiative community service and youth and girl's empowerment activity. from August 20, 2019, till now by the position of the fundraiser. For children especially girls who have financial, school material, and sanitary pads in the community.

Sub Saharan and African research center (SART), Client: world bank. Understanding Gender dynamics in agricultural extension system in Ethiopia. Assistant researcher and supervisor. Assisted with audio recorder and observation of activities of DAs and HEWs in a community from June 01 2019 to June 30, 2019, the position of a research assistant.

On-call translation and interpreters July 1, 2021, till present by the position of booking officer and freelance interpreter for Affan Oromo and Amharic languages.

- **responsibilities at Hana orphan's home**

Following children at their homes and respective schools.

Providing group and individual counseling for children and caregivers

Organizing and providing training for children, parents, and guardians in the community

Making continuous need assessments for children and trying to fulfill them.

- **responsibilities at fieldwork on data collection for research**

Data collection at the group and individual level

Interviewing stakeholders of different government sectors at the woreda and kebele level

Observation of community discussion and health extension workers at woreda

Providing full information on the events through narrative writing for the main research team about observed activities and interview session

- **Responsibilities for on-call interpreters and translators**

Project manager, managing projects related to interpretation and translation

Booking appointments for different sectors in the United Kingdom, like hospitals and social services, refugees and asylum seekers

Assisting interpreters and clients with different organizational service

Provide information for different service users on information they need from the company

Providing reports for the company on daily basis on activities done

Organization of feedback from client service users and employers on a daily base

Data management, as a call center customers service officer

Remote Freelance interpretation for refugees and social service users in England, Malta, and Greece, from Amharic to English and From Affan Oromo to English and vice versa.

Training:

- Child protection training by Hana orphans' home with the cooperation of Ethiopian child and women affairs
- Call center Customer service training by oncall
- TOT life couch by Dot Ethiopia
- Refuge and international human rights training by the European asylum seeker union

Languages

Language	Speaking	Listening	Reading	Writing
Amharic	Excellent	Excellent	Excellent	Excellent
Affan Oromo	excellent	Excellent	Excellent	Excellent
English	Excellent	Excellent	Excellent	Excellent
Turkish	good	good	Poor	Poor

i. ***social skills and competencies:*** Fine oral communication skills. Maintenance of balanced relationships with colleagues, clients, and other stakeholders. ii.

Organizational skills and competencies: good agreement and communication skills with different sectors, competent in data collection, coordination, analysis, reporting & providing feedback, good sociability, and coordination with community and government sectors, ability to work in hardship/under pressure areas.

Technical skills and competencies in UOG: Good problem-solving skills

Reference

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Mr. Yihenuw Demelash: Phone no. +251915320666

Research Executive at Sub Saharan research and training center PLC

Email: yihenuw.demmelash@sartconsult.com

Mr. Hulus Hulusi: phone no. +905488555002

On-call interpreters and translation. General Manager

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