

# CAUSES OF DIVORCE AMONG WOMEN OF GILGIT CITY



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## **Acknowledgement**

All praises to almighty Allah, the independent power, the creator of the universe, blessed me with knowledge and enabled me to accomplish this task. I offer my humblest and sincerest words to the holy prophet **MUHAMMAD** (PBUH), who is forever torch of guidance for humanity.

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Wajeeha Rehber Ali

## **Abstract**

The studies explore causes of divorce among the women of Gilgit city. The study focuses particularly on young educated divorced women as a scope of study. By applying qualitative case study method, the present study critically explored the perspectives of women on divorce in the light of their own experience, their personal understanding on marital dissolution. Similarly tendency follows in the reasoning of their marital dissolution, which leads them to seek divorce. The reasons of divorce are multidimensional for the women. The study explore many traditional reasons of divorce such as family interferences, alcohol and drug addiction and physical violence and many modern reasons of divorce such as unrealistic expiations, incompatibility between spouses, lack of trust and freedom, husbands involvement in extra marital affairs and emotional torture. While socioeconomic factors like education and employment opportunity, women education and women empowerment. The study find that by leaving abusive marriages, women gain several individual positive changes, such as escape from physical and emotional torture, have an opportunity to live a happy life again. But post-divorce consequences are severe for women in relation to social reaction of their divorce. The study finds that women are faced by social exclusion and stigma, harassment in working place, difficulties in second marriage, and downswing changes in lifestyle in the face of social outlooks and psychological trouble in post-divorce situations.

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## **Chapter No.1**

### **INTRODUCTION**

### **1.1 Divorce:**

Divorce is one of the biggest threats to society because it kills the most fundamental unit, i.e. the family. Family is the cornerstone of the social life of any society, and women are the core of the family. Men make a house, but women make a home. Most of the recent research on intimate male violence against women has concentrated on the occurrence and response to harassment that occurs after women have ended their relationship (Fleury , Sullivan and Bybee2000).

When a man and a woman marry each other, they want to stay in the marriage partnership forever and expect loyalty from their spouse and only death divides them in this universe. But then often a situation happens where part of it has to happen. Differences become so pronounced that it becomes important to serve this relationship. Divorce is a split between husband and wife and has a number of drawbacks due to social pressure, an illegitimate relationship between husband and other women and a lack of economic capital. Due to divorce, the entire life of the family is seriously affected and also affects their children, just as the public opinion on the effects of divorce for children is as lively and polarised as the debate on divorce itself. Children are adversely affected by divorce in a number of ways. Compared to children of intact families, children from separated parents are substantially lower in academic performance, behaviour, psychological change, self-conception and social relationship measurements in hundreds of studies from the early 1980s.

### **1.2 World Scenario**

The National Center for Health Statistics estimates that more than 43% of all marriages will end in divorce within the first 15 years and that as of 2007, the annual rate of divorce is 36 per 1,000 people (National Vital Statistics Reports, 2007). Moreover, remarriage is one of the least effective marital transitions and results in higher levels of divorce with each successive remarriage (Krieder& Fields 2002). Astounding 43 per cent of marriages end in divorce within the first 15 years of marriage (Bramlett & Mosher, 2001) and as of 2007, the annual rate of divorce is 36 per 1,000 individuals (National Vital Statistics Reports, 2007).

The findings show that about 160,000 women could be at risk of relative need due to conjugal disturbance and could have a possible wage rise of up to EUR 2.4 billion as a result of

remarriage. Separation, which lowers family pay by EUR 15.000 annually, primarily affects 40 per cent of the pay dispersion at the base and places her at risk of slipping into relative neediness. There is a connection between the marital breakdown and the poverty of the family.

Looking at the latest estimates, Maldives is the country with the highest divorce rate in the world. The United States is leading with 4.34, headed by Belarus with 4.63.

Nations Divorces per 1,000 inhabitants per year

1. Maldives 10.97
2. Belarus 4.63 3 United States 4.34
3. Cuba 3.72
4. Estonia 3.65
5. Panama 3.61
6. Puerto Rico 3.61
7. Ukraine 3.56
8. Russia 3.42
9. Antigua and Barbuda 3.4

Similar to global trends, the rate of divorce is also growing steadily in Pakistan. ... In 2019 in Karachi 11,143 cases filed, in 2020 the first quarter of 3,800 cases filed, and in the one and a half years preceding June 2020 there were 14,943 cases filed, out of which 4,752 disposed of 2,000 divorced women in 2019, affecting 2,100 children.

### **1.3 Marriage as an institution**

It will depend on the general society in which they marry, but some couples may be considered married after living together for some time (precedent-based marriage). Despite the fact that marriage facilities, laws and professions vary greatly from one culture to another, marriage is considered a cultural general, which means that it is a socially open establishment in all societies.

Love is the union of one man and one woman for the procreation of the human race. ... According to some liberal academics, heterogeneous marriages wrongly exclude same-sex partnerships. Marriage is one of the most important and basic structures of society. ... In modern,

industrialised society, marriage functions less as a social institution and more as an additional source of intimacy.

Usually, marriage arrangements begin with a time of romance that culminates in a challenge to consummate marriage. This is followed by a wedding service that conveys and consents to mutual rights and responsibilities. In a variety of situations, a state or a strict position must recognize a marriage in order to be recognized as legitimate and legal.

#### **1.4 Divorce Rate: World-wide View**

In the Western world and many other countries, marriage is a pre-condition for a family. This is why marriage is often accepted socially with a swift desire for a couple to produce children, and why children born into the world outside of marriage are often characterized by a shame of wrongdoing. As the separation insights reveal, about one-fifth of the relationship ends in separation. 110,0007 couples were divorced in 2017 (the latest year for which official insights are presently accessible). Of the divorces, more than 101,000 involved separate sex partners, while more than 338 involved same-sex couples.

The number of same-sex couples who separated decreased in 2017, while the number of opposite-sex couples separating significantly increased (despite the fact that this is not out of the ordinary since same-sex marriage was just legitimized in 2014). In general, there has been a decrease in the level of marriages that have ended up with separate relationships since 2000, believed to be on the grounds that individuals would not be affected because they live together.

Divorce is frowned upon in Pakistan, despite the fact that several contemporary Pakistani women have divorced." In Pakistani society, wives are expected to stay in their marriages even though it is difficult for them. Because she was unable to retain her previous marriage, Pakistani culture considers the divorced woman to be a bad woman. Pakistan is a difficult place for Pakistani women to divorce in. It's a country where sexism is prevalent, and the norm conceals a wealth of information for such women. It goes without saying that the feminine gender's inferiority is passed down from generation to generation. With the passage of time, it only manages to reinforce itself in this patriarchal culture, with few able to properly fight it. However, women's marital life coexists with this male-dominated culture. The word *shaadi* (marriage) has

meant a lot to them since they can remember. This word has a lot of weight for women, not just in terms of dreams, but also in terms of pure significance. To marry into a decent, respectable family, to live with an attractive guy, to have children, and to live a decent life. That is one of most important goals.

Many young women in Pakistan see this as one of their top priorities. Many women's ambitions and ideal values have remained in their social backgrounds for decades. This isn't a one-time incident in class. It isn't just for women from lower and middling socioeconomic backgrounds. For many ladies have visualized this fantasy. However, things are now being called into doubt. Pakistanis no longer do so.

Separations between other gender partners tend to be higher between men over 45 and women over 40. That this study has shown that men tend to marry younger women. 60% of all other gender marriages end before the twentieth anniversary of the marriage at the usual (medium) duration of the marriage. Married couples, the last 12.2 years on average.

## **1.5 Cause of divorce**

### **Inconsistencies**

In today era people are so materialistic that their exaptation's to their spouse are very high especially for husband, wife wanted a luxury lifestyle and all essentials for a happy life in this hustle, they forget the harsh realities of life, they forget to compromise on limited resources, media is also consider a huge influencer in the brain washing of youth that they set a bar for their spouse to meet at any coste otherwise they cannot manage in their limited resources.

Dissolution of marriage is usually due these high expectations which a couple cannot meet and decide to end the unhappy relationship. All evolves and changes on their own life excursion. It's real, your life mate, and you're going to be an unforeseen person com

pared to who you've married at almost every point throughout your marriage. As long as you actually have affection and warmth towards each other, a cheerful marriage is totally imaginable regardless of whether you're completely different.

### **Economic causes of divorce**

The poor economic condition and unrealistic expectations are said to be one of the main cause of divorce. Men and women both create a lot of expectations when it moves toward to marriage and what to assume from a marriage. These expectations are based on numerous variables and difficulties arise when the conclusion (marriage) doesn't meet the expectations. Conjugal expectations rarely line up with the realities of what lifespan is like inside marriage. All through history love and money are considered as the two main forces behindhand marriage and, somewhat astonishingly, irrespective of which one has been the main force overdue a person's marriage the other generally undertakes equal reputation following the marriage.

### **Family interference/ force marriage**

Family interference is also one of the main causes of divorce in Pakistan because our society is very traditional and people are very family oriented. The patriarchal system in our families in which a good daughter never says NO to her parents or elders. That's why many forced marriages end up in divorce. The depression brought on by in-laws and family interference can easily lead to divorce. When a child enters a marital relationship, the parent-child relationship, like the husband wife relationship, faces challenges, requiring everyone to learn how to traverse their new roles. Couples must be connected and understand their parents' needs in order to maintain healthy relationships with their parents while also nurturing their own marriage

### **Husband wife relationship and lack of equality**

Lack of equality is one of the close causes of divorce, lack of mutual understanding, in present times. When one spouse feels that they take on extra responsibility in the marriage, it can change their view of the other person and lead to unpleasantness. Unpleasantness often increases to become one of the reasons for divorce.

### **Physical abuse and extra marital affairs**

Extramarital affairs can cause feelings of betrayal, which can lead to complex, argumentative and costly divorce proceedings. If one of the partners has been unfaithful, the confidence between them is shattered, which has ramifications in all aspects of the settlement talks, inquiries, and court proceedings. Divorce is an emotional experience for anyone

both parties may feel bereft. When you combine depression and anger toward one another with an affair, logic and reason can be lost. Spouses presume sexual exclusivity with one another, and betrayal is considered one of the most severe marriage violations. When you realise you've been fooled by a loved one, you'll feel ashamed, angry, outraged, and resentful.

## **1.6 MARRIAGES FORCE**

Marriage is a relationship that is based on mutual consent and understanding. It cannot be forced on someone; otherwise it may have an adverse effect. The primary brick in marriage is recognition without which it is merely a hollow, fragile bond which is more likely to crack. More of a fling that ends in resentment and disappointment leading to a divorce.

## **1.7 Physical and emotional ill care**

These are the biggest "get out now" indicators of danger in a relationship. Unfortunately, it is twice as common for women as men to be taken into account for different reasons. On the possibility that you or your youngsters are being mishandled, literally or inwardly, quit right away.

The end of a marriage is rarely something that makes you feel happy, and you may face anxiety about what the future holds or where you will end up. It is difficult for a person to survive without a companion. Change in our lifestyle, job and home can cause significant amounts of anxiety in even the most mild-tempered person.

## **1.8 Impact of parental divorce in children**

### **1.8.1 Bad academic success**

Holding Hands Divorce is painful for all individuals in the family. In the case of children, trying to understand the changing elements of the family can leave them overwhelmed and confused. This split in their every day center may mean that one of the effects of separation on children can be found in their scholarly execution. The more busy children they are, the more likely they are

not to have the option of nil in their school work. Their minds are delicate, and witnessing their parents separate permanently might send them into a state of shock. Divorce has long-term consequences for children, and it can affect their own relationships. According to studies, divorced parents' daughters have a 60 percent greater divorce rate than non-divorced parents' daughters in the United States. There are a number of plausible explanations for this association, including the fact that children may feel ignored, unhappy, or distracted as a result of increasing parental conflict. With time, a lack of interest in academics in high school may lead to a lack of interest in continuing their education in general.

### **1.8.2 Loss of Social Activity Interest**

Examination suggested separation may also have a social effect on children. Young people whose families are experiencing separation can find their memories more difficult to associate with others, and will usually have fewer social contacts. Now and then, youths feel unreliable and keep worrying about whether their family is the main family that has been divided.

Children whose parents are divorcing may find it difficult to relate to others and have fewer social interactions. Children may feel uneasy and question whether their family is the only one who has gone through a divorce. According to research, divorce can have a societal impact on children. Children from divorced households are more likely than children from two-parent homes to have externalising difficulties such as conduct disorders, delinquency, and impulsive behaviour. Children may encounter greater conflict with classmates following a divorce, in addition to greater behaviour difficulties.

### **1.8.3 Adapting the Trouble to Change**

By separation, youths may be affected by finding out how to adapt to change all the more frequently and all the more regularly. New relational peculiarities, new house or day-to-day setting, colleges, companions, and that's just the beginning, can all have an effect. Separation can



also cause psychological stress in which the person become depressed and feel guilty about the situation. Children whose parents are divorcing may find it difficult to relate to others and have fewer social interactions. Children may feel uneasy and question whether their family is the only one who has gone through a divorce. According to research, divorce can have a societal impact on children. Children from divorced households are more likely than children from two-parent homes to have externalising difficulties such conduct disorders, delinquency, and impulsive behaviour. Children may encounter greater conflict with classmates following a divorce, in addition to greater behaviour difficulties.

One cannot cope up with the situation, the sudden change in life make the victim depressed and other mental issues. The societal pressure and the guilty feeling make a the life of a women miserable.

#### **1.8.4 Genially Adaptive**

Separation will bring a few kinds of feelings to the family's cutting edge, and the youngsters involved are the same. Feelings of misfortune, indignation, disarray, tension, and many others can all come from this development. Separation can make youngsters feel overpowered and profoundly touched. Kids need a conduit for their feelings—someone to speak to, someone to listen in, and so on—youth can feel the effect of separation in how they evaluate their feelings.

#### **1.9 Outrage/Irritation**

Now and then, when youths feel frustrated and don't have the foggiest understanding of how to respond to the influences they feel during a divorce, they can lose control or crab. Divorce has long-term consequences for children, and it can affect their own relationships. According to studies, divorced parents' daughters have a 60 percent greater divorce rate than non-divorced parents' daughters in the United States. There are a number of plausible explanations for this

association, including the fact that children may feel ignored, unhappy, or distracted as a result of increasing parental conflict. With time, a lack of interest in academics in high school may lead to a lack of interest in continuing their education in general.

Their indignation may be directed at a wide variety of known causes. Kids handling separation can be outraged by their own individuals, themselves, their companions, and others. While this displeasure disperses some youngsters after half a month, with the possibility that it will last, it is important to know that this may be the waiting effect of separation on children.

### **1.10 Objectives of study**

1. Socioeconomic and cultural causes of divorce
2. Exploring the relationship if any between economic conditions and divorce
3. Attitudes towards causative factors of divorce
4. Socio-psychological causes of divorce

**CHAPTER NO. 2**

**LITERATURE REVIEW**

## 2.1 Divorce

Divorce is a definite possibility, since it is for almost all. In spite of the drastic drop in the marriage rate over the last few decades, at least 90% of people still get married.

The rise in divorce over the last century, and the acceleration in the 1960s, is one of the main demographic shifts in our Western countries. At the beginning of the twentieth century, any relationship that ended with the death of an individual ended. With the increasing rate of divorce in the twentieth century, along with the decline in adult mortality, the proportion of divorce as a quick cause of separation increased rapidly. The theory why the rates of divorce have risen is due to changes in the economic, social and philosophical spheres.

Traditional societies that are modernizing are gradually losing the stigma of divorce. Families have now prioritized happiness over compromise. Increased tolerance for divorce is a product of how rapidly our society is changing and how laws cannot cope with rapid change.

The high recurrence of divorce has encouraged greater social acceptance, the social stigma surrounding it has steadily dissipated, and is increasingly seen as a normal and legitimate stage of life. With the increased participation of women in the labor force and the ageing of the population, the economic consequences of marital separation have become less severe. Divorce is known as a new chance for happiness and a possible release from a broken child family (Amato 2000).

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lot to them since they can remember. This word has a lot of weight for women, not just in terms of dreams, but also in terms of pure significance. To marry into a decent, respectable family, to live with an attractive guy, to have children, and to live a decent life. That is one of most important goals.

Many young women in Pakistan see this as one of their top priorities. Many women's ambitions and ideal values have remained in their social backgrounds for decades. This isn't a one-time incident in class. It isn't just for women from lower and middling socioeconomic backgrounds. For many ladies have visualised this fantasy. However, things are now being called into doubt. Pakistanis no longer do so.

The high and increasing incidence of divorce, with its numerous implications for the lives of adults and their posterity, has given rise to interest among social researchers in the arrangement of factors that contribute to or sustain a relationship between adults and adults. Ways to approach this topic of family demographics can be separated into two distinct groups. One particular form of research focuses on the impacts of various broad-scale social impacts on divorce rates, using different time arrangements or cross-public data, on the impacts of, for example, social quality, changes in divorce laws, and financial factors, such as the pace of female labour cooperation or monetary cycles (e.g., South 1985; Trent and South 1989). Social investigations are important for understanding long-term trends in divorce rates and how these rates vary across cultures.

The financial situation of people and couples is known to affect their life possibilities and decisions which, in turn, have a profound effect on their life behavior. The family is a significant economic unit intended to assess the economic security of its members and also to guarantee the economic security of those who do not work in the labor market.

### **Dynamics of divorce;**

According to Kurdek (1993: p238), in terms of relationship dynamics, these demographic risk factors represent 'a general lack of preparation for or doubtful competency in performing marital roles or resolving interpersonal conflict constructively' by either or both partners.

Consistently cited marital problems perceived by men and women as the cause of divorce include poor communication, basic unhappiness, loss of love and incompatibility, infidelity, mental illness or emotional problems, conflict over men's and women's roles, and spouses' personality traits (Burns 1984).

The ideological revolution was not far behind. In the 1950s there had been stunningly high public approval of what people now call traditional families married heterosexual couples in which the husband worked and the wife stayed home with the kids.

Researchers have identified the most common reasons people give for their divorces. A recent national survey<sup>79</sup> found that the most common reason given for divorce was "lack of commitment" (73% said this was a major reason). Other significant reasons included too much arguing (56%), infidelity (55%), marrying too young (46%), unrealistic expectations (45%), lack of equality in the relationship (44%), lack of preparation for marriage (41%), and abuse (29%).(People often give more than one reason, so the percentages add up to more than 100).

Researchers have found that about half of all divorces come from relatively low-conflict relationships. Early research suggests that "cybersex addictions are a major factor contributing to separation and divorce for many couples. <sup>106</sup> Many women view pornography as a form of infidelity. <sup>107</sup> The Internet is used by more than half of Americans and 20%-30% of those people who use the Internet use it for sexual purposes. <sup>108</sup> The majority of people who have sexual addictions involving Internet pornography are married, heterosexual males. <sup>109</sup> Not surprisingly, Early research on pornography and marital relationships has found that frequent pornography use tends to be associated with sexually aggressive behavior, sexual deviance, decreased intimacy, decreased sexual satisfaction, and increased marital dissatisfaction.

Divorce, like marriage, has also been found to be highly heritable. McGue and Lykken (1992) found the proportion of genetic variance in the risk of getting a divorce was slightly greater than 50%.

Jockin (1996) found that up to 40% of the variance in the heritability of divorce is from genetic factors that affect the personality of one spouse. Traditionalism and social potency were the most important correlates of divorce risk, as were high scores in both neuroticism and extraversion. spouses interact with one another stems from genetically influenced characteristics; however,

they posit that the same influences do not always operate similarly in different social settings. In addition, various pathologies may have negative effects on marital quality or vice versa.

Dehle (1998) found that low marital quality predicted an increase in depressed mood and at the same time initially higher scores of depression predicted greater decline in marital quality. Divorced individuals have also shown increases in various pathologies such as affective disorders, gambling and substance abuse.

The study of effects of life course transitions and of disparities in psychological distress may be integrated if an adverse family background makes people more vulnerable to the effects of transitions later in the life course, such as divorce.

Family background may affect vulnerability because it influences the level of available adulthood resources that may help in buffering the troublesome influences of a divorce. First, people's adult social position is to a considerable extent determined by their family background. As a consequence, people with an adverse family background tend to have fewer resources to defend the effects of a set-back. Studies showing a link between people's own socio-economic resources and vulnerability to negative life events are in line with this argument, as they indirectly point to the importance of the family background (Liu and Chen, 2006; McLeod and Kessler, 1990; Wang & Amato, 2000).

## **2.2 Marriages are becoming less frequent**

Marriage rates are falling in a number of nations, and the percentage of people who marry is decreasing globally. Contrary to popular belief, the recently published predictability of divorce risk contrasts

On the one side, there is a divide between educational groups, and on the other, there is a divide between middle-class jobs.

In the other side, it was discovered that manual labourer clusters (Finnäs 2000, Jalovaara 2001) are explicit in usually short-length connections. The findings are generally consistent with those from the United States, which indicate that (wife's) education is a stronger predictor of early marital distress (Morgan and Rindfuss 1985, South 2001, South and Spitze 1986), while the effects of factors such as companionship, compensation, and material resources remain relatively

minor when compared to conjugal occupations (Booth et al. 1986, South and Spitze 1986, White and Booth 1991) Macro-social studies are essential to comprehend the significant developments in divorce.

### **Infidelity**

Amato used national panel data collected between 1980 and 1997 to classify 208 people's open-ended responses to a question on why their marriages ended in divorce. Infidelity was the most commonly reported cause, followed by incompatibility, drinking or drug use, and growing apart. People's specific reasons for divorcing varied with gender, social class, and life course variables.

Former husbands and wives were more likely to blame their ex-spouses than themselves for the problems that led to the divorce. Former husbands and wives claimed, however, that women were more likely to have initiated the divorce.

People who attributed the cause of the divorce to the relationship itself, rather than to internal (self) or external factors, tended to have the best post-divorce adjustment (Amato, Previti, 2003).

Sexual fidelity is a key norm regulating the institution of marriage, any occurrence of Extra Marital Sex (EMS) could potentially contribute to Marital dissolution. Although the relationship between EMS and marital dissolution has been demonstrated in past research, studies have yet to show if the occurrence of EMS causes a marriage to break down, or if an unraveling marriage prompts spouses to seek alternative sexual partners. In this 17-year longitudinal study (N=1475), Amato and Previti assessed whether EMS precedes or follows deteriorations in marital quality. They estimated the effects of marital happiness and divorce proneness on EMS, the effects of EMS on subsequent Marital happiness and divorce proneness, and the effects of all three variables on divorce. The results indicate that divorce proneness predicts the occurrence of EMS. Results also suggest that EMS lowers subsequent marital happiness, increases subsequent divorce proneness, and increases the odds of divorce. We conclude that infidelity is both a cause and a consequence of relationship deterioration.

(Amato, Previti, 2004).



### **2.3 Time rates and significant cultural disparities.**

Prior research has shown that when a woman stays at home, her probability of divorce declines in comparison to when she works; moreover, when both the wife and husband are unemployed, the risk of divorce increases in comparison to when both partners are jobs (Jalovaara 2001, in press). The current research demonstrates that the impact of work and unemployment on partners are comparable through marital durations. The findings indicate that regardless of the length of the union, the wife's net high salary raises the likelihood of divorce. Affluence It was discovered that having a husband reduces the likelihood of divorce, especially in medium-term marriages. The net result of the husband's income was limited and erratic, except in the shortest relationships, and this was not attributed to the relatively low proportion of employed husbands during that marital period. Using a combination of census data and aggregated divorce statistics, this study investigates how socio-economic conditions influenced the risk of divorce among men in different occupations during the 1920s and 1930s in Sweden. The results support the theoretical presupposition that the stability of marriage was associated with the degree of economic interdependence between spouses. Rural, low-income, single-provider households with many children exhibit a significantly lower probability of divorce than urban, dual-provider, high-income households with few children. This lends support to a socio-economic growth hypothesis stating that lower levels of marriage stability first developed in the wealthier stratum of society living in urban settings. The tendency of decreasing marriage.

### **2.4 Perception of married women for divorce**

In several countries today, women with specialized qualifications divorce at a lower rate than women without academic qualifications (Härkönen and Dronkers 2006; Kalmijn 2013; Martin 2006; Matysiak, Styr, and Vignoli 2014; Park, Raymo, and Creighton 2009; Raymo, Fukuda, and Iwasawa 2013). Divorce may be detrimental to both adults and children's well-being, and divorce rates are a significant factor in the social stratification of family demographics (e.g., Heckman 2008; McLanahan 2004; Putnam 2015).

However, we know little regarding the possible causes for the longevity of qualified women's marriages (Amato 2010: 661). This is an enthralling trend on a theoretical level. While the impact of women's education on divorce is unclear, research indicate that it may destabilise rather than stabilise relationships or provide women with the ability to exit an unsatisfactory marriage (cf. Kreager et al. 2013; Lyngstad and Jalovaara 2010) . Divorce is frowned upon in Pakistan, despite the fact that several contemporary Pakistani women have divorced." In Pakistani society, wives are expected to stay in their marriages even though it is difficult for them. Because she was unable to retain her previous marriage, Pakistani culture considers the divorced woman to be a bad woman. Pakistan is a difficult place for Pakistani women to divorce in. It's a country where sexism is prevalent, and the norm conceals a wealth of information for such women. It goes without saying that the feminine gender's inferiority is passed down from generation to generation. With the passage of time, it only manages to reinforce itself in this patriarchal culture, with few able to properly fight it. However, women's marital life coexists with this male-dominated culture. The word *shaadi* (marriage) has meant a lot to them since they can remember. This word has a lot of weight for women, not just in terms of dreams, but also in terms of pure significance. To marry into a decent, respectable family, to live with an attractive guy, to have children, and to live a decent life. That is one of most important goals.

Many young women in Pakistan see this as one of their top priorities. Many women's ambitions and ideal values have remained in their social backgrounds for decades. This isn't a one-time incident in class. It isn't just for women from lower and middling socioeconomic backgrounds. For many ladies have visualised this fantasy. However, things are now being called into doubt. Pakistanis no longer do so.

The study of the wellbeing of married educated women has focused on specific fiscal, demographic, and psychological variables. Women with a higher degree of schooling have a lower divorce rate, owing to their greater marital appetite and greater obstacles to divorce.

Divorce is an individual's encounter, often a negative one, and each couple has a unique experience. Divorce, on the other hand, may provide opportunities for personal development.

## **2.5 Educated women and divorce**

Women's job growth is harmed as they work more hours. Increase their out-of-pocket opportunities and reduce their chance of divorce compared to others who are exclusively skilled in home-based fields. Additionally, (Fella et al. 2004;) demonstrate this. Changes in social norms can also better account for the increase in divorce rates than changes in social norms. Married women are more likely to remain happily married, according to research (Härkönen and Dronkers 2006; Kreager et al. 2013; McLanahan and Jacobsen 2015). This has prompted many to believe that qualified women would face greater obstacles to divorce, thus stabilizing their relationships.

Women's schooling has the potential to affect divorce across economic and non-economic channels, stabilizing or destabilizing relationships. Human capital growth, like other economic fields, is a strong predictor of marital stability. Although husbands' incomes stabilize relationships, whether wives' incomes have a comparable impact remains a point of contention (Lyngstad and Jalovaara 2010; White and Rogers 2000). Indeed, female human capital has the potential to destabilise partnerships by decreasing the returns to a gendered division of labor (Becker, Landes, and Michael 1977) or by reducing wives' financial reliance on their husbands and enabling them to leave troubled marriages (Kreager et al. 2013; Sayer et al. 2011; Schoen et al. 2002). Others also argued in the same direction, arguing that since wives' economic resources increase the family's quality of life and economic stability, they can be used to stabilize relationships in the same manner that husbands' economic resources do.

Education may often influence divorce for factors other than economics, but these reasons are frequently speculative.

Married women who attend college usually marry later in life, indicating marital stability (Lampard 2013). In certain countries (but not all; see, for example, Goldstein and Kenney 2001), trained women marry fewer, and those who do might be more dedicated to marriage (see, for example, Bernardi and Martnez-Pastor 2011). Additionally, women with less education are more likely to have children prior to marriage (PerelliHarris et al. 2010), which is another predictor of marital discord.

Additionally, scholars have proposed clinical and societal explanations regarding divorce's detrimental educational gradient. My essay examines the relationship between knowledge and

interpersonal abilities. although there is little evidence to support this hypothesis. Individuals with a high level of education may face considerably higher social costs associated with divorce (cf. hGoode 1963).

Whereas an educated woman increases the likelihood of divorce because educated people have more outside resources as a result of their introduction to the work market, and educated women are less sacrificing and less tolerant, as they are aware of their rights and do not accept violence until they achieve independence by getting a job and being economically strong. People are treated more kindly and fairly by unmarried and illiterate women.

## **2.6 Family factors causing divorce**

Wherever there were sex comparisons, they were usually short. Men suffered greater declines in life satisfaction, especially in daily life satisfaction, during the divorce era, but the gender difference in these findings vanished over the subsequent years. A similar pattern was seen for women's greater declines in fulfilment of family pay, implying that sex disparities in divorce outcomes are, for the most part, greater in the short term than in the long term. Family interference is also one of the main causes of divorce in Pakistan because our society is very traditional and people are very family oriented. The patriarchal system in our families in which a good daughter never says NO to her parents or elders. That's why many forced marriages end up in divorce. The depression brought on by in-laws and family interference can easily lead to divorce. When a child enters a marital relationship, the parent-child relationship, like the husband wife relationship, faces challenges, requiring everyone to learn how to traverse their new roles. Couples must be connected and understand their parents' needs in order to maintain healthy relationships with their parents while also nurturing their own marriage.

Interference from families was the second cause in divorce. As men and women begin their joint lives, they assume additional responsibilities toward their partner. Oftentimes, relatives engage with their children's lives to help them, which not only creates problems, but also accelerates the divorce epidemic.

Parents divorce

Studies show, in particular, that people whose parents divorced, or who grew up with a single parent have less contact with both parents and can count less on their (step) parent(s) later in life (Amato, 2000).

Lander man, George, and Blazer (1991) find for a representative community sample in the USA that people whose parents divorced or separated during childhood suffered more from the effects of negative life events in the past year (more alcohol problems and psychiatric disorders) than people whose parents stayed together.

Rodgers (1994) investigated whether an interaction effect existed between parental divorce and the experience of a number of life events on mental health in a UK birth cohort followed since 1946. He found that women whose parents divorced suffered more from their own divorce than women whose parents did not divorce. He did not find such an interaction effect for men. Storksens (2007), however, presented opposite results using Norwegian data.

They found no interaction effect for women but find that for men parental divorce worsens the effects of own divorce. McLeod using a sample of married people in the US did not find significant interactions between parental divorce and parental death in childhood with the effects of own divorce on mental health

## **2.7 Perception of married men on divorce**

This theme focuses on men's odds of repartnering after divorce, which are typically higher. For example, 70% of men and 50% of women remarried during the first decade after divorce (De Graaf and Kalmijn 2013)

Men's repartnering benefits have been observed in other European countries (Ivanova et al. 2013) and the United States (Wu and Schimmele 2005). Individuals of citizen children are less likely to remarry, whereas females are more likely to obtain custody (Ivanova et al. 2013). Second, older individuals are less attractive to the remarriage industry, and this effect is more pronounced for women.

This perception of women bearing the brunt of divorce and requiring greater public and private care than their ex-partners is partly supported by evidence. Additionally, the apparently clear image becomes murky when seen in the context of divorce results in general. Divorce has a host of effects, including improvements in economic standing, wellbeing and well-being, family relationships, and social relations. Numerous researches have shown that men are more susceptible to the negative consequences of divorce in these countries, including greater health losses and poorer subjective well-being after breakup.

Increased likelihood of developing unhealthy behaviours, disproportionate declines in family life satisfaction (Leopold and Kalmijn 2017), increased discontent with custody arrangements (Bauserman 2012; Sheets and Braver 1996), and increased feelings of loneliness and social isolation (Dykstra and Fokkema 2007). Human traits and sociocultural influences such as poor preference, unmet emotional needs, parental interference, and strong family ties were found to be more influential than traditional (sexual or physical) factors. Unsatisfied or diminished emotional requirements are the second most common reason for divorce of both men and women. Each man and woman has their own aspirations of their spouse, which they would be frustrated if they are not fulfilled.

## **2.8 Economic cause for divorce**

Combining outcome approaches with a broad monitoring period enables me to ascertain the short- and medium-term consequences of divorce, as well as gender differences. The research used fixed-effect models to examine intra-person shifts happening up to five years prior to and after divorce. Histories Divorce's Economic Consequences Numerous surveys have shown that women bear a disproportionate share of the economic costs of divorce. Following divorce, women face a greater reduction in family income and a greater chance of poverty (Smock 1994; Smock and Manning 1999). On the other side, their ex spouses would improve their standard of life throughout the post-divorce years. Bad economic conditions and high aspirations are seen as major contributors to divorce. The poor economic condition and unrealistic expectations are said to be one of the main cause of divorce. Men and women both create a lot of expectations when it moves toward to marriage and what to assume from a marriage. These expectations are based on numerous variables and difficulties arise when the conclusion (marriage) doesn't meet the expectations. Conjugal expectations rarely line up with the realities of what lifespan is like inside

marriage. All through history love and money are considered as the two main forces behindhand marriage and, somewhat astonishingly, irrespective of which one has been the main force overdue a person's marriage the other generally undertakes equal reputation following the marriage.

Both men and women build a great deal of anticipation when they approach marriage and what to hope from it. These assumptions are contingent on a variety of factors, and complications emerge when the outcome (marriage) falls short of expectations. Conjugal desires seldom correspond to the reality of married life. Throughout history, passion and wealth have been regarded as the two primary forces underlying marriage, and, somewhat surprisingly, regardless of whether one was the primary force underlying a person's marriage, the other usually assumes similar prominence following the marriage.

The explanations behind these gender disparities focus on four risk factors specific to women (Bröckel and Andress2015; Holden and Smock19).

- (1) Increased economic demands and diminished earning capacity in the presence of children
- (2) Inadequate child care
- (3) Excessive income loss, which is often not fully offset by spousal maintenance
- (4) Human resource deficits as a result of gender specialisation in the division of labour during marriage. Although there is proof that divorce is more daunting for women economically.

## **2.9 Cultural differences between couples' families**

The most important social risk factors for divorce include cultural differences between couple families and substance and alcohol abuse. Additionally, divorce rates are significantly influenced by a lack of ethical commitment, infidelity, a lack of communication skills, a dysfunctional personality, lifestyle changes, unhappiness throughout the marriage, a lack of forgiveness, false pride, a lack of respect for one another, a need for vengeance, excessive sensitivity, increased verbal distance between spouses, violence and frequent bickering, and Family. Unresolved problems cause discord between families and among their representatives. Unsuccessful attempts to resolve such issues may result in increased suffering for any family. The patriarchal system in

our families in which a good daughter never says NO to her parents or elders. That's why many forced marriages end up in divorce. The depression brought on by in-laws and family interference can easily lead to divorce. When a child enters a marital relationship, the parent-child relationship, like the husband-wife relationship, faces challenges, requiring everyone to learn how to traverse their new roles. Couples must be connected and understand their parents' needs in order to maintain healthy relationships with their parents while also nurturing their own marriage. Families that have experienced physical or relational abuse are in a state of distress. Additionally, a society's well-being is contingent upon the psychological and physical well-being of its women.

## **2.10 Who suffers most from divorce, male or female?**

Discourses on gender inequalities in divorce's results, as well as strategies aimed at resolving these disparities, often focus on women's insecurity (Amato 2000; Diedrick 1991). Following divorce, women suffer disproportionate declines in family income and housing standards (de Vaus et al. 2015; Smock 1994), as well as sharp increases in the likelihood of divorce (Bianchi et al. 1999; Peterson 1996). Women could also be at a higher risk of losing their home owing to financial difficulties. Women's lower remarriage rates, single parent status, and higher childcare costs all obstruct their economic recovery. It is important to keep in mind that the obstacles to divorce might not be as strong as they once were. Numerous scholars also argued that the marriage roots have shifted toward higher expectations of marital fulfilment and personal satisfaction (Cherlin 1992; Coontz 2005). This demonstrates that a sizable proportion of current divorces result from marriages of low marital satisfaction, but not from marriages of high quality. As a general rule, barriers are essential to keep relationships intact with at least a modicum of satisfaction, while the majority of unhappy marriages would breakdown in any event. Perhaps the case was different a few decades back, when divorce was socially and legally sanctioned more strictly and spouses separated frequently for grave infractions or other dramatic causes. Even such spouses needed assistance, such as schooling, in order to transcend social barriers to divorce (Goode 1963). And as schooling continues to aid in the abolition of destructive marriages today (Kr 1963).



## **2.11 Social status of divorce.**

Recent evidence indicates that a spouse's poor socioeconomic status is associated with an elevated chance of marital discord. In today's culture, marital difficulties are more prevalent among men who work in unskilled manual labour. It has been shown that a higher degree of schooling in one or both partners reduces the risk of marital interruption. Both partners have been shown to be strongly associated with the risk of divorce in the majority of situations. The rise in divorce over the last century, and the acceleration in the 1960s, is one of the main demographic shifts in our Western countries. At the beginning of the twentieth century, any relationship that ended with the death of an individual ended. With the increasing rate of divorce in the twentieth century, along with the decline in adult mortality, the proportion of divorce as a quick cause of separation increased rapidly. The theory why the rates of divorce have risen is due to changes in the economic, social and philosophical spheres.

Traditional societies that are modernizing are gradually losing the stigma of divorce. Families have now prioritized happiness over compromise. Increased tolerance for divorce is a product of how rapidly our society is changing and how laws cannot cope with rapid change.

The high recurrence of divorce has encouraged greater social acceptance, the social stigma surrounding it has steadily dissipated, and is increasingly seen as a normal and legitimate stage of life. With the increased participation of women in the labor force and the ageing of the population, the economic consequences of marital separation have become less severe. Divorce is known as a new chance for happiness and a possible release from a broken child family

In general, individuals from poorer socioeconomic backgrounds face a greater likelihood of divorce; however, university education in general and higher education homogamy in particular has been found to reduce the probability of divorce as opposed to other types of education and homogamy/heterogamy trends. Due to the fact that all spouses have a graduate degree, they divorce at a lower rate. We discover that the stability of a husband's employment is a significant factor in a couple's divorce rate, while the stability of a woman's employment tends to be less stable: nevertheless, the direction of this pattern is unknown.

## **2.12 Why is women's education stabilising marriages?**

In several contemporary cultures, educated people divorce less often than less educated women (Härkönen and Dronkers 2006; Kalmijn 2013; Martin 2006; Matysiak, Styrç, and Vignoli 2014; Park, Raymo, and Creighton 2009; Raymo, Fukuda, and Iwasawa 2013). Given that divorce can have a detrimental impact on the well-being of parents and adolescents, the harmful educational gradient associated with divorce is a critical component of family demographic social stratification.

However, we know nothing about the factors that contribute to eligible women's greater marital stability. While this trend is technically important, its significance has not been established. While the impact of women's education on divorce are uncertain (Becker, Landes, and Michael 1977), existing sources usually predict that it destabilises – rather than stabilises – relationships or provides women with the means to quit unsatisfactory marriages (cf. Kreager et al. 2013; Lyngstad and Jalovaara 2010). Following divorce, women suffer disproportionate declines in family income and housing standards (de Vaus et al. 2015; Smock 1994), as well as sharp increases in the likelihood of divorce (Bianchi et al. 1999; Peterson 1996). Women could also be at a higher risk of losing their home owing to financial difficulties. Women's lower remarriage rates, single parent status, and higher childcare costs all obstruct their economic recovery.

The increased marital stability of educated women has been attributed to a variety of economic, demographic, and psychological influences. Women with educated marital stability can profit from increased marital attraction, less marriage alternatives, or higher divorce barriers. Numerous studies also shown that educated women have higher-quality relationships, which translates into greater marital satisfaction (Härkönen and Dronkers 2006; Kreager et al. 2013; McLanahan and Jacobsen 2015). Furthermore, obstacles to divorce have been shown to be more closely associated with schooling. However, a fundamental shift in the partnership between schooling and various divorce hurdles appears improbable. Boertien & Härkönen: Boertien & Härkönen:

It is important to keep in mind that the obstacles to divorce might not be as strong as they once were. Numerous scholars also argued that the marriage roots have shifted toward higher expectations of marital fulfilment and personal satisfaction (Cherlin 1992; Coontz 2005). This

demonstrates that a sizable proportion of current divorces result from marriages of low marital satisfaction, but not from marriages of high quality. As a general rule, barriers are essential to keep relationships intact with at least a modicum of satisfaction, while the majority of unhappy marriages would breakdown in any event. Perhaps the case was different a few decades back, when divorce was socially and legally sanctioned more strictly and spouses separated frequently for grave infractions or other dramatic causes. Even such spouses needed assistance, such as schooling, in order to transcend social barriers to divorce (Goode 1963). And as schooling continues to aid in the abolition of destructive marriages today (Kr 1963).

#### Premises

1. Divorce is a major source of contention in Pakistani culture.
2. Economic factors seem to play a major role in divorce.
3. The stigma associated with divorce eventually fades away.
4. Education equips women with the tools necessary to end unhealthy marriages and enjoy a happier life.
5. Parents value satisfaction above all others.
- 6.

## **CHAPTER NO.3**

### **THEORITICAL FRAMEWORK**

### **3.1 Self-perception theory**

Self-perception is predicated on the assumption that individuals draw inferences regarding their own beliefs, emotions, and actions based on their perceptions of external conduct and the situations around such behaviors (Bem, 1965). External factors, such as financial difficulties, may often have an impact on marriage breakdown. Another frequent indicator of how self-perception will (negatively) affect a romantic partnership is the disadvantages of long-term relationships. Both couples note that they are no longer as passionate for one another in this situation. They remember how thrilling it was early in their partnership, when they were first partners, and how the challenge, suspense, risk, and novelty held them alive. However, as in any long-term relationship, desire wanes in exchange for convenience, stability, and partnership. Many partners, though, are unaware of this normal phenomenon and see it as a fault in their own partnership. As a result, they note their own loss of attraction and view it as a sign that they have lost interest in their relationship.

Marriage and divorce cannot be interpreted without taking psychological considerations into account. For instance, some social science hypotheses may be used to further explain how interpersonal contact affects marriage and how certain interpersonal relationships can result in divorce.

### **3.2 vulnerability-stress-adaptation model of marriage**

Allowing for a predictable shortcoming in a partner is daunting, all the more so because marriage and other intimate relationships do not occur in a vacuum. The way spouses think and act against one another is influenced by larger factors that affect marriage and interpersonal relationships. If analysis explores additional mechanisms that contribute to marital pleasure intensity and transition, models of these processes have evolved to account for certain larger influences. The vulnerability-stress-adaptation model of marriage is one paradigm that makes this attempt (i.e. the VSA models: Karney & Bradbury, 1995). According to the VSA model, adaptive processes (e.g., problem solving, justifying one another's behavior) have a clear effect on how marital gratification changes across time. Additionally, the model implies that these processes are facilitated by spouses' enduring shortcomings, such as cognitive style, behavioral characteristics,

and childhood practices, as well as the demanding situations they face beyond the partnership, such as job load, economic pressures, and health problems.

According to the VSA model's research, there are two general explanations why spouses' attempts to maintain their initially high marital satisfaction can fail over time. To begin, some individuals are inherently better at it than others. For instance, when requested to compose open-ended paragraphs regarding marital problems, some partners understand that any dispute has two sides and that consensus is possible. Other writers focus only on their own viewpoint, failing to acknowledge that other viewpoints are possible, let alone failing to address actual marital problems. The capacity to recognize different perspectives emerges as a major indicator of the content of their dialogue as rated by an external observer (Karney & Gaer in press). Indeed, wives whose parents split when they were children and husbands who grew up in intensely negative family situations have a harder time settling conflicts together and are at risk of declining marital happiness as a consequence (Story, Karney, Lawrence, and Bradbury, 2004).

Second, preserving a partnership requires resources, which is scarce in certain contexts. It is insufficient for couples to possess the potential to solve problems successfully if they lack the capacity to do so in the moment. Unfortunately, in times of stress, even couples who are usually successful at maintaining their relationship can struggle. To assess this scenario, recent married couples were questioned every six months during the first four years of their relationships regarding the children of expiations they produced for one another's derogatory behaviors. They were often asked to describe and rate traumatic events that occurred outside of marriage (e.g., work stress, financial strains, conflict with friends or extended family, health issues, etc.) over any six-month interval, regulatory for changes in their marital satisfaction during that time period the way spouses implicitly each other a negative behavior during each assassination. When tension levels were limited, couples were able to generate more generous reasons about one another's unpleasant attitudes, keeping the behavior from negatively impacting their overall feelings about the union. However, after times of comparatively high tension, the same partners who had shown this skill were somewhat less apt to practise it, and therefore more likely to fault their parents for previously excused harmful behaviour.

### **3.3 Application**

Six out of ten case studies in my study are relevant to the vulnerability burden. Adaptation model of marriage in which women were originally happy with their marital partnership but were stressed as a result of external factors such as economic problems, legal conflicts, and a personality transformation. They refuse to use certain problem-solving techniques to improve marriage happiness, which results in certain case studies being apart or divorcing.

## **CHAPTER NO.4**

### **CONCEPTUALIZATION AND OPERATIONALIZATION**



This chapter is concerned with the concept used in present research should be define theoretical-ly and operationally. The following concepts have been used in this research. Conceptualization and operationalization are very important and basic step in process of defined conceptually and operationally, researcher begins with measurements with conceptualization.

## **4.1 conceptualization**

### **4.1.1 Marriage**

Marriage is based on the anthropological truth that men and women are complementary the biological fact that reproduction depend on men and women and social reality that children needed a father (Anderson, rayanT. 2012)

Marriage is a unique comprehensive union. It involve union of heart and minds but also distinctively a bodily made possible by sexual complementary. Husband wife make new life so marriage itself is inherently extended ans enriched by family life and calls for encompassing commitment that is permanent and exclusive. Marriage unites a man ans women holistically, emotionally and bodily in act of marital love and in children such love brings forth for the whole life. (Girgis sherif, Anderson, RyanT, Robert.P Gorage 2013)

Marriage exist to bring a man and women together as husband and wife to be father and mother any children their union produce (Anderson, RyanT 2013)

### **4.1.2 Divorce**

Divorce has been defined as legal serving of a link between husband and wife which a court recognizes as having existed (merril and Elliot 1972).

The action or an instance of legally dissolving a marriage (Merriam and Webster)

The legal dissolution of a marriage, a complete or radical severance of closely connected things.

To dissolve the marriage bound between spouses.

To end marriage with (one spouse) by way of legal divorce.

This dissolution of a marriage by judgment of court or by accepted custom. A judicial decree declaring a marriage to be dissolved, “divorce is the sacrament of adultery” (French proverb)

All the relationships, especially marriage relationship, must be based upon absolute openness and honesty (Wright, Norman)

#### **4.2 OPERATIONALIZATION:**

Marriage is a common ritual in our culture, and it is seen as an individual obligation. The majority of relationships fail for a variety of causes and result in separation. Now that divorce and *khula* are widely accepted in many cultures, the divorce rate in Gilgit city is also at an all-time high. Divorce has a variety of social, physical, and psychological consequences for those left behind.

##### **4.2.1 Marriage:**

The case guidance contains the following questions about marriage, and the vector marriage is measured from the respondent as shown in the following captions.

1. How was this marriage performed?
2. What kind of marriage did you have?
3. How many years is spent married?
4. Is stress having an impact on your marriage?
5. If so, what was the rationale?

### **4.2.2 Divorce**

The following issues pertain to divorce in case study guidelines:

The following concerns focus on the effect of divorce on culture and its microstructure, the family.

5. Does societal context have an impact on marriage dissolution/dissolution?
6. Does the divorce of one family member result in the divorce of another family member, e.g., does the son of a divorced mother then divorce his wife?
7. Is divorce prevalent in your culture?
8. Do you believe that divorce has an impact on society's social structure?
9. Do you believe that a lack of contact between partners is a contributing factor?
10. Do attitude variations have an impact on a spouse's relationship?
11. Is there an impact of cultural and lifestyle variations on marriage?

Divorce is a social phenomena that involves religious disagreement between two families of varying social standing within the same community. This is a reference to extremism as a result of strict conduct on the part of partners and in rules. The roots of divorce are gradually gaining traction in Pakistani culture, where couples ruin their lives due to a lack of shared understanding. However, this extremist action has a devastating effect on victimised women who have lost a husband and are now facing socioeconomic instability and psychiatric distress.

### **4.2.3 Consequences of divorce**

1. Are you experiencing financial difficulties?
2. Have you developed an unhealthy reliance on your parents or siblings?
3. How has divorce affected you psychologically?
4. How has your divorce been impacted by your children?
5. Do you believe divorce has an impact on your efficiency?

6. Whatever aspect of your life has been impacted by divorce?
7. Who was granted custody of the child(ren)?
8. If you are not protesting for the girls, what was the driving force behind this?
9. Did your previous husband foot the bill for your child/expenses? Children's

These are the questions that demonstrate the prevalence of divorce in the region and the effect it has on women and children. Infidelity, in the context of Islam, often entails divorce in the researcher's world. While divorce is frowned upon in Islam due to its destructive effect on the family. Islam as a philosophy is manifested in halal products. Divorce is awkward. Divorce is indeed an irrational and deliberate act. Because many that are not religious do not consider religious perspectives. Divorce, according to Islam, is the most heinous of all permissible (*HALLAL*) acts.

**CHAPTER NO.5**  
**RESEARCH METHODOLOGY**

## **5.1 Introduction**

This chapter deals with details of methodological steps taken for conducting this research. It provides explanation of methods and process through which the data was collected and analyzed.

The research adopt qualitative research design to study causes of divorce. For this purpose General interview schedule approach was used that tended to ensure that the somehow some as well as different information was gathered from each respondent. This approach was preferred because it provided an in depth and precise information an a subjective manner. Qualitative approach was also used in the form of case studies of victimized respondents to study their married life experience before divorce and after divorce to get deep information about their spouses and in laws behavior towards the domestic violence. It also help to explore the reasons that tended people to perceive efficacy in sustainable marriage.

## **5.2 Research design**

The research design used in research is Qualitative because the study explores the phenomena in detail for in-depth understanding. Qualitative research gives the in-depth understanding within natural setting. There are multiple ways to inquiry in qualitative research.

## **5.3 Research question**

1 Does divorce lead to the empowerment/disempowerment of women?

## **5.4 Research argument**

Women are more empowered after their divorce then living an unhappy life

In order to find out the issue and experiences of divorced and married women who were living a unhappy married life , the study selected the method of Case studies because it give detail information about target population. It was a comparative study as it compared the lives of women (educated or uneducated) before and after their divorce the interviews taken from the target population were in local language i.e. Shina

Creswell (2011) study showed that case study research involves the study of a case within a real-life contemporary context or setting. It develops an in-depth description and analysis of case study. Case study is the best method of observing case history of a single respondent or a group

of respondents. Case study is best method as it gives the details description of the respondent. It is more realistic than the survey

### **5.5 Sample size**

Ten case studies were conducted in total. These case studies were those women who were divorced/*khullah* from their husbands. The target population was approached through union council of the area and through snow ball technique

### **5.6 Techniques for data collection**

Qualitative techniques of data collection were used. The case study of divorce women were taken as qualitative technique of data collection. For this purpose rapport building played a vital role in collection process.

### **5.7 Tools for data collection**

As there were was only one type for use data collection thr tool was also specified for this method. For the case study method there were no such specified tool however the researcher took in-depth information of the subject concerning the subjects experience

### **5.8 Pre-testing**

To know the understand ability and initial responces of the respondents, pre-testing of the data from initial 3 respondents was done which determined the variability of the responses.

### **5.9 Data analysis**

Interviews and field research in-depth of studies.

### **5.10 Opportunities and limitations**

This study was helpful to find out the causes of divorce with women face after divorce. This could also educate the people about how one can secure future of their daughters, who face challenges after separation. However, the continuous effort was made to collect data from the target population.

### **5.11 Ethical concerns**

For ethical standards of this study the identity of the respondents was kept confidential so that the respondents did not feel insecure. Respondents were not asked about their personal and

sensitive matters. The showed full concern for well being of the respondents discomfort, embarrassment and time waste were discouraged by researcher.





## **CHAPTER NO.6**

### **DISCUSSION, CONCLUSION AND SUGGESTION**

## DISCUSSION

### 6.1 Economic causes of divorce

Weak economic conditions and high aspirations are seen as major contributors to divorce. Both men and women build a great deal of anticipation when it comes to marriage and what to hope from it. These assumptions are contingent on a variety of factors, and complications emerge when the outcome (marriage) falls short of expectations. Conjugal desires seldom correspond to the reality of married life. Throughout history, passion and wealth have been regarded as the two primary forces underlying marriage, and, somewhat surprisingly, regardless of whether one was the primary force underlying a person's marriage, the other usually assumes similar prominence following the marriage.

Both respondents claimed during their interviews that economic crises were not the reason for their split, that they were financially secure, and that their husbands made a decent living.

Gilgit residents are well educated and economically secure, owing to the city's development relative to other districts in GB.

Thus, a parent is not obligated to wed their daughter out of desperation or vice versa. Ten interviews are held, six of which are conducted by government officials and six of which are conducted by private individuals. They asserted that financial difficulties did not precipitate their split, since their partners still work to maintain a comfortable standard of living.

Respondent number three is unemployed and has a matric pass; she stated that her father supports her every month after her marriage by sending her "*Rashan*" in addition to cash. She ,

*"My father is my biggest supporter after my Ruqsati, and this makes my husband more reckless."*

In ten interviews, none of the divorces/*khulas* happened as a result of economic crises, owing to Gilgit's economic development and power. There are no marriages or divorces arising as a result of global problems.

## **6.2 Family interference/ force marriage**

Family intervention is also a major cause of divorce in Pakistan, owing to our society's cultural values and people's strong family links. In our cultures, the patriarchal system dictates that a decent girl never says no to her parents or elders. That is why a high proportion of coerced marriages result in divorce. Depression caused by in-laws and family involvement is a common cause of divorce. When an infant joins a marital partnership, the parent-child relationship, as the husband-wife relationship, encounters difficulties, necessitating that both learn how to navigate their current responsibilities. Couples must be related and consider their parents' desires in order to nurture both their parents' relationships and their own marriage. All of my respondents agreed with the assertion that intervention from relatives, especially "in-laws," creates discord between couples and has even resulted in divorce in some recent cases. My respondents have two fundamental points of view in this instance. According to them, if a husband and wife have a close academic relationship, family interference cannot result in miscommunication. If they do not establish shared understanding, not only family involvement but also social pressure may result in the marriage being annulled.

*"My husband was an irresponsible and cowardly guy, He never defended me in the presence of his mother. When such a circumstance occurred, he was still there to help his mother and sister, and he was especially fond of his mother."*

*She remarked on her pitiful and lonely life after her ruqsati.*

### **6.3 Relationship with in-laws**

My respondents unanimously agreed that family interference would result in dispute and even divorce in Gilgit city. Respondent number three, who is most likely the youngest, said that her mother-in-law was the primary source of contention in her marriage, which resulted in her divorce. She recalled her mother-in-law saying, are

*"If you able to conceive my son's heir, you are in deep trouble."*

Respondent number two said that her husband was his parents' only child. Her sister in law was very hostile toward her, and when she returned home, her husband was completely controlled by her sister and mother. Additionally, her husband was very rude to her and often beat her.

Although respondent number six claimed that her mother-in-law treats her like a slave and that all of her conflicts stem from her sister and mother-in-law. According to her,

*"the time I spent with my in-laws was the most trying time of my life."*

Respondents 1, 4, 5, 9, and 8 have minor in-law problems. Taking it into consideration, respondent has problems with in-laws, which can be considered a significant cause of divorce.

### **6.4 Financial condition of husbands**

Many of my respondents indicated that their husbands' financial situation was adequate for a stable partnership. Many of my respondents come from prosperous families, and their parents are financially secure. Their in-laws and partners are similarly well-off. None of my ten respondents listed hardship as the reason for their divorce.

### **6.5 Force marriage**

In Gilgit district, forced marriages are not practiced because the population is highly educated and parents are extremely supportive of their children. Both respondents stated that they consented to their *nikah* and exercised their free will. Women who had received an education were aware of their rights and saw forced marriage as a kind of human rights violation. Today, a feminist understood that a person's freedom to select a partner and enter into marriage without constraint is critical to their life and integrity, as well as to their impartiality as a human being. None of my respondents state that their parents compelled them to do *nikah*. They were joyful during the *nikah*.

### **6.6 Husband wife relationship and lack of equality**

In contemporary times, a sense of equality is a leading cause of divorce, as is a lack of common understanding. When one partner feels as if they are taking on more responsibilities in the union, this may alter their perception of the other party, resulting in unpleasantness. Unpleasantness often escalates to the point that it becomes one of the causes for divorce. Seven out of ten respondents admitted that lack of equality was a factor in their divorce; when the wife earns more than the husband, the husband believes she is self-sufficient, which results in the inferiority complex and insecurities. Respondents 1 and 2 are government workers, one of whom owns the home in which she resides. They say their husband married them out of vanity.

### **6.7 Communication gap**

Respondents 4, 5, 6, 7, 8, 9 believe that the primary reason for their split is a communication breakdown. They listed intolerable behavior as a contributing factor, and they concur that the bulk of arguments occur as a result of contact failure, both during *nikah* and during the divorce process. Respondent number six said that

*"Because you are emotionally invested in a state, it may be difficult to see the problem objectively."*

Additionally, respondent number eight said that

*"Communication breakdowns will result in extramarital affairs."*

Seven of the ten respondents are divorced prior to their Ruqsati, whereas only three are divorced post-ruqsati. They assert that their family has supported them in their decision up to this stage.

### **6.8 Physical abuse and extra marital affairs**

Extramarital relationships can engender feelings of betrayal, and can result in lengthy, contentious, and expensive divorce proceedings. When one of the couples has become unfaithful, their confidence is shaken, with consequences on other facets of the settlement negotiations, hearings, and legal cases. Divorce is an emotional ordeal for all involved, and all sides can feel bereft. As sadness and resentment toward another person are combined with an adultery, rationality and purpose may be lost. Spouses presuppose romantic exclusivity toward one another, and betrayal is regarded as one of the most serious marital infractions. When you discover you've been duped by a loved one, you'll feel humiliated, angry, outraged, and resentful. Throughout the legitimate method, an unhappy spouse who has lost faith in the other often vents their frustration and seeks vengeance. My respondents said that the initial months of nikah were pleasant, but their husbands began assaulting them physically or psychologically after that. As seven out of ten of my respondents are self-employed and trained, they take the problem very seriously, as respondent number one said,

*"A woman can bear all but reservations about her character."*

This sometimes results in a serious problem in the marriage. Respondent number two said that she left her ex-husband after just four months and his first wife after four years of violent marriage. She said that

*"his first wife was illiterate, which is why she tolerated him for four years, but I agreed on the very second day of my marriage that this is not going to succeed."*

According to respondents 1, 2, and 8, their ex-husbands engaged in extramarital relations and became opioid addicted. Respondent number two said that her husband lacked confidence in her and would not allow her to go out on official business as a lady health worker. And her husband squandered no opportunity to defeat her. Respondent number.4 said that her husband had a second marriage with her and that his ex-wife left him as well due to his beatings. She said that,

*"they did not return her dowry and his ex-dowry wife's was still there, my husband had psychological issues and was on daily treatment, but he did not mention his mental health concerns at the period of Nihah, so that marriage was a scam for me."*

## **6.9 Major causes of Khula**

Khula is the worst possible decision a woman can make in her life; regardless of schooling or family support, the mark of divorce on a young girl is the worst possible outcome. Gilgit is an area devoid of illiterate youth, with parents placing a premium on female education. They want their daughters to be self-sufficient and prosperous. In any cruel circumstance that arises during their daughter's marital life, they still help her and make the right decision. As a result, six of my respondents went to court for "*Khula*." Their lives were horrible and they were going through a difficult period, but they eventually got rid of poisonous relationships and curly individuals.

Nevertheless, the storey had a flip side; one of respondent number.8 is well-known to the researcher; she said that after her *nihak*, her husband was handsome and held a government job; she said,



*"There is no reason why I didn't like him from the first day; after three months, I decided to end the relationship; I told my mother, but she disagreed with my logic; however, since I am my father's weakness, he decided to sever the relationship."*

Respondent number eight is the youngest of the group. Khula was administered to respondents 1 and 2 since their spouses were violent and opioid addicted. Respondents 5, 6, and 3 claimed that their families recorded their khula in order for their daughter to be autonomous and not a slave.

### **6.10 Consequence of divorce/khula**

Each respondent said that their families are supportive of them during their divorce/khula. Despite their encouragement, they were subjected to social and psychological pressure. Their lives are disrupted by severe distress, social pressure, a loss of confidence in individuals, and suicidal thoughts. My respondent number.6 said, "My husband purchased contraception for me so that I will not reproduce prior to my ruqsati. Nevertheless, the contraceptives destroyed my uterus and I encountered several complications.

*"Prior to my ruqsati, I had three miscarriages, which resulted in serious health problems and ovarian cysts. It was a primary explanation for my divorce; I was ill and unwilling to conceive, and my mother-in-law tortured me as a result of my illness."*

Respondent number two said that her family helped her through her divorce, but her mother took the pain of her divorce very hard and died of a major heart attack. She believed she was to blame for her mother's death. Respondents 4, 6, and 9 remarried and embarked on a fresh life path, while the remaining respondents want to live a happier existence and want to remarry. Their divorce has encouraged them and they are now on their way to living a happier life. They all

cited their divorce as a factor in determining their religious affiliations. There are less regrets and increased optimism for a happier future.

### **6.11 Critical analysis**

Divorce rates are rising daily in Pakistani society for a variety of reasons. While marriage is regarded as one of the most sacred structures for developing a close connection between men and women in order for them to spend their lives together, it is no longer effective in our culture, resulting in a significant number of divorces. Numerous factors contribute to the country's rising divorce rate. Among them is a lack of confidence between the spouses. This is a frequent occurrence between mother in law and daughter in law, and it becomes a point of contention between husband and wife. The majority of citizens in our country live in joint families, and when a woman marries a man, she stays with him and her in-laws. While the joint family arrangement has a number of benefits, it can occasionally result in conflict amongst various relationships. There are many explanations for Pakistan's rising divorce rate over the last decades. One of the primary factors being that all partners have a short temper and a lack of patience. Everyone wants to be dominant over the other, and in the process, they jeopardize their partnership, regardless of how much they value each other or how long they've been together. Maintaining their egos, the pair were always indifferent to the effects of their split on their lives. Another explanation is that the couple's emotional incompatibility eventually destroys the partnership.

## CONCLUSION

For the last 75 years, cultural shifts in mindset and etiquette have aided in reconstructing the sense of marriage. As a result, these changing attitudes would therefore normalise and largely eradicate the stigma associated with divorce. The concept of marriage as an ultimate relationship has evolved expressively in recent years, increasingly shifting toward a greater emphasis on individual satisfaction and pleasure. The divorce rate has been rising in Western countries and Pakistan for decades, and these patterns are regarded as critical components of family reform. However, these trends have been inconsistent and happened at various periods in different nations; in many cases, the divorce rate has stabilised or even decreased in recent years. Divorce has been an accepted aspect of family life and a practical possibility that couples must recognise before marrying.

Though less stigmatised than in the past, divorce may also trigger significant suffering and disruption for adults who go through it. The prospect of divorce, as well as interaction with others who have, will shape habits and perceptions. Generally, there are significant risks when attempting to forecast potential divorce trends and couple partnership unpredictability. To the degree that the rise in divorce and unpredictability represents an incompatibility between the dominant family institution and the evolving society, it is likely that the divorce rate will stabilise and decrease as societal practises and structures become more accustomed to changing circumstances. Such divorce failures have happened before.

The research examined the triggers of divorce based on the experiences of literate women in Gilgit district. Case studies from various areas of Gilgit city were conducted in order to determine if high ethnicity led to marriage disparities. However, the data revealed variance in respondents' societal expectations and attitudes toward the institution of marriage or divorce as a function of unequal ethnicity; however, due to their exposure to and control by standardised social institutions and beliefs, they are seen as sharing a distinct community.

The distinction is in certain social norms; but, since Gilgit Baltistan is a vastly diverse kingdom, it is often considered as the "Land of Plurality."

Communication and expectation are critical in determining the result of a marriage. Via my respondents, I've identified various factors that contribute to divorce, the most influential of which is a lack of contact and a husband-wife partnership and shared understanding. Gilgit city is an area with no discernible class hierarchy, which means that, unlike in other towns, there is no upper-, middle-, or lower-class structure in GB. Thanks to the absence of poverty and a strong literacy rate, this area is so nurtured that none of the divorces occur as a result of economic crises or poverty.

Contact breakdowns and husband-wife relationships were identified as the most frequently recorded causes of divorce in this research. This conclusion is also compatible with this research, which indicates that infidelity in married couples is a risk factor for subsequent divorce. The argument is that loss of connection is one of the primary triggers of divorce, alongside infidelity, incompatibility, growing apart, and personality clashes. Such often cited reasons for divorce/khula include substance and opioid addiction, emotional cruelty, domestic violence, sexual attacks, and physical harassment.

Individuals' reports of divorce often ranged according to their age at marriage, the length of the marriage, and whether or not they had children. For instance, references to growing apart were popular among individuals who married young and stayed married for an extended period of time. Early marriages were associated with a disproportionate number of issues with alcohol and substance usage. According to the report, infidelity is a more frequent trigger of divorce in marriages where the spouse is in his second marriage. In all cases of drug and alcohol addiction, the husband is more daring than the non-alcoholic husband; they engage in secret extramarital relationships and even torture their spouses. The factors cited by respondents as variables in causing divorce are the recorded causes of marital dispute, which are as follows:

1. Physical
2. Social
3. Psychological
4. Interferences from family

Consistent with the premise that attributions regarding the triggers of are often self-serving, individuals appeared to assign the cause of divorce to their ex partner more often than to

themselves. This study discovered a connection between causal attribution and adjustment to divorce. Interestingly, those who blamed themselves for the breakup expressed the most emotional loyalty to their ex-spouse.

In economic terms, few factors will stifle economic development very like a high divorce rate. When couples separate, they demand additional housing, electricity, and money. The more often the divorce rate rises, the more negative the economic impact. Women experience financial losses more than men do as a result of income disparities between men and women and because women often incur more costs involved with physical custody of children after divorce. However, this research discovered numerous variables that contribute to divorce in Gilgit city. The preceding instances are discovered.

1. Divorce empowers women to make decisions
2. Economic crises do not trigger divorce, when women are trained and well-established.

Divorce may have significant economic implications for women economically because economic dependence in the previous marriage typically results in greater economic losses after divorce, while the single or primary economic provider can even benefit economically. In the other side, welfare state arrangements that offer income security and assist divorced mothers in finding work mitigate the adverse economic effects of family separation.

As the research reveals that despite of sadness, upset and feeling of loss associated with divorce, it can also be a relief to at least one of the partners, often for the one who most wanted to separate. Psychological well-being continues to deteriorate years before the divorce itself, emphasising the breakup of marriage as a mechanism. In general, divorce transition varies significantly, with certain individuals adjusting comparatively well to their new circumstances, whereas others see divorce as a long-term, persistent issue from which they will never completely recover. As was the case in several case reports, the husbands of divorced women were either paranoid regarding their wives' character or were suffering from persistent tension and depression as a result of family disputes. Psychological causes are the primary source of couple breakup.

The *khula* compel women to give up a large portion of their "*haq meher*" – a required payment made by the spouse in Islamic marriages as protection against divorce – and dower.

### **Major findings**

1. Economic crises are not the major cause of divorce in Gilgit city.
2. Because people of Gilgit are well educated they never marry their daughters for the sake of wealth and property, they prefer their happiness over compromise.
3. Communication gap can cause misunderstandings between the spouses and can even lead to divorce.
4. Infidelity, drug and alcohol addiction and extra marital affairs are the main emerging causes of divorce among the young women in Gilgit city.
5. Exchange marriage, desire of son and arrange marriages are not as dominant causes of divorce because people don't believe in such old traditions and taboos. Society is accepting the new customs of modern society.
6. Divorce make a women empowered by taking decisions of their life knowing about their rights.

Serial No	Age	gender	qualificati on	area	Marital status	No. of family members	No. of children	Year of divorce
1	26	female	F.A	Gilgit city	Divorced	6	0	2014
2	40	female	F.A	Gilgit city	Divorced	5	0	2020
3	39	female	B.A	gilgit	Divorced	6	0	2020
4	43	female	M.A	gilgit	Remarried	8	3	2009

5	23	female	b.sc	gilgit	Remarried	7	0	2020
6	39	female	m.sc	gilgit	Divorced	2	2	2013
7	28	female	B.s honors	gilgit	remarried	7	1	2015
8	24	female	mbbs	gilgit	divorced	4	0	2019
9	25	female	b.s honors	gilgit	divorced	7	0	2020
10	31	female	M.sc	gilgit	divorced	3	o	2019



## **Suggestions**

The study has been done in the area to find out the social and economic and as well as psychological problems of divorced women in the society and by the findings; it is felt bitterly to solve the problem of significant honor of the nation in the society. So for this following steps will be helpful for them through the research work.

To find out the causes of divorce in the society to make research as an actual facts for which it should be repeatable, to show the problems at national level through articles of research paper on media the research should be done at different levels and in different societies to the reality of the problem as marriage dissolution.

the researcher should publish these researches to aware of the people of the country, there should be researches using different research methods to dig out the hidden reasons behind these problems, the researcher should be focus on different women stratas to find the most in which strata the domestic violence is most practiced, this research be taken as reality as it has been done on objectivity and factual.

## **ANNEXTURE-1**

Exploring the causes of divorce among women in Gilgit city

### **Case study guide**

1. Personal demographics and socioeconomic profile of respondent;
  - a. Name/age/education/occupation/type of family/income/ethics

- b. Group/cast/settlement pattern/resident/marital status/no. of family members/no. of children's
  - c. The variable of marriage is measured from the respondents under following captions.
  - d. Type of marriage / arrange marriage / love marriage / endogamy / exogamy.
  - e. Education of spouse/ education of respondent
  - f. Prehistory of marriage
  - g. Number of years which spend with in laws
  - h. Source of knowledge and information about divorced women
  - i. Family / friend / media / peer
2. Economic causes of divorce : unrealistic expectations / husband wife relationship /lack of equality/force marriage.
  3. Psychological causes of divorce : verbal abuse and violence after separation / selective intentions / feelings of insecurity / bigamy
  4. Social/religious causes of divorce:  
External pressure / non religion affiliation / parents' divorce / exchange marriage / desertion / wickedness / collusion/ intersect marriages
  5. Patriarchy causes and consequences of divorce:  
Patriarchal authority / surveillance  
/ spouse personality/ interference of families / join family
  6. Religious evidences of divorce and its causes
  7. Does divorce of one family person lead to the another divorce in family e.g a son of divorce mother also give divorce to his wife.
  8. Does the cultural background / sect / caste effect on dissolution of marriage / divorce

9. Educated women / independent women
  - a. Does education encourages a women to take steps to leave abusive marriage and live a happy life a head?
10. Does divorce empower women to dissolve unhappy marriage and start a happy life?
11. Families prefer happiness over compromise?
12. Does divorce common in your society?
13. Have the men and women fallen out of love?
  - a. Does depression effects your marriage?
  - b. If yes, what was the reason behind?
  - c. What do you think lack of communication between souses is a cause?
14. Are the cultural and lifestyle differences effects on marriage?
15. Is personality differences effect on relationship of spouse?
16. What do you think causes of divorce are?
17. Are you ever violated by your (husband/family) economically?
18. Do you agree violation against women happens more in families due to low income?
19. Do you think divorce effected on your efficiency?
20. Which factors of your life was effected as a result of divorce?
21. Are you satisfied with your life?
22. General observation

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