



NEAR EAST UNIVERSITY
INSTITUTE OF GRADUATE STUDIES
GENERAL PSYCHOLOGY PROGRAM

**THE PSYCHOSOCIAL CONSEQUENCES OF DIVORCE: PREVALENCE
OF STRESS, DEPRESSION AND ANXIETY AMONG VICTIMS IN ERBIL**

FENK TALAT HAMID

MASTER'S THESIS

NICOSIA
JANUARY 2022

NEAR EAST UNIVERSITY
INSTITUTE OF GRADUATE STUDIES
GENERAL PSYCHOLOGY PROGRAM

**THE PSYCHOSOCIAL CONSEQUENCES OF DIVORCE: PREVALENCE
OF STRESS, DEPRESSION AND ANXIETY AMONG VICTIMS IN ERBIL**


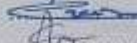

FENK TALAT HAMID

MASTER'S THESIS

NICOSIA
JANUARY 2022

Approval

We certify that we have read the thesis submitted by Fenk Talat Hamid titled "**The Psychosocial Consequences of divorce: Prevalence of stress, Depression and anxiety among Victims in Erbil**" 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.

Examining Committee	Name-Surname	Signature
Head of the Committee:	Asst Prof. Dr. Pervin Yigit	
Committee Member:	Asst Prof. Dr. Ezgi Ulu	
Supervisor:	Dr. Gloria Manyake	

Approved by the Head of the Department

24.01.2022



Title, Name-Surname
Head of Department

Approved by the Institute of Graduate Studies


Prof. Dr. Kemal Husein Can Başer
Head of the Institute

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.

FenkTalat Hamid

...../...../.....Day/Month/Year

ACKNOWLEDEMENTS

I am thankful and wholeheartedly grateful to Dr. Gloria Manyeruke for her great supervision, assistance, tolerance and persistence throughout my thesis at Near East

University. Her advice and guidance was the key to success and not only helped me academically but I learnt a lot about sociology as well. The supervision of the supervisor helped me to long way since I first started. She not only motivated me to portray the research skills through the thesis but also been a role model for me. This opportunity to develop and write a thesis is not only very honourable for me but also their presence in the focus, it is always essential to carry out such independent studies to move beyond success and prosperity in their life.

I would like to thank my beloved parents for their loyalty and their great confidence to me, for giving me support, encouragement and constant love that has sustained me throughout my life. They led me to the treasures of knowledge and success.

ABSTRACT

THE PSYCHOSOCIAL CONSEQUENCES OF DIVORCE: PREVALENCE OF STRESS, DEPRESSION AND ANXIETY AMONG VICTIMS IN ERBIL

The aim of this study was to investigate the prevalence of mental health symptoms including stress, anxiety, depression, and self-esteem among divorced individuals. The study also aimed to compare these mental health symptoms among divorced and married couples. The prevalence of mental health symptoms was further compared among demographic groups based on the level of education, type of employment, income sources, number of children, and length of divorce. The study used a quantitative method to answer the research questions. The study model was a comparative design. The participants of the study were divorced and married couples from Erbil city in Iraq. A sample of 175 couples was selected where 121 were divorced and 54 were married couples. The data was collected using DASS, GAD-7, and Rosenberg self-esteem scale. The results of the study show that there is a significant relationship between divorce and mental health symptoms among couples in Erbil. The study results show demographic variables have a significant relationship with divorce and mental well-being.

Keywords: stress, anxiety, depression, self-esteem, divorce, GAD, DASS, RSES

ÖZ

BO ANMANIN PS KOSOSYAL SONUÇLARI: ERB L'DE MA DURLARDA STRES, DEPRESYON VE ANKS YETE YAYGINLI I

Bu çalı manın amacı, bo anmı bireylerde stres, kaygı, depresyon ve benlik saygısı gibi ruh sa lı ı 1 belirtilerinin yaygınlı ını ara tırmaktır. Çalı ma ayrıca bo anmı ve evli çiftler arasında bu ruh sa lı ı 1 belirtilerini kar ıla tırmayı amaçladı. Ruh sa lı ı 1 semptomlarının yaygınlı ı, e itim düzeyi, istihdam türü, gelir kaynakları, çocuk sayısı ve bo anma süresine göre demografik gruplar arasında daha da kar ıla tırıldı. Ara tırmada, ara tırma sorularını yanıtlamak için nicel bir yöntem kullanılmı tır. Çalı ma modeli kar ıla tırmalı bir tasarımdı. Ara tırmanın katılımcıları Irak'ın Erbil kentinden bo anmı ve evli çiftlerdir. 121 bo anmı ve 54 evli çift olmak üzere 175 çiftten olu an bir örneklem seçilmi tir. Veriler DASS, GAD-7 ve Rosenberg benlik saygısı ölçe i kullanılarak toplanmı tır. Çalı manın sonuçları, Erbil'deki çiftler arasında bo anma ile ruh sa lı ı 1 belirtileri arasında anlamlı bir ili ki oldu unu göstermektedir. Ara tırma sonuçları, demografik de i kenlerin bo anma ve zihinsel iyi olu ile anlamlı bir ili kisi oldu unu göstermektedir.

Anahtar Sözcükler:stres, kaygı, depresyon, benlik saygısı, bo anma, YAB, DASS, RSES

Table of Contents

DECLARATION	2
ACKNOWLEDEMENTS	3

ABSTRACT.....	4
ÖZ.....	5
LIST OF TABLES.....	8
CHAPTER I.....	11
<i>Introduction</i>	11
Statement of the Problem	12
Aim of Study.....	12
Significance of the Study.....	12
Limitation	13
Definition of terms	13
CHAPTER II	15
Literature Review	15
Theoretical Framework.....	15
Divorce	15
Uncontested divorce.....	15
Default divorce.....	16
Contested divorce	16
Fault and no-fault divorce.....	16
Mediated divorce	16
Collaborative divorce	17
Summary divorce	17
Psychological consequences of divorce	18
Depression	18
Stress.....	20
Anxiety	21
Related research	23
CHAPTER III	29
Methodology.....	29
Research Design	29
Population and Sample	29
Data Collection Instruments	31
GAD-7	31
Rosenberg Self-Esteem Scale	31
DASS-42.....	32

Data Collection Procedures.....	32
Data Analysis Procedures.....	33
CHAPTER IV	34
Results.....	34
Length of Divorce and well-being	35
Level of Education and mental well-being.....	36
CHAPTER V	42
Discussion.....	42
CHAPTER VI	45
Conclusion and Recommendation	45
Conclusion.....	45
Recommendation.....	47
REFERENCES	49
APPENDIX A.....	52
QUESTIONNAIRE	52
DEMOGRAPHIC	52
Plagiarism Report.....	62

LIST OF TABLES

Table 1. Demographic data for participants.....	21
Table 2. Descriptive statistics for normality tests.....	24

Table 3. Comparison of DASS, GAD and RSES scales according to marital status.....	25
Table 4. Correlations between length of divorce and levels of depression, anxiety, stress and self-esteem.....	26
Table 5. Differences in depression, anxiety, stress and self-esteem according to level of education.....	27
Table 6. Correlations between Age and depression, anxiety, stress and self-esteem.	28
Table 7. Comparison for the level of depression, anxiety, stress and self-esteem according to the number of children the participants had with their divorced partner.....	29
Table 8. Comparison between levels of depression, anxiety, stress and self-esteem according to employment status.....	30
Table 9. Comparison between DASS, GAD, and RSES scores according to sources of income.....	31

ABBREVIATIONS

DASS	Depression Anxiety and Stress Scale
GAD	Generalized Anxiety Scale

RSES

Rosenberg Self-Esteem Scale

SPSS

Statistical Package for social Sciences

CHAPTER I

Introduction

Divorce is defined as "A legal dissolution of the marriage, connection; any official separation of a man and his wife according to established custom; a complete separation of any kind," according to EdetUkpong (2014:185). Divorce is one of society's major issues that have piqued the public's interest around the world. Many experts were concerned about the origins and causes of this phenomenon. In this regard, it was found that a variety of socio-economic and political elements have a significant impact on married life and employment, creating unpredictable conditions for the functioning of married life and employment.

Generally, partners in divorce situations cite psychological health factors such as character mismatch, incompatible values, and inability of reaching to a consensus about the problems faced in the marriage. According to Filipescu (2018), the functionality of a partnership is determined by economic, and social circumstances, and also by the compatibility of the partners' personality patterns. Though some studies have shown that divorce serves a vital role in allowing people to explore better relationships legally and emotionally, it has also been claimed that it can have negative emotional consequences (Akter & Begum, 2012). Recent researches have revealed a probable link between divorce and alcohol misuse, as well as psychopathology (Sharma, 2011).

Divorce has been identified as a risk factor for mental health issues and has been linked to negative mental health outcomes. There are adverse impacts of divorce on mental health and relationships of divorced couples and their families in this regard. Emotional stress, child custody and care, and property distribution are the most important factors in a divorce. Mental wellbeing is defined as a sense of being balanced, connected to others, and prepared to face life's obstacles. In this aspect, a person's mental health is just as vital as their physical health (Lucas, 2007). However, following a divorce, not everyone will be worse off. Divorce offers both benefits and drawbacks, depending on the parties involved. When a relationship is unhealthy and unhappy, divorce can be beneficial since it puts an end to the pain. Because not all relationships can be repaired, couples are left with little choice but to move on (Oren & Hadomi, 2020).

Statement of the Problem

Marriage rates have declined, divorce rates have risen, and the defining qualities of marriage have shifted in recent decades. When compared to those who remain married, those who divorce encounter a number of psychological challenges such as increased anxiety and stress, reduced life satisfaction, depression, increased medical visits, and an overall increase in mortality risk. Divorce can have psychological effects for a couple's mental health, such as the partner or both spouses suffering from sadness, anxiety, and tension. When comparing to individuals who are single and those who are divorced; most studies demonstrate that divorced persons are more likely to suffer from mental disorders and have a lower level of psychological and emotional wellbeing. Many studies have found that divorce and separation have a negative influence on health which extends to anxiety, stress of responsibilities, or depression from financial instability (Afifi et al., 2018; Zulkernain&Korenman, 2019; Mendoza, Tolba, Saleh, 2020). Rognmo et al. (2013), for example, pointed out that marriage protects against feelings of loneliness by offering a sense of increased affection and connection. Therefore, the problem question is that does divorce impact the mental wellbeing of divorce couples and are there any other intervening variables such as age, education, income, number of children with divorce partner that may impact the mental wellbeing of divorce couples?

Aim of Study

The aim of this study is to explore the impact of divorce and mental health. It is assumed that divorce in many cases has a negative consequence on mental health of the couples leading to depression, stress, and anxiety. Similarly, the aim of this study is also to examine the relationship between age, length of marriage, level of education, number of children, and employment status and mental wellness among divorced individuals.

Significance of the Study

According to Oren &Hadomi (2020),41% of all first marriages end in divorce. Divorce is also common in second marriages, with 60% of them ending in divorce. Across all years and areas, the average divorce rate was 4.08 per 1,000 married persons (World Bank, 2020). According to a recent poll, up to 80% of those who attend divorce recovery groups have or have had a mental disease or problems,

or have coped with a partner who has one or more mental health conditions (Akter&Begum, 2012). A 2011 global research of mental disorders, marriage, and divorce discovered that mental illnesses such as depression, stress, tension and anxiety increased with divorce, with some increasing at a rate of up to 80% (Breslau, et al., 2011). Therefore, it is important to explore the relationship between divorce and mental well-being of the couples. Healthy relationships are important and beneficent for mental health of individuals and their off spring as well as for the society. Divorce is a social problem that has negative impact on social values and family life. This study focused on exploring the relationship between divorce and mental wellness among divorced couples living in Erbil city. Hence, Erbil city is taken as a case study for this research. The research is also important because it adds new knowledge to the existing body of the literature on divorce and mental wellness. Divorce is, without a doubt, one of the most devastating issue that impact the family life in general and individual mental health of divorced couples(Damota, 2019). However, to the researcher's knowledge, there is no current research that focused on an in-depth analysis of consequences of divorce on mental wellness of divorced couples with regard to depression, stress, anxiety and self-esteem in Kurdish cultural context. Divorce is one of the growing issues in Kurdish society. Therefore, is important to discuss about the consequences of divorce in such a context for Kurdish society to create awareness among couples about the consequences of divorce not just upon individuals but also the society (Dehqan, 2016).

Limitation

This study has a small sample due to the ongoing global pandemic. Furthermore, the study is limited to the divorced couples residing in Erbil city only. This reduces the generalizability of research results. The study is also limited to quantitative reasoning of mental wellness and divorce. This means that the research did not go into detailed analysis of divorce and mental health that may be through in-depth interviews and focused group discussions due to COVID-19. The qualitative data would have provided more in-depth and personalized reasons of mental wellness among divorced couples.

Definition of terms

Divorce: is the legal dissolution of marriage (Allen, 1992).

Depression: is a negative state, varying from dissatisfaction to a maximum sense of grief, cynicism, and hopelessness, that is experienced by affected person daily (Angst & Dobler-Mikola, 1984).

Anxiety: is an emotional state that is characterized by nervousness and physical signs of tension that the person feels anticipates awaiting danger, disaster, or bad luck (Roy-Byrne, 2015).

Stress: is the physical or emotional reaction to internal or external factors. It affects almost all the body, including behavior and feeling (Fink, 2010).

CHAPTER II

Literature Review

This chapter represents the review of the existing literature regarding divorce and its psychological consequences such as depression, stress and anxiety. The first part of the chapter describes the dependent and independent variables and of the study and the second part of the chapter describes the review of the related studies that have been done before on the current research topic.

Theoretical Framework

Divorce

The family is indeed not a one-dimensional entity. Marriage rates have declined, divorce rates have risen, and the defining qualities of marriage have shifted in recent decades. In general, there are two kinds of divorces. "Divorce from bed and board," for example, is a legal option in several states. This permits couples to legally split and is commonly utilized by spouses who wish to live their own lives but don't want to formally break their marriage for any reason. These days, divorce from bed and board is uncommon. An "absolute divorce," which terminates the marriage, is the most prevalent type of divorce (Lawler, 2000). Some of the types of divorce are explained below:

Uncontested divorce

When it comes to dealing with the legal system, an uncontested divorce is typically the least stressful option. That is, one in which couples settle all of their disagreements up front, including child custody and visitation (parenting time), child support, alimony, and property distribution. The terms of their compensation will then be written down in a property settlement agreement (sometimes called a separation agreement (Düzbakar, 2016).Mendoza et al. (2020) also stated that divorce rates have been on the increase globally, and that the Middle East is not considered free from this situation. Mendoza et al. (2020) also investigated the phenomena associated with divorce among twenty Egyptian females by utilizing a qualitative approach and in-depth interviews that addressed various segments of struggling marriages and life after divorce. From the data collected, themes are: pre-marital hopes, secret life, relational dynamics, mental wellbeing, and resilience. Other sub-themes were also highlighted in each group. The results of this study indicated that experiencing the divorce process provided a bigger sense of resilience and capacity-building among women.

Default divorce

When a divorce is filed and the spouse does not respond, it is called a default divorce. A default divorce is a no-fault divorce in which only one spouse is involved in the divorce process. The spouses agree on all major issues in this case, but only one spouse files for divorce and the other does not respond. The filing spouse next requests that the court sign the final divorce decision (Düzbakar, 2016).

Contested divorce

A disputed divorce is exactly that: one or both spouses contest (disagree) on some aspect of their divorce. As a result, divorce proceedings take substantially longer to complete, resulting in higher stress and legal expenditures. Divorces that are contested are stressful, time-consuming, and costly. If necessary, couples go through a long process of exchanging financial and other pertinent information, mandated settlement negotiations, and court hearings for temporary relief (Düzbakar, 2016).

Fault and no-fault divorce

The reasons for divorce are what distinguish a fault divorce from a no-fault divorce. In the first situation, the divorce petitioner blames the other spouse for the breakdown of the marriage, whereas in the second case, neither partner is held guilty. The laws in each state differ significantly. This refers to the grounds (reasons) for the divorce. The legal grounds for divorce will be determined by state legislation. People who sought to dissolve their marriage had to establish that the other spouse was guilty of misconduct, such as infidelity or cruelty, in the not-too-distant past. Accusing the spouse of infidelity can, understandably, lead to a messy divorce (Düzbakar, 2016).

Mediated divorce

A mediated divorce is one in which couples negotiate their own divorce settlement with the assistance of a mediator, who is an independent, neutral third party. Unlike divorce litigation, couples do not have to travel to court, and the only time a judge is involved is to approve settlement when it is finished. If couples need help resolving their disagreements before filing for divorce, there are choices open to them. Alternative dispute resolution (ADR) approaches are what they are called in other divorce settlements. Divorce mediation is an example of alternative dispute

resolution approach. A skilled impartial third party known as a mediator meets with couples to try to assist them and address the divorces concerns (Düzbakar, 2016).

Collaborative divorce

Collaborative divorce is a process of negotiating a divorce settlement in which both parties meet with their lawyers to establish agreements on each area of the divorce contract, such as child custody, visitation, and financial arrangements. Working with lawyers who are properly trained in this approach of resolving divorces is required. The spouses both hire their own lawyers, who are compelled to cooperate with one another in order to settle the case. Each spouse promises to reveal all relevant facts in order to conduct fair negotiations, as well as to meet with each other and both lawyers as often as necessary in order to achieve an agreement (Düzbakar, 2016).

Summary divorce

For couples with few assets, no children, and no desire for spousal maintenance as part of the final settlement, a quick divorce, also known as a summary dissolution of marriage, may be a viable choice. Both spouses waive their alimony rights. A summary divorce sometimes known as a simple divorce requires far less paperwork than other types of divorces often just a few forms are required. As a result, summary divorces are simple to complete without the assistance of a lawyer (Düzbakar, 2016). Divorce has both advantages and disadvantages depending upon the couples. Sometimes divorce is good because it brings end to misery if the relationship is not healthy and happy. Not all relationships can be fixed hence, moving on is the only option that disputing couples might have left. However, sometimes, it can have psychological consequences on the mental health of the couples such as one partner or both partners may undergo depression, anxiety, and stress in the aftermaths.

There are various reasons why partners divorce each other, Ulrike et al. (2006) described the justification of dissolution of the a marital relationship as unmet emotional needs, different behaviors and thoughts towards gender-specified roles particularly when it comes to domestic work attribution and accountability of fathers, various educational concepts, understanding problems between couples. Lack of cooperation between wife and husband, and conflict among partners in a relationship with different priorities regarding spare time and family time, and strong professional

commitment, and long working hours, and working days among men leaves a gap for loneliness in their relationship. From the female point of view, inappropriate use of alcohol was problematic, whereas men thought of sexual matters as a key issue in conflict. In developed countries, state arrangements are in place to support couples to manage the result of divorce and reduce its negative psychological impacts by putting in place measures to help divorced individuals get better. This type of support approaches come under family law measures, child services, spousal mediation and the social security system. Data obtained from recent studies on divorced women showed that divorced women suffer emotional and psychological trauma after divorce, leading to a damaged self-esteem.

Psychological consequences of divorce

When compared to those who remain married, those who divorce encounter a number of psychological challenges including increased stress, reduced life satisfaction, depression, increased medical visits, and an overall increase in mortality risk. Following a divorce, not everyone will be worse off. Divorce offers both benefits and drawbacks, depending on the parties involved. When a relationship is unhealthy and unhappy, divorce can be beneficial since it puts an end to the pain. Because not all relationships can be repaired, couples are left with little choice but to move on. However, it can have psychological effects for a couple's mental health, such as the partner or both spouses suffering from sadness, anxiety, and tension. These psychological repercussions, which are also dependent variables in this study, are detailed in detail below.

Depression

It might take anywhere from a few weeks to many years to adjust to life after a divorce. You may feel a variety of emotions at this period, including, sadness, and a variety of medical ailments. Clinical depression is distinct from depression caused by traumatic life circumstances such as divorce. Adjustment disorder, sometimes known as situational depression, is the name given to this condition. Clinical depression and situational depression have comparable signs and symptoms. Depression after divorce can be accompanied by other behaviors in some people, such as: neglecting one's obligations and avoiding family and friends causing bad performance at work owing to a lack of focus (Stack & Scourfield, 2015).

Depression and post-traumatic stress disorder (PTSD) frequently coexist, and their symptoms may overlap. Sadness, emotions of loss, disillusionment, loss of appetite, and problems sleeping are all symptoms of depression. PTSD symptoms include, flashbacks or nightmares can be used to relive terrible situations, avoiding situations that bring up memories of the trauma, anxiety attacks, and rapid heartbeat, trembling, shortness of breath, or headaches are among physical symptoms. Similarly, PTSD and depression symptoms that frequently occur concurrently include (Nutt, Wilson, & Paterson, 2008):

-) concentration issues,
-) avoiding social interactions,
-) irritability, and substance abuse (drugs or alcohol)

According to a psychiatric research on divorce-related depression, the majority of people's symptoms are only transient. Men and women who have a history of depression are more likely to experience depressive episodes after the divorce is finalized. Men also have a harder time dealing with the emotional consequences of divorce. This, according to psychologists, is due to the fact that women often have larger support networks. Women are also more likely to seek assistance and advice from their social networks (Gähler, 2006). However, it is argued that, during and after a divorce, women are more likely to suffer identity issues. During their marriages, many women are focused on becoming excellent mothers and wives, only to lose their second self-identity. Although it nearly never feels that way while going through it, overcoming it can turn out to be a hugely positive experience. Developing a new sense of self can help you become a more emotionally and physically healthy person. Divorce stress is also carried by women for longer than it is by males. According to scientists, this is due to an abrupt drop in standard of living, which might last even after the divorce is finalized (Amato, 2000).

According to this study, most scholarly works have argued that marriage is linked with lower level of depression because it protects the individual from stressful conditions. However, analysis of data obtained by Kessler & Essex, (1982) reveals clearly that more is involved. Considering a sample of roles, this study showed that the negative psychological effects of these are lesser for the married than they are for the single or divorced individual. Analysis of data obtained in this study shows that

several different social resources are responsible for this relatively low emotional alertness experienced by single and divorced individuals.

Stress

Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure. Anxiety and depression make it harder to participate in the divorce process and make sound decisions, which might lead to actions that are not in your best interests. These concerns must be identified and addressed efficiently and immediately from the start of your divorce. Stress is defined as any demand placed on the brain or physical body. When a person is subjected to multiple competing expectations, they may feel pressed. An event that makes you feel irritated or worried can make you feel stressed. Stress is a feeling of dread, worry, or discomfort. Irritability, aggression, tiredness, muscle ache, digestive difficulties, and trouble sleeping are just a few of the emotional and physical signs of stress. Stress, on the other hand, is defined by persistent, overpowering worries that continue even when there is no stressor. An incident can induce stress, personality changes, and societal pressure (Bodenmann et al., 2007). Symptoms of stress include:

-) dizziness or headaches
-) muscular spasms or discomfort
-) difficulties with the stomach
-) A quicker heartbeat or chest pain.

According to the study done by (Kessler & Essex, 1982), social causation explanation explains that married people are exposed to lesser stressful situations compared to single or formerly married people. While exposure to life stress elevates one's probability of becoming mentally unwell, this discrepancy in stress exposure may comprise the positive qualities associated with marriage; several new studies have developed this hypothesis. Considering marital dissolution, for example, self-esteem may be damaged, social ties may be broken, and established habit patterns devastated. New role explanations might be more unclear than those governing men and women in marriage life.

Understanding of stress and coping approaches allow them to show how specific socio-relational and socio-economic variations correspond to one another. Analyses of the results obtained in the study (Marmar et al., 2015) revealed that divorce is not merely related to higher experience of depression, but also to lower levels of self-

portrayal and aptitude. The variance of scores in mental wellbeing scales based on marital status was shown to vary considerably among men and women for capability, with the variation being more prevalent among men than in women. The study also observed that socio-relational and socio-economic states provided the link between depression rating (Magruder et al., 2015) between the married group as well as the divorced. Research findings on adaptation to divorce has been common and vast; while the lack of studies considering stress prior to and post-divorce has kept the link between psychological stress and marital separation relatively unclear. Contradictory results provide uncertainty on the utility of using a crisis model to examine divorce (Jonas & Mussolino, 2000).

Studies suggest that women experience many psychological disorders due to divorce ranging from depression, anxiety, stress, regression with the effects of divorce more pronounced in older women than in younger women. Data obtained from recent studies on divorced women showed that divorced women suffer emotional and psychological trauma after divorce, leading to a damaged self-esteem. According to Gahler (2003), divorced women are prone to notably greater admission occurrence in psychiatric clinics compared to women in safe marriages, including suffering from anger, depression, loneliness, anxiety, feeling of incompetence and rejection. Krishnakumari (1987) opined, divorced and separated among females are associated with psychosocial, economic, and domestic issues and that the mainstream divorced women experience more social problems. Women's social attitudes and reactions are primarily focused on refusal which has resulted in psychological issues such as isolation and withdrawal. Gahler (2003) explained that most divorced women living in their parents' home were treated as a burden, including from the perception of their own families. This perception as a result increases their chances of suffering from psychological problems.

Anxiety

Anxiety is characterized by muscle tension and avoidance behavior in anticipation of a future worry. Fear is an emotional response to an impending threat that is more commonly connected with a fight or flight response - staying to fight or fleeing to avoid danger. Anxiety can make it difficult to participate in the divorce process and make smart decisions, leading to actions that aren't in your best interests. These difficulties must be identified and addressed as soon as possible after

the divorce is finalized (Wenzel, Haugen, Jackson, & Brendle, 2005). Symptoms of anxiety include:

-) Feeling agitated, tense, or tense.
-) Being easily exhausted.
-) I'm having trouble concentrating; mind blankness.
-) Getting irritated.
-) Tension in the muscles.
-) Controlling worrying feelings is difficult.
-) Having sleep issues, such as inability to fall or remain asleep, restlessness, or unsatisfactory sleep.

During and after divorce, common emotions like anger, resentment, uncertainty, fear, humiliation, and anxiety can take up permanent residence in your emotional makeup, wreaking havoc on both your mental and physical health. The separation period is perhaps the hardest part of divorce. That is the period of time between when someone decides to divorce and when they are officially divorced (Williams & Dunne Bryant, 2006). A recent study conducted by Ubaidi (2017) to understand the psychological and mental status of divorced individuals categorized the psychological and emotional phases of divorce into five groups which are stages one involves spouse blaming the other, theme two encompasses mourning the loss of affection, and expressing of displeasure. Phase three comprises of a state of anger and hatred; phase four involves staying single and deciding to separate, and phase five heralds new start and acting on fresh decision-making. Gahler (2003) study also highlighted causes of divorce which includes disloyalty, inadequate verbal exchange of thoughts, ideological and background variation, absence of a support system, illusionary perception, social interacting, financial negligence, sexual dissatisfaction among couples. This study concludes that women experience lesser negative psychological impact of divorce compared with men.

Another study conducted by Smock & Manning, (1999) to assess the effect of marriage and divorce on the economic status of women focusing on the probability of divorced females experiencing similar levels of economic welfare through staying in a marital relationship the same as women who remain married. This study utilized longitudinal data from the National Survey of Families and Households, and

estimated endogenic changing regression approach that concurrently foresees the odds of divorce and succeeding financial wellness for divorced women including women who stayed married. Analysis of the results of this study revealed that the economic well-being of divorce women would improve substantially but would not reach the level of women who remain married. It was also discovered that if married women divorced, their average level of financial welfare might be the same as of the divorced females, backing up the opinion that divorced women are more prone to economic vulnerability outside of marriage. Divorce generally, is a major life risk that has notable aftermath both positive as well as undesirable impacts on health and emotional wellbeing of individuals involved. This causes huge rates of anxiety among these divorced couples.

Related research

Damota et al. (2020) described marriage as a relationship between couples that commit to each other with the intention of a steady and long-lasting close relationship, in which this process is recognized societal wise. According to the study carried out by Sharma (2011) to examine the psychosocial impact of divorce on mental health of females, where the samples of the research comprised of 50 divorced females between age of 20-30 and 50 participants between ages of 30-40 age group. This study assessed the outcome of divorce within 30 days of separation and after a divorce. Emotional wellbeing was evaluated benefiting from the 8 State Questionnaire (8SQ), mental wellbeing of the divorced females was assessed using Mental Health Inventory (MHI) while a semi-structured interview schedule was used for after divorce investigation. Content analysis was used on materials gotten from the interview schedule. The study established that divorced women increased chances of better mental health as time passes, and that younger divorced women are less likely to be emotional or suffer from mental strain when compared to the older women.

A research by Marco et al., (2020) revealed significant increase of elderly people who experiencing separation in many western countries, but divorce or separation among aged couples have received limited empirical attention. This study highlighted that earlier investigations on divorce are mostly cross-sectional in design and often portraying a variation of short and long-term outcomes of divorce. This study utilized information from nine levels of the British Households in the form of

longitudinal investigation from (2009/2010-2017/2018). This data was analyzed to understand the impact of divorce on the emotional wellbeing of 909 individuals from the age of fifty and above, and to examine the long-lasting impacts of divorce. The study used fixed effects linear relapse model to include unchanging confounders and separate pre-divorce and post-divorce impacts, the study established that depressive symptoms in elderlies increase with increased age in the pre and post-divorce stage. It also pointed out that depressive signs diminish to almost baseline stage post-divorce in older adults. The result of the study further revealed that adjustment to life after divorce is quicker for adults with no children compared to parents. It however found no evidence of adaptation after divorce being slower for females compared to males, or for those who already had gone through a separation than those who are separating for their first time. Finally, the study concluded that older individuals are able to relatively adapt to divorce or separation, and their fertility histories tend to mitigate the negative effect of later-life divorce on mental wellbeing status.

Examining the work of Damota et al. (2020), a study conducted using purposive sampling to select samples Kebeles considering that all Kebeles have a parallel characteristic in the case of divorce experience. The study utilized a qualitative, in-depth interview mechanism with the mixture of focus group discussion to obtain data needed for the study. Twelve divorced females were categorized for in-depth interview, 6 divorced females for focus group discussion as well as 6 key-informant personnel for a detailed discussion meeting. Thematic qualitative investigation was used using a restricted data analysis mechanism. The result of this study showed that divorced female experiences different psychological issues such as anger, grief, loneliness, remorse, and husbands denying of biological children. This study also highlighted that women are exposed to social, familial, economic as well as emotional challenges after divorce.

It is also argued in some studies that, divorce is more commonly commenced by women than by males(Marmar et al., 2015; Magruder et al., 2015). As a result, getting served with divorce papers can be a rude awakening for many husbands. It is true that the majority of people recover. Divorce indeed impacts children and their psychological well-being not just couples. Divorce will undoubtedly alter your family's existence, and what was once typical for your children will no longer be. When children discover they are losing daily contact with one parent, they are

initially exposed to the stress of divorce. This parent is no longer sleeping and waking up in the same house. This decrease in interaction between parent and child has a significant impact on their relationship. Because the father is usually the one who leaves the house, the children's bond with their fathers never really returns. Some children may not find the separation of their parents to be the most difficult aspect of dealing with divorce; rather, they find the stress that comes with it to be the most challenging. Changing schools, moving or changing residences, and living with one parent who is more high-strung now with more responsibilities, and lack of appearances from the other, are just some of the stressful, uncomfortable scenarios that may fall into their laps. This stress can have a significant impact on a child's mental health. They do not feel as close to that parent as they once did, and they fight to keep that relationship intact. When coping with a single-parent situation, stress levels can rise to dangerously high levels, affecting the child's connection with the primary caregiver, who is most typically the mother who is the custodial parent (van der Wal, Finkenauer, & Visser, 2019). Veevers (2018) reported positive versus negative consequences of divorce. Concludes that most experiences of divorce are in favor of men and the trauma and stress of divorce are significantly greater for women than for men; especially in the aspects like property settlements, social participation and income. This led to a greater psychological stress in women.

According to a study conducted by Symoens et al. (2014), divorced individuals in general face increased mental health issues than their married counterparts. In their study on how socio-relational and socio-economic factors affect mental health in divorced people, highlighted that less attention is given to positive mental health indicators, and that critically examining these indicators may assist policy-makers and care-givers to see the bigger image and inspire active coping in divorced individuals with mental health issues. Using research findings from the European Social Survey computed from 2006-2007, they measured the differences in both feelings of depression and of self-confidence, autonomy, and competence among married and divorced people estimated separately for men and women.

Divorce can be defined as a transitional process that affects a social bond, changes interaction, perception, and responsibilities between couples. As some younger females are getting out of a state of such struggle, divorce may include a transition stage towards regaining of self-confidence. In fact, the freedom from an

unhealthy marriage can have positive psychological effects on the psychosocial status of a divorced woman making her feel confident about in comparison to past (marital) time (Rice, 2003). Analysis of the study conducted by Booth and Amato (1991) also revealed that most divorced women suffer different psychological disorders due to divorce. Psychological distress may occur during the period immediately and after partnership split. Divorced women are frequently overwhelmed by helpless feelings, anger, depression, guilt, incompetence, loneliness, insecurity and many other negative emotions. It is well established by numerous scholarly works that married persons are in healthier bodily and emotional states when compared to separated and divorced individuals. Recent studies have shown that individuals in unstable marital relations are likely to be at an increased risk of mental issues, most especially, a considerable number of physical and depressive issues such as suicide, alcohol abuse, ending up in road accidents and, homicide (Amato, 2000).

However, for most of younger females, the process of divorce is an alteration from anguished feelings that is most-commonly associated with mourning overshadowed by sorrowful experience that is similar to death of a spouse (Berardo, 1982; Emery, 1994). According to Bogulob (1995) and Wallerstein (1986), the frequency, rate, and duration of psychological problems are greater in older divorced women than in younger ones. According to Ulrike et al. (2006), some of the factors behind dissolution of relation breakdown of the partnership involves unmet emotional needs, different perceptions about gender stereotype particularly in relation to work division inside the family and accountability of fathers, various educational concepts, interaction, issues between wife and husband, absence of both partners in coping and solving problems in a relationship, differing priorities regarding free time and family time, solid professional commitment, and long working hours among men creates a space for loneliness in their relationship. While in the perception of females, excessive alcohol usage found to be an issue, in contrast with men identified sexual issues as a major factor of conflict.

According to Gahler (2003), divorced women comprise greater admission rate in psychiatric clinics than women in healthy marriage relations, and are more vulnerable to suffering from anger, depression, loneliness, anxiety, feeling of uselessness and denial. Lorenz et al., (2006) in examining the short and long-run

effect of divorce on women's mid-life health discovered that divorce creates psychological distress in divorced individuals and it has long-term negative impacts on the physical wellbeing for most divorced individuals. Furthermore, the study also theorized that divorce indirectly leads to long-term suffering as in traumatic occurrences during mid-life. The study tested these hypotheses benefiting from the data of 416 Iowa countryside females that were qualitatively questioned longitudinally in the early 1990s while they were mothers of adolescent children. Recent interviews were conducted for the women once more in 2001. The study demonstrated that directly post-divorce (1991-1994), divorced females showed notable increased rate of psychological pain compared to married women, however with no variation in bodily illness. The study also established that a decade later, there was a significant increase in levels of illness, even after controlling for variables of age, remarriage, education, earning, and prior health among the divorced females. The study concluded that as compared to their married counterparts, divorced women had increased levels of stressing life which subsequently resulted in increased levels of depressive signs.

Different authors have shown notable poorer resistance in divorced and separated persons in contrast to socio-demographically target groups of married counterparts (Kiecolt-Glaser et al., 1987; Kiecolt-Glaser & Newton, 2001). Rossiter (1991) demonstrates psychological insight of patterns noticed while conducting a study on a group experiencing separation from their relationships. The group included 28 females as well as six males that were left for a period of time. Witnessing a progress characterized by good and bad days, below observations were noticed among the group:

- (a) Frequent crying, overthinking of separations, panic, and loss of sleep and desire for eating.
- (b) Fear and uncertainty.
- (c) A progressive expression in relation to good days and bad days.
- (d) An expression of more happiness and hopeful with concurrent social network re-building.

Scientific findings concerning divorce and health changes associated with women's psychology are supported by clinical observations of divorced women. Renshaw (1994), in his conclusion on clinical manifestation expressed divorce as an abnormal state and opined that present disease is usually exacerbated by tension of divorce. In an outlined example, he submitted that occurrences of angina and chronic ulcerative colitis are aggravated in divorced individuals, and that cancer and diabetes tend to be harder to control in divorced women when compared with married equals with the same disorder. Renshaw in his conclusion stated that adaptation to a harsh divorce life may predispose an individual to a range of physical and psychological problems that manifest clinically. One major consequence of divorce and separation on women's psychology was found to be caused by financial instability

Booth and Amato (1991) analyzed a three-phase data panel from a local sample of married individuals in 1980 demonstrating that the crisis model is suitable for measuring adaptation to divorce. The contrast between divorced individuals and the married demonstrate a pre-divorce escalation in stress which then returns to levels similar to those informed by married persons. No statistically significant result was demonstrated in the support of the idea that a higher rate of psychological stress to be the main factor of divorce, or; separation causing lasting increase in emotional stress. Results however, support the notion that pre-divorce potentials influence the rate of stress felt in the two years directly after dissolution. In below average family earning, no post-high school education, and with the wife not working was observed to place divorcing individuals at a disadvantage. Individuals reporting few premarital issues and beliefs in the immorality of divorce also show to experience elevated stress in the two years post-divorce.

Financial concerns are also a significant source of post-divorce stress. Many families may need to adjust to their new financial circumstances, which mean they may no longer be able to live the lifestyle they formerly did. Some people are forced to relocate or downsize their living quarters in order to save money. Children feel inferior to their classmates as a result of this, and the continual changes make them feel insecure. Children who are financially burdened by divorce spend less time with their parents, have less extracurricular activities, lose health insurance, and do not attend college. They spend less time with their parents and are less likely to attend college since they do not have the financial means to do so (Damota, 2019).

CHAPTER III

Methodology

Research Design

The current study is quantitative correlational study. Quantitative research design is appropriate for the present study because the main aim of the study is to explore the impact between divorce and mental health symptoms such as depression, anxiety, stress and self-esteem. The goal of quantitative research is to find out how many individuals believe, behave, or feel in a certain way or about a certain object. Quantitative research uses numbers and big sample sizes and focuses on the amount of replies rather than the emotional understanding that qualitative research seeks. Quantitative research is described as a systematic analysis of phenomena through the collection of measurable data and the use of statistical, mathematical, or computational methods (Goertzen, 2017). Quantitative research gathers data from current and future consumers by employing sampling methods and sending out online surveys, polls, questionnaires, and other forms of data collection, the results of which may be represented numerically (Sukamolson, 2007).

Population and Sample

The population of the study consisted of divorced males and females residing in Erbil city of Kurdistan Iraq. The sample of the study was selected using purposive sampling technique to select the sample of the study from the population. Purposive sampling is a non-probability sampling approach that is useful when studying a specific cultural domain with qualified specialists within. Both qualitative and quantitative re-search approaches can benefit from targeted sampling (Meng, 2013). The sample of the study consists of 175 males and females divorced and married. The demographic variables such as gender, education level, employment status, and length of marriage were considered as intervening variables that impact the relationship between the dependent and independent variables. The descriptive statistics for demographic data are presented in Table 3.1 below.

Table 1

Demographic data for participants

Variable	Frequency	Percentage
Gender		
Males	94	53.71%
Females	81	46.42%
Level of Education		
University	51	42.1%
Secondary	59	48.8%
Primary	11	9.1%
Income sources		
Formal employment	59	48.8%
Personal business	14	11.6%
Family support	48	39.7%
Total	121	
Length of divorce		
Less than 5 years	122	69.71%
5 years and more	53	30.28%
No. of children		
0	12	9.9%
1	47	38.8%
3 to 5	30	24.8%
4	2	1.7%
Employment status		
Employed	64	52.9%
Self-employed	41	33.9%
Unemployed	16	13.2%

Total 121

According to the descriptive statistics, there were 94 males and 81 females that mean 53.71% of participants were male and 46.42% were female. The descriptive statistics show that most of participants were university and secondary school graduates that mean good educational background and only 9.1% undergraduates. The statistics also show that most of participants were employed that is 52.2% and only 13.2% unemployed. 48.8% participants were formally employed and 39.7% participants had family support.

Data Collection Instruments

Primary data refers to the main questionnaire scales that were used to collect the primary data for the present study. Data collection instruments such as DASS, GAD-7, and Rosenberg self-esteem scale. GAD-7 was used to collect data on anxiety and panic disorders as well as post-traumatic stress disorder. DASS is used to measure depression and anxiety as well as stress and Rosenberg scale is used to measure self-esteem among the participants of the study (see Appendix A). These scales are described in detail below:

GAD-7

Generalized Anxiety Disorder 7 is a self-reported questionnaire for generalized anxiety disorder screening and severity measurement. GAD-7 consists of seven items that assess the severity of various GAD symptoms using reported response categories and scores. GAD-7 has a 7-item self-reporting measure on the basis DSM-IV was measurement. The Generalized Anxiety Disorder Scale-7 (GAD-7) developed by Spitzer and colleagues (2006). It is easily scored and initially was created to increase recognition of GAD in primary care settings. It has been consistent screening measurement for panic, anxiety and PTSD according to Kroenke et al. (2010 & 2007). The GAD-7 exhibits excellent internal consistency and reliability with Cronbach's alpha between .89 for Arabic version and .92 for English version.

Rosenberg Self-Esteem Scale

The Rosenberg Self-Esteem Scale is a 10-item self-report self-esteem scale. It is made up of ten statements on general sentiments of self-worth or acceptance. Items are answered on a four-point Likert scale; from strongly agree to strongly disagree. It

was designed by Rosenberg (1965). The responses range from strongly disagree to strongly agree with a high internal consistency and test-retest reliability of 0.89 Cronbach alpha. The Arabic version of the Rosenberg self-esteem scale was translated by Zaidi Et al., (2015) with reliability of 0.92 Cronbach alpha. Arabic version was administered to each of the participant to measure the level of their self-esteem.

DASS-42

DASS 42 is a 42 item scale designed by Lovibond and Lovibond(1995) with reliability scores anxiety ($r=.77$) and stress ($r=.79$), and a Cronbach's alpha value of 0.91 was used to measure the level of discrimination between depression, anxiety, and stress in each of the participants. Arabic version of the DASS-42 scale was translated by Lovibond and Laube and was developed by Miriam Et al. (2016) to exhibit the same reliability and validity as the English version. The Arabic version of this questionnaire was used in this study, and it had a Cronbach's Alpha of 0.907. The scale has 42 different parts that were divided into three subscales. Hopelessness, devaluation of life, self-depreciation, loss of enjoyment, and so on were among the 14 factors linked to depression. There are 14 anxiety-related measures that assess situational anxiety and the subjective feeling of anxious affect. Finally, the remaining 14 stress-related factors were difficulty relaxing, anxious arousal, being quickly upset or agitated, irritable or over-reactive, and impatient. Participants were given four-point frequency ratings to rate the intensity of their encounters. For 1 applied to me to some extent, or at least some of the time 2 applied to me to some extent, or at least some of the time and 3 applied to me to a significant extent, or a significant portion of the time 4 applied to me all of the time and 4 this has happened to me a lot, or at least most of the time.

Data Collection Procedures

The data collection started after receiving the ethical approval from ethics committee of the Near East University (see Appendix B). The participants were given a questionnaire with 4 sections. The first section consisted of demographic information and the proceeding sections consisted of DASS, Gad-7 and Rosenberg scale questions. A participant consent form detailing the procedures of the research was given to each of the participants to obtain their consent. The participants were not forced or compelled to fill in the questionnaire, they were allowed to quit the

questionnaire survey at any point without giving a reason for withdraw. The researcher did not reward any participant to be the part of the survey. The privacy and anonymity of the participants were kept priority. Participants were not asked for their names or their any identifying information. The data was accessible to the researcher only and was disposed-off after the completion of the study.

Data Analysis Procedures

Data obtained was inferentially and differentially examined benefiting from Statistical Package for Social Sciences (SPSS) version 22. The skewness and kurtosis values revealed that the data for all the variables are not normally distributed as illustrated in Table 3.2. According to the opinions of George and Mallery (2010), normal acceptable range for skewness and kurtosis of data subjected to normality test should be between the range of -2 and +2. Consequently, nonparametric tests were employed for the analysis of the research questions of this study. Firstly, Spearman's correlation test was used to examine the relationship between length of marriage and the levels of depression, anxiety, and self-esteem. Kruskal-Wallis test was conducted to check if level of education influenced the level of depression, anxiety, stress, and self-esteem among the participants. Lastly, Mann Whitney-U test was performed to study the association between employment status and levels of depression, anxiety, stress, and self-esteem among the participants.

Table 2

Descriptive statistics for normality tests

Variable	N	Min	Max	Mean	S.D	Skewness		Kurtosis	
						Statistics	Std. Error	Statistics	Std. Error
Depression	175	0	69	16.98	14.710	.979	.184	.407	.365
Stress	175	0	68	15.66	12.887	1.225	.184	1.652	.365
Anxiety	175	0	49	15.08	11.206	.572	.184	-.543	.365
GAD	175	0	21	9.09	6.119	.156	.184	-1.241	.365
RSES	175	0	21	12.89	6.071	.189	.184	.017	.365

CHAPTER IV

Results

Table 3

Comparison of DASS, GAD and RSES scales according to marital status.

	Marital Status	N	Mean Rank	Sum of Ranks	U	p
Stress	Divorced	121	92.75	11222.50	2692.500	.063
	Married	54	77.36	4177.50		
	Total	175				
Anxiety	Divorced	121	93.63	11329.00	2586.000	.028**
	Married	54	75.39	4071.00		
	Total	175				
Depression	Divorced	121	92.22	11159.00	2756.000	.099
	Married	54	78.54	4241.00		
	Total	175				
GAD	Divorced	121	92.49	11191.00	2724.000	.079
	Married	54	77.94	4209.00		
	Total	175				
RSES	Divorced	121	82.74	10011.50	2630.500	.039**
	Married	54	99.79	5388.50		
	Total	175				

p 0.01** p 0.05*

The T test results revealed significant differences between the levels of anxiety and self-esteem according to marital status. This shows that divorced people have more anxiety and less self-esteem.

Length of Divorce and well-being

Table 4

Correlations between length of divorce and levels of depression, anxiety, stress and self-esteem

	Length of Divorce	Stress	Anxiety	Depression	GAD	RSES
Length of Divorce	1	-.095	.002	.007	-.149	-.111
		.299	.983	.941	.103	.224
		121	121	121	121	121
Stress		1	.624**	.724**	.714**	.750**
			.000	.000	.000	.000
			121	121	121	121
Anxiety			1	.419**	.428**	.570**
				.000	.000	.000
				121	121	121
Depression				1	.387**	.379**
					.000	.000
					121	121
GAD					1	.343**
						.000
						121
RSES						1

p 0.01** p 0.05*

Spearman's correlation test revealed no significant relationships between the length of divorce and the levels of depression, anxiety, stress and self-esteem among divorced couples. All variables are analyzed separately. For length of divorce there is no correlation with depression, stress, anxiety or self-esteem.

Level of Education and mental well-being

Table 5

Differences in depression, anxiety, stress and self-esteem according to level of education

	Level of Education	N	Mean Rank	X ²	Df	P
Stress	University	51	47.35	7.77	2	.020
	Secondary	59	69.25			
	Primary	11	80.00			
	Total	121				
Anxiety	University	51	50.22	12.36	2	.002*
	Secondary	59	66.75			
	Primary	11	80.14			
	Total	121				
Depression	University	51	50.90	13.49	2	.001*
	Secondary	59	67.14			
	Primary	11	74.91			
	Total	121				
GAD	University	51	48.03	14.31	2	.001*
	Secondary	59	69.52			
	Primary	11	75.45			
	Total	121				
RSES	University	51	48.87	9.72	2	.008
	Secondary	59	66.74			
	Primary	11	86.45			
	Total	121				

p 0.01** p 0.05*

The results of T test revealed a statistically strong and positive relationship between the level of education and levels of depression, anxiety, stress and self-esteem. Couples who had university education were the least anxious when compared with those who had just secondary and primary education. Result of a pairwise comparison between couples who had university education and those who had just primary education showed those who had just primary education are more prone to depression than those who had university education.

Table 6

Correlations between Age and depression, anxiety, stress and self-esteem

	Age	Stress	Anxiety	Depression	GAD	RSES
Age	1.000	-.173	-.318	-.273	-.245	-.168
	.	.002*	.000**	.000**	.001**	.026
	175	175	175	175	175	175
Stress		1.000	.603**	.623	.749	.443
		.	.000	.000**	.000**	.000**
		175	175	175	175	175
Anxiety			1.000	.607	.715	.392
			.	.000**	.000**	.000**
			175	175	175	175
Depression				1.000	.768	.536
				.	.000**	.000**
				175	175	175
GAD					1.000	.564
					.	.000**
					175	175
RSES						1.000

p 0.05* p 0.01**

Analysis of data obtained from this research using Spearman's correlation test showed that there is significant and negative relationship between the age of the participants and the levels of depression ($p=0.000$), anxiety ($p=0.000$), stress ($p=0.002$), and DASS scale was found to be significantly positive correlated with the age of the participants ($p=0.000$). The GAD-7 scale measures general anxiety disorder also showed a statistically significant and negative correlation with the age of the participants ($p=0.001$). The self-esteem scale had no correlation with the age of the participants ($p=.026$).

Table 7

Comparison for the level of depression, anxiety, stress and self-esteem according to the number of children the participants had with their divorced partner

	No. of Children	N	Mean Rank	Sum of Ranks	df	p
Stress	0	47	60.09	4.008	2	.135
	2	30	46.20			
	3 to 5	30	52.27			
		107				
Anxiety	0	47	58.66	6.304	2	.043*
	2	30	49.28			
	3 to 5	30	51.42			
		107				
Depression	0	47	59.22	.911	2	.634
	2	30	44.80			
	3 to 5	30	55.02			
		107				
GAD	0	47	62.26	3.82	2	.148
	2	30	49.88			
	3 to 5	30	45.18			
		107				
RSES	0	47	56.98	1.96	2	.374
	2	30	50.18			
	3 to 5	30	53.15			
		107				

p 0.01** p 0.05*

This table established no statistically significant differences between the levels of depression, stress and self-esteem, associated with the number of children between divorced partners. However, there is a significant relationship between anxiety and number of children.

Table 8

Comparison between levels of depression, anxiety, stress and self-esteem according to employment status

	Employment Status	N	Mean Rank	X ²	df	p
Stress	Employed	64	50.25	6.89	2	.032**
	Unemployed	41	75.67			
	Self-employed	16	66.41			
	Total	121				
Anxiety	Employed	64	56.20	10.95	2	.004**
	Unemployed	41	70.43			
	Self-employed	16	56.06			
	Total	121				
Depression	Employed	64	54.13	3.62	2	.163
	Unemployed	41	72.46			
	Self-employed	16	59.09			
	Total	121				
GAD	Employed	64	51.47	13.65	2	.001**
	Unemployed	41	74.43			
	Self-employed	16	64.72			
	Total	121				
RSES	Employed	64	55.70	4.49	2	.106
	Unemployed	41	69.05			
	Self-employed	16	61.56			
	Total	121				

p 0.01** p 0.05*

Analysis of data using Kruskal-Wallis test revealed a statistical significant difference in level of anxiety, stress and GAD scores according to employment status. Divorced couples who were gainfully employed had a lower level of anxiety and stress where compared to couples who were self-employed but significant difference in stress level between employed and unemployed couples. However, there were no statistically notable differences in self-esteem according to employment status of couples.

Table 9

Comparison between DASS, GAD, and RSES scores according to sources of income

	Source of Income	N	Mean Rank	X ²	Df	p
Stress	Formal	59	54.93	4.58	2	.101
	Employment					
	Personal Business	14	42.32			
	Family Support	48	73.91			
	Total	121				
Anxiety	Formal	59	57.33	11.58	2	.003**
	Employment					
	Personal Business	14	50.14			
	Family Support	48	68.68			
	Total	121				
Depression	Formal	59	57.53	8.58	2	.014
	Employment					
	Personal Business	14	49.00			
	Family Support	48	68.77			
	Total	121				
GAD	Formal	59	56.41	12.31	2	.002**
	Employment					
	Personal Business	14	39.86			
	Family Support	48	72.81			
	Total	121				
RSES	Formal	59	58.96	4.30	2	.116
	Employment					
	Personal Business	14	39.36			
	Family Support	48	69.82			
	Total	121				

p 0.01** p 0.05*

Data obtained Kruswal Wallis test highlights the differences between source of income and levels of depression, anxiety .003** and GAD .002**. However, there are no significant differences between self-esteem and according to source of income. There was no statistically noteworthy variation in the rate of stress between couples who had formal employment or personal business. Analysis however revealed a significant increase in level of anxiety between couples who had formal employment and those who received family support. Significant level of depression was also observed among couples who received family support as compared to couples who had personal businesses. No statistical significant difference was seen in depression levels between couples who had formal employment and those who had personal businesses.

CHAPTER V

Discussion

The aim of this study was to analyze the mental well-being of married and divorced couples. The objective of this study was to study the impacts of divorce on the psychosocial status of divorced couples. Analysis of data obtained from this research showed a significant and negative relationship with between the age of the participants and levels of depression, anxiety, stress and self-esteem that was administered during the study. This is contrary to the report by Robinson, Brown and Gary (1988) who observed no significant correlation between age and levels of depression, anxiety and self-esteem significant differences observed in this study can be as a result of a high rate of early marriage in Erbil city, a conservative region in Iraq. Divorce can affect the psychosocial status of couples as shown in previous studies (Dehqan, 2016).

The result obtained in this study shows no statistically significant correlation between the numbers of children the participants had with their divorced partner and the level of depression, stress, and self-esteem. However, there is a significant relationship with anxiety. This is not consistent with the report of Marco Et al., (2020) that adjustment to life after divorce is quicker for childless adults than for parents. In the current study, Women who had no child with their divorced partners and those who had two or more than three children with their divorced partners showed no substantial variance in the levels of depression, stress and anxiety.

Significant association between employment status and levels of anxiety, stress and self-esteem was also observed in this study. Divorced couples who were gainfully employed had a lower level of anxiety and stress whereas compared to couples who were self-employed but no significant difference in stress level between employed and unemployed couples. This is contrary to the report of Robinson Brown & Gary, (1988) that women who are unemployed are significantly more depressed than women who are employed. This can be as a result of unemployed women being supported by their family members in Erbil city as this could potentially affect the level of financial stress that they're exposed to as compared to women who have to work to make ends meet. Symoens et al, (2014), also observed a strong association between employment status and mental health difficulties as in depression, anxiety

and lower self-assurance. According to their report, divorced people who are unemployed were observed to have a greater tendency of being depressed and suffer from low confidence and self-esteem levels than their married counterparts who are employed. However, there was no statistically notable link between employment status of women and self-esteem as found by the Rosenberg self-esteem scale in this study.

The current study also revealed that women who were divorced showed a greater level anxiety, stress and depression when compared with women who were married. This can be due to social stigma associated with divorce. Scott Et al., (2010) established a link between mental health issues and marital status. Married people were observed to show less risk for depressive and other mental health issues when compared to divorced people. The result of this current study also stresses the link between marital status and self-esteem in line with Symoens et al, (2014), that divorcees tend to show higher levels of depression, anxiety and stress when compared with their counterparts who were married. The study also highlighted a significant impact of divorce on self-esteem. Married people were reported to have a higher level of confidence and self-esteem as compared to the lower levels seen in their divorced counterparts.

Source of income was observed to affect significantly the levels of depression, anxiety, and self-esteem. While there were almost no statistically important variance in the levels of stress between women who had formal employment or personal business. However, significant difference was observed in comparison of stress levels between women who had formal employment or personal businesses and those who received family support. Analysis using pairwise comparison also revealed a significant increase in level of anxiety between women who had formal employment and those who received family support. Significant level of depression was also observed in women who received family support as compared to women who had personal businesses. No statistically significant difference was seen in depression levels between women who had formal employment and those who had personal businesses. Women who received family support showed the greatest level of depression and anxiety, and had a lower self-esteem when compared to other women who had personal business. Most women who are unemployed live on family support in Erbil and they are more prone to

abuse from family members due to lack of financial independence. Also, women who are not financially dependent are supported by their family members through a monthly or quarterly based income in Erbil, in cases where these financial supports are not regular or stopped can significantly affect the level of stress and anxiety that these women are exposed to. This is supported by Booth and Amato, (1991) who concluded that women who live below the median income level are more prone to depression, and do exhibit lower level of confidence than their counterparts who are financially independent.

Considering the relationship between the level of education and levels of depression, anxiety, and stress, findings from this research revealed that women who had university education are less depressed when compared with those who had just primary education. Educational level among women in Erbil is considerably low when compared to data among men of related age due to cultural beliefs. Women who had university education were the least anxious when compared with those who had just secondary and primary education. Result of a pairwise comparison between women who had university education and those who had just primary education showed those who had just primary education are more prone to depression than those who had university education. Numerous reports have established the association between lack of education and depression, anxiety and low self-esteem. In support of the findings of this work, Booth & Amato, (1991) established that lack of quality education is a predisposing factor to depression, anxiety and low self-esteem.

CHAPTER VI

Conclusion and Recommendation

Conclusion

Divorce is a societal problem that has a detrimental influence on family life and social values. The purpose of this study was to look at the link between divorce and mental health among divorced spouses in Erbil. Divorce has been connected to unfavorable mental health outcomes and has been identified as a risk factor for mental health concerns. In this aspect, divorce has negative effects on the mental health and relationships of divorced couples and their families. The most crucial aspects in a divorce are emotional stress, child custody and care, and property division. In recent decades, marriage rates have fallen, divorce rates have increased, and the defining characteristics of marriage have evolved. Divorced people have a variety of psychological concerns as compared to married people, including greater stress, decreased life satisfaction, depression, more medical visits, and an overall increase in mortality risk. The findings of the study suggest that divorce has an impact on mental well-being of divorced couples.

The results revealed differences between the levels of anxiety, self-esteem and marital status. This shows that there is an association between the marital status of couples and the level of depression, anxiety, stress and self-esteem. There are no significant relationships between the length of divorce and the levels of depression, anxiety, stress and self-esteem among divorced couples. The results revealed a statistically strong and positive relationship between the level of education and levels of depression, anxiety, stress and self-esteem. Couples who had university education were the least anxious when compared with those who had just secondary and primary education. Result of a pairwise comparison between couples who had university education and those who had just primary education showed those who had just primary education are more prone to depression than those who had university education. There is significant and negative relationship between the age of the participants and the levels of depression, anxiety, stress, and no self-esteem. There are no statistically significant differences between the levels of depression, stress and self-esteem, with the number of children between divorced partners.

Furthermore, there is a statistical significant difference in level of anxiety, stress and GAD according to employment status. Divorced couples who were gainfully employed had a lower level of anxiety and stress when compared to couples who were self-employed but no significant difference in stress level between employed and unemployed couples. However, there were no statistically notable differences in self-esteem between employment status of couples and self-esteem as measured by the Rosenberg self-esteem scale in this study. There is no significant difference between employed and unemployed groups when all participants are categorized as just employed or unemployed. There is no significant relationship between self-esteem and source of income. There was no statistically noteworthy variation in the rate of stress between couples who had formal employment or personal business. Nonetheless, significant difference was observed with stress levels between couples who had formal employment or personal businesses and those who received family support. Analysis however revealed a significant increase in level of anxiety between couples who had formal employment and those who received family support. Significant level of depression was also observed among couples who received family support as compared to couples who had personal businesses. No statistical significant difference was seen in depression levels between couples who had formal employment and those who had personal businesses.

Similarly, significant difference was observed in stress levels between women who had formal employment or personal businesses and those who received family support. A significant increase in level of anxiety was observed between women who had formal employment and those who received family support. However, formal employment and personal business show no difference. Furthermore, the results revealed a notable difference between the levels of anxiety, self-esteem and marital status. This shows that there is an association between the marital status of women and the level of depression, anxiety, stress and self-esteem. Similarly, the findings revealed no significant difference between the length of divorce and the levels of depression, anxiety, stress and self-esteem among divorced couples. Thus, it can be concluded based on the findings that divorce has adverse impact on the mental well-being of couples.

Recommendation

In line with prior research, it is advised that divorced couples receive enough care and assistance, such as social counseling and proper welfare, to help them cope with the psychosocial consequences of divorce on their mental and general health. Future studies should focus on how divorce impacts socioeconomic status of divorced couples. Based on the findings of the study:

-) Age is found to have significant relation with mental well-being of divorced couples. Divorce is a phenomenon that is not related with how long you have been divorced because divorce is one incident in life that changes the people from that point and on. The common feelings of anger, hatred, confusion, fear, shame, and anxiety during and after divorce do not change with the length of the dissolution. With the growing age, divorce can have negative impact on the divorced couples. With age increases personal insecurities thus, psychological therapies have to be focused on age as a factor while dealing with divorced couples. Age has significant relationship with mental well-being because getting divorced at bigger age tends to be more disappointing and painful. They have no one to take care, it may be hard for the children to face the society, it may also be difficult for divorced couples to marry again.
-) There are no statistically significant differences between the levels of depression, stress and self-esteem, with the number of children between divorced partners. However, there is a significant relationship between anxiety and number of children. Couples who had no child with their divorced partners and those who had two or more than three children with their divorced partners showed no notable variation in the rate of depression, stress and anxiety. This may be because the parents have fears about financing children education and get them married. Society can be one of the reasons because in conservative societies, it is hard for children with divorced parents to have a good reputation in society. People consider that divorced parents may not have given their children a good brought up that is very wrong and negative but it's a problem of conservative societies. Hence, programs should be based on how to minimize prevalence of mental health symptoms among divorced couples with children from their ex-partner.

) Level of education is an important indicator for mental well-being among divorced couples. Lack of education is prone to high depression, anxiety, stress and lack of self-esteem. The secondary level graduates were more stressed and anxious with significant impact on their mental health and well-being. Educated men or women are more likely to get married again in many cases because of their social status whereas, less educated men and women may not have a chance to marry again as easy as educated ones. Future studies may compare the impact of level of education on the mental well-being within developed and underdeveloped country population of divorced couples.

REFERENCES

- Afifi, T. D., Davis, S., Merrill, A. F., Coveleski, S., Denes, A., & Shahnazi, A. F. (2018). Couples' communication about financial uncertainty following the great recession and its association with stress, mental health and divorce proneness. *Journal of Family and Economic Issues*, *39*(2), 205-219.
- Amato, P. R. (2000). The consequences of divorce for adults and children. *Journal of marriage and family*, *62*(4), 1269-1287.
- Bodenmann, G., Charvoz, L., Bradbury, T. N., Bertoni, A., Iafrate, R., Giuliani, C., & Behling, J. (2007). The role of stress in divorce: A three-nation retrospective study. *Journal of Social and Personal Relationships*, *24*(5), 707-728.
- Stack, S., & Scourfield, J. (2015). Recency of divorce, depression, and suicide risk. *Journal of Family Issues*, *36*(6), 695-715.
- Düzbakar, O. (2016). Divorce and Types of Divorce at the End of Seventeenth-century Bursa. *Journal of Family History*, *41*(2), 118-130.
- Damota, M. D. (2019). The effect of divorce on families' life. *Academia Edu*, *46*.
- Gähler, M. (2006). "To Divorce Is to Die a Bit...": A longitudinal study of marital disruption and psychological distress among Swedish women and men. *The Family Journal*, *14*(4), 372- 382.
- Jonas, B. S., & Mussolino, M. E. (2000). Symptoms of depression as a prospective risk factor for stroke. *Psychosomatic medicine*, *62*(4), 463-471.
- Kramrei, E., Coit, C., Martin, S., Fogo, W., & Mahoney, A. (2007). Post-divorce adjustment and social relationships: A meta-analytic review. *Journal of Divorce & Remarriage*, *46*(3-4), 145-166.
- Nutt, D., Wilson, S., & Paterson, L. (2008). Sleep disorders as core symptoms of depression. *Dialogues in clinical neuroscience*, *10*(3), 329.
- van der Wal, R. C., Finkenauer, C., & Visser, M. M. (2019). Reconciling mixed findings on children's adjustment following high-conflict divorce. *Journal of Child and Family Studies*, *28*(2), 468-478.

Wenzel, A., Haugen, E. N., Jackson, L. C., & Brendle, J. R. (2005). Anxiety symptoms and disorders at eight weeks postpartum. *Journal of anxiety disorders, 19*(3), 295-311.

Zulkarnain, A., & Korenman, S. (2019). Divorce and health in middle and older ages. *Review of Economics of the Household, 17*(4), 1081-1106.

Metsä-Simola, N., Martikainen, P., & Monden, C. W. (2018). Psychiatric morbidity and subsequent divorce: a couple-level register-based study in Finland. *Social psychiatry and psychiatric epidemiology, 53*(8), 823-831.

Mohammadi, M., Ejei, J., & Lavasani, M. G. (2019). The effectiveness of training of emotionally- focused approach on couple burnout and couples tendency for divorce. *Journal of Psychology, 4*(88), 362.

Mendoza, J. E., Tolba, M., & Saleh, Y. (2020). Strengthening marriages in Egypt: Impact of divorce on women. *Behavioral Sciences, 10*(1), 14.

Booth, A., & Amato, P. (1991). Divorce and Psychological Stress Author (s): Alan Booth and Paul Amato Source : Journal of Health and Social Behavior , Vol . 32 , No . 4 (Dec . , 1991), pp . 396-407 Published by : American Sociological Association Stable URL : <http://www.jstor.org/st.AmericanSociologicalAs>, 32(4), 396–407.

Damota, M. D., Gebretsadik, A. D., & Nigatu, M. M. (2020). *Lived Experiences of Divorced Women: Psychosocial Effects in Robe Town Oromia, South Eastern, Ethiopia.* 1–18. <https://doi.org/10.21203/rs.3.rs-24235/v1>

Kessler, R. C., & Essex, M. (1982). Marital Status and Depression : The Importance of Coping Resources Author (s): Ronald C . Kessler and Marilyn Essex Published by : Oxford University Press Stable URL : <http://www.jstor.org/stable/2578238> REFERENCES Linked references are available on JST. *Social Forces, 61*(2), 484–507.

Lorenz, F. O., Wickrama, K. A. S., Conger, R. D., & Elder, G. H. (2006). The short-term and decade-long effects of divorce on women's midlife health. *Journal of Health and Social Behavior, 47*(2), 111–125. <https://doi.org/10.1177/002214650604700202>

- Mendoza, J. E., Tolba, M., & Saleh, Y. (2020). Strengthening marriages in Egypt: Impact of divorce on women. *Behavioral Sciences, 10*(1), 1–8.
<https://doi.org/10.3390/bs10010014>
- Robinson Brown, D., & Gary, L. E. (1988). Unemployment and psychological distress among black American women. *Sociological Focus, 21*(3), 209–221.
<https://doi.org/10.1080/00380237.1988.10570979>
- Scott, K. M., Elisabeth Wells, J., Angermeyer, M., Brugha, T. S., Bromet, E., Demyttenaere, K., Gureje, O., Maria Haro, J., Jin, R., Nasser Karam, A., Kovess, V., Lara, C., Levinson, D., Ormel, J., Posada-Villa, J., Sampson, N., Takeshima, T., Zhang, M., Mental Health Center, S., ... Kessler, R. C. (2010). Gender and the relationship between marital status and first onset of mood, anxiety and substance use disorders. *Psychol Med, 40*(9), 1495–1505.
<https://doi.org/10.1017/S0033291709991942>
- Sharma, B. (2011). Mental and emotional impact of divorce on women. *Journal of the Indian Academy of Applied Psychology, 37*(1), 125–131.
- Smock, P. J., & Manning, W. D. (1999). *The Effect of Marriage and Divorce on Women ' s Economic Well-Being* Author (s): Pamela J . Smock , Wendy D . Manning and Sanjiv Gupta Source : *American Sociological Review* , Dec . , 1999 , Vol . 64 , No . 6 (Dec . , 1999) , pp . 794-812 Published by : Am. 64(6), 794–812.
- Ubaidi, B. A. Al. (2017). The Psychological and Emotional Stages of Divorce. *Journal of Family Medicine and Disease Prevention, 3*(3).
<https://doi.org/10.23937/2469-5793/1510060>
- Veevers, J. E. (2018). Traumas versus Strens: A Paradigm of Positive versus Negative Divorce Outcomes. In *Marital Instability and Divorce Outcomes: Issues for Therapists and Educators* (pp. 100-126). Routledge.
- Zaidi, U., Awad, S. S., Mortada, E. M., Qasem, H. D., & Kayal, G. F. (2015). Psychometric evaluation of Arabic version of Self- Esteem, Psychological Well-being and Impact of weight on Quality of life questionnaire (IWQOL-Lite) in female student sample of PNU. *European Medical, Health and Pharmaceutical Journal, 8*(2), 29–33. <https://doi.org/10.12955/emhpj.v8i2.703>

**APPENDIX A
QUESTIONNAIRE**

DEMOGRAPHIC

DISCLAIMER: THESE QUESTIONNAIRES ARE FOR RESEARCH PURPOSE ONLY. ALL INFORMATION PROVIDED WILL BE TREATED WITH UTMOST PRIVACY.

DIRECTIONS: Please answer each question as accurately as possible by circling the correct answer or filling in the space provided.

1. What is your age? _____
2. What is your ethnic background? _____
3. What is your nationality? _____
4. What is your religion? _____
5. Please choose the following that best describe your social class.
(a) Lower (b) Working (c) Middle (d) Upper middle (e) Upper
6. What is the highest level of education that you have ever completed?

7. Describe your employment status: _____
8. What is your marital status? _____
9. For how long have you been divorced? _____
10. Could you please state the reason (s) for your divorce?
(a)

- (b)

11. Do you have any child/children with your estranged spouse?
(a) Yes (b) No

12. If your answer to question 11 is yes, could you please state the number?

Thank you for completing this personal profile. Please respond to the attached surveys as well.

DASS 42

Please read each statement and circle a number 0, 1, or 2 which indicates how much the statement applied to you *over the past week*. There is no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

0 Did not apply to me at all

1 Applied to me to some degree, or some of the time

2 Applied to me to a considerable degree, or a good part of time

- | | | |
|----|--|-------|
| 1 | I found myself getting upset by quite trivial things | 0 1 2 |
| 2 | I was aware of dryness of my mouth | 0 1 2 |
| 3 | I couldn't seem to experience any positive feeling at all | 0 1 2 |
| 4 | I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion) | 0 1 2 |
| 5 | I just couldn't seem to get going | 0 1 2 |
| 6 | I tended to over-react to situations | 0 1 2 |
| 7 | I had a feeling of shakiness (eg, legs going to give way) | 0 1 2 |
| 8 | I found it difficult to relax | 0 1 2 |
| 9 | I found myself in situations that made me so anxious I was most relieved when they ended | 0 1 2 |
| 10 | I felt that I had nothing to look forward to | 0 1 2 |
| 11 | I found myself getting upset rather easily | 0 1 2 |
| 12 | I felt that I was using a lot of nervous energy | 0 1 2 |
| 13 | I felt sad and depressed | 0 1 2 |
| 14 | I found myself getting impatient when I was delayed in any way (eg, elevators, traffic lights, being kept waiting) | 0 1 2 |
| 15 | I had a feeling of faintness | 0 1 2 |
| 16 | I felt that I had lost interest in just about everything | 0 1 2 |
| 17 | I felt I wasn't worth much as a | 0 1 2 |

	person	
18	I felt that I was rather touchy	0 1 2
19	I perspired noticeably (eg, hands sweaty) in the absence of high temperatures or physical exertion	0 1 2
20	I felt scared without any good reason	0 1 2
21	I felt that life wasn't worthwhile	0 1 2
22	I found it hard to wind down	0 1 2
23	I had difficulty in swallowing	0 1 2
24	I couldn't seem to get any enjoyment out of the things I did	0 1 2
25	I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)	0 1 2
26	I felt down-hearted and blue	0 1 2
27	I found that I was very irritable	0 1 2
28	I felt I was close to panic	0 1 2
29	I found it hard to calm down after something upset me	0 1 2
30	I feared that I would be "thrown" by some trivial but unfamiliar task	0 1 2
31	I was unable to become enthusiastic about anything	0 1 2
32	I found it difficult to tolerate interruptions to what I was doing	0 1 2
33	I was in a state of nervous tension	0 1 2
34	I felt I was pretty worthless	0 1 2
35	I was intolerant of anything that kept me from getting on with what I was doing	0 1 2
36	I felt terrified	0 1 2
37	I could see nothing in the future to be hopeful about	0 1 2
38	I felt that life was meaningless	0 1 2
39	I found myself getting agitated	0 1 2
40	I was worried about situations in which I might panic and make a fool of myself	0 1 2
41	I experienced trembling (eg, in the hands)	0 1 2
42	I found it difficult to work up the initiative to do things	0 1 2

GENERALIZED ANXIETY DISORDER GAD-7

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days
1. Feeling nervous, anxious, or on edge	0	1	2
2. Not being able to stop or control worrying	0	1	2
3. Worrying too much about different things	0	1	2
4. Trouble relaxing	0	1	2
5. Being so restless that it's hard to sit still	0	1	2
6. Becoming easily annoyed or irritable	0	1	2
7. Feeling afraid as if something awful might happen	0	1	2
Add the score for each column	+	+	+
Total Score (add your column scores) =			

ROSENBERG SELF-ESTEEM SCALE

Instructions: Below is a list of statements dealing with your general feelings about yourself. If you strongly agree, circle *SA*; if you agree with the statement, circle *A*; if you disagree, circle *D*.

1. * At times, I feel that I am not as good as other people.	<i>SA</i>	<i>A</i>	<i>D</i>
2. * At times, I think I am no good at all.	<i>SA</i>	<i>A</i>	<i>D</i>
3. I feel that I have a number of good qualities	<i>SA</i>	<i>A</i>	<i>D</i>
4. I am able to do things as well as most other people	<i>SA</i>	<i>A</i>	<i>D</i>
5. * I feel I do not have much to be proud of	<i>SA</i>	<i>A</i>	<i>D</i>
6. * I certainly feel useless at times	<i>SA</i>	<i>A</i>	<i>D</i>

7. I feel that I'm a person of worth, at least equal to others	SA	A	D
8.* I wish I could have more respect for myself	SA	A	D
9.* All in all, I am inclined to feel that I'm a failure	SA	A	D
10. I take a positive attitude toward myself	SA	A	D

Arabic DASS 42

التاريخ: _____:

الذي يبين درجة انطباق هذا
الشعور عليك في الأسبوع الماضي. لا يوجد إجابات صحيحة أو خاطئة. لا تقضي وقتاً طويلاً في أي
منها.
اقرأ كل من النصوص التالية ثم ضع دائرة حول الرقم

استعمل التقديرات التالية:

- 0 لا ينطبق عليّ بتاتاً
1 ينطبق عليّ بعض الشيء أو قليلاً من الأوقات
2 ينطبق عليّ بدرجة ملحوظة أو بعض الأوقات

		وجدت إنني مضطرب ومنزعج بسبب أمور تافهة جداً	
		لم يبدو لي أن بإمكانني الإحساس بمشاعر إيجابية على الإطلاق	
		(شدة التنفس السريع، اللهثان بدون القيام بمجهود جسدي مثلاً)	
		لم يبدو لي أن بإمكانني أن أبدأ في القيام بأعمالي	
		كنت أميل إلى ردة فعل مفرطة للظروف والأحداث	
		()	
		وجدت نفسي في مواقف جعلتني قلقاً جداً، وكنت مرتاحاً للغاية بزوالها	
		شعرت بأن ليس لدي أي شيء أتطلع إليه	
		وجدت نفسي أميل إلى الاضطراب والانزعاج بسهولة	

			شعرت بأنني أستهلك الكثير في الطاقة العصبية (شعرت بأنني أستهلك الكثير من قدرتي على)	
			وجدت أنني قليل الصبر كلما أخرني شيء)	
			شعرت بأنني فقدت الاهتمام بكل شيء تقريباً	
			شعرت بأن قيمتي قليلة كشخص	
			شعرت بأنني أميل إلى الغيظ بسرعة	
			(عرق غزير من اليدين مثلاً) بدون أن يكون الطقس حاراً وبدون بذل مجهود جسدي	
			شعرت بالخوف بدون أي سبب وجيه	
			شعرت بأن الحياة لا قيمة لها	

استعمل التقديرات التالية:

7 لا ينطبق عليّ بتاتاً

7 ينطبق عليّ بعض الشيء أو قليلاً من الأوقات

ينطبق عليّ بدرجة ملحوظة أو بعض الأوقات

			لم اشعر بالاستمتاع بأي شيء أفعله	
			شعرت بضربات قلبي بدون مجهود جسدي (زيادة في معدل الدقات، أو غياب دقة قلب، مثلاً)	

			أجد صعوبة في استعادة هدوئي بعد انزعاجي من شيء ما	
			كنت أتخوف من مواجهة عمل بديهي لكنه غير مألوف لدي	
			لم أعد أتحمّل مقاطعة الآخرين لأعمالي	
			شعرت بعدم القيمة لحد ما	
			كنت لا أستطع تحمل أي شيء يحول بيني وبين ما أرغب في القيام به	
			شعرت بالهلع والرعب	
			لم أر في المستقبل ما يبعث على الأمل	
			شعرت بأن الحياة ليس لها معنى	
			كنت خائفاً من مواقف قد أفقد فيها السيطرة على أعصابي وأسبب إحراجاً لنفسي	
			(باليددين مثلاً)	
			وجدت صعوبة في أخذ المبادرة بعمل الأشياء	

ينطبق عليّ كثيراً جداً، أو معظم الأوقات

ARABIC GAD-7

آل يوم تقريباً	الأيام	نص الأيام	الأسبوعين الماضيين، أم مرّة أقلقتك المشاأل التالية؟
			“ () □ ”
2	1	0	1 - الشعور بالغضب أو القلق أو الانفعال الشديد.
2	1	0	2 - عدم القدرة على إنهاء القلق أو التحدّم فيه.
2	1	0	3 - القلق المفرط على أشياء مختلفة.

2	1	0	4 .	-
2	1	0	صعوبة البقاء في هدوء. 5	-
2	1	0	6 .	-
			- الشعور بالخوف أما لو أن شيئاً فضيعاً قد يحدث. 7	0 1 2

(_____ + _____ + _____ =Total Score T_____ For office coding)

إعداد الأطباء روبرت إل سبيترز، جانيت بي دلبو وليامز، آيرت أرونك والزملاء، بمنحة تعليمية من شراء
إذن لإعادة النسخ أو الترجمة أو العرض أو التوزيع. لا يلزم الحصول على Pfizer Inc.

مقياس روزنبرغ للتقييم الذاتي

المقياس عبارة عن مقياس ليكرت مكون من 10 عناصر مع إجابة العناصر على مقياس من أربع نقاط -
موافق بشدة إلى غير موافق بشدة. تتألف العينة الأصلية التي تم تطوير المقياس من أجلها من أكثر من 5000
طالب وطالبة في المدرسة الثانوية من 10 مدارس تم اختيارها عشوائياً في ولاية نيويورك.

: فيما يلي قائمة بالبيانات التي تتناول مشاعرك العامة عن نفسك.

SA

" "

D

SD.

1. . SA A D

2. SA A D * في بعض الأحيان ، أعتقد أنني لست جيداً على الإطلاق.

3. SA A D أشعر أن لدي عدداً من الصفات الجيدة

4. SA A D أنا قادر على القيام بالأشياء مثل معظم الأشخاص الآخرين

5. SA A D * أشعر أنه ليس لدي الكثير لأفخر به

6. SA A D * بالتأكيد أشعر بأنني عديم الفائدة في بعض الأحيان

7. SA A D أشعر أنني شخص ذو قيمة ، على الأقل مساو للآخرين

8. . *SA A D

9. SA A D * الكل في الكل ، أنا أميل إلى الشعور بأنني فاشل

10. SA A D أتخذ موقفاً إيجابياً تجاه نفسي

التهديف:

- النتيجة 10 7 4 3 1 SA = 3 A = 2

D = 1 SD = 0: 6 5 2 _____

9 النتيجة SA = 0 A = 1 D = 2 _____

تعتبر الدرجة بين 15-25

Ethics Committee approval

15.03.2021

Dear FenkTalaat Hamid

Your application titled “**The psychosocial consequences of divorce on women in Erbil**” with the application number YDÜ/SB/2021/914 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



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.

Plagiarism Report

dissertation

ORIGINALITY REPORT

6%
SIMILARITY INDEX

4%
INTERNET SOURCES

4%
PUBLICATIONS

1%
STUDENT PAPERS
