

HEALTH ISSUES AMONG SEPARATED WOMEN- A SOCIOLOGICAL STUDY

Ramachandrappa .S¹, Vinodh Kumar .G .C² , Ravi Kumar .P³

Abstract

The study tries to explore the physical, mental and social health problems of divorced women. Different functional areas are identified in order to understand what kind of problems the divorced women face. It was found that these women were suffering from various types of psychological and physiological problems. Symptoms found in the functional areas included function impairments weakness and tired, low appetite, sleep disturbance, headache, chest pain, brain stroke, senseless, numbness etc. Emotional function impairments includes helplessness all the time, severely depressed, frustrated, anxious, upset, hopelessness, suicidal ideation, low confidence, low self esteem etc. Behavioral impairments are, unable to perform household chores lose temper for every silly thing; misbehave with family members and relatives. Occupational impairments are declined level of interest, unable to take any responsibility, dependent on others, Social function impairments are avoiding social program, feeling embarrassed to meet other people, isolating oneself etc. Studies have shown that depression, anxiety and schizophrenic thinking of divorced women compared to other women is more. It was also hypothesized that mean need for achievement and self esteem will be low in divorced women. It was found that mean depression, schizophrenic thinking, anxiety of divorced women was significantly high as compared to mean depression, anxiety and schizophrenic thinking of other women. The objective of the study was to compare and find whether divorced women have more health problems then other married women and the study has shown they do have more problems.

¹Teaching Assistant Department of Sociology Davangere University Davangere.

²Teaching Assistant, Dept. of Sociology, Davangere University, Davangere-577002.

³Teaching Assistant Department of Journalism and Media Studies Davangere University Davangere



Introduction

Marriage is a legal relationship between a man and a woman. Though it is a legal contract in almost all societies, it is also a social relationship. Indeed, in all societies, marriage is generally social. It is relatively a stable relationship between man and woman including social norms evolved for having children. It is an old institution, common throughout most of the civilized world. Traditionally, marriage was more than a linkage of two individuals, and even now. In our culture, girls are married actually to the whole family. The psychological framework views marriage as an occurrence that makes it possible to have a close intimate relationship with a number of the opposite sex. In addition, the case for early marriage lies in the fact that the nature of each spouse is such that it gives rise to a congenial relationship between husband and wife unlike in the case of late marriages when the man and woman will have developed set attitudes. But from the physiological point of view Velde (1976) maintains that marriage is the permanent form of monogamous erotic relationship.

Sexual urges can't be ignored from marriage. It is one of the marital and duties. Like marriage, divorce is a universal phenomenon. It is a socially sanctioned arrangement whereby marriage is formally terminated and the family group dissolved (Bertrand, 1967). It is practiced in most societies but varies in the conditions that must be met, the sanctions its, the frequency with which it is used. The disposition of and responsibility for the care of children, the disposition of family property, the status assigned to divorced persons, and the rituals, procedure and ceremonies that legalize it. The magnitude and trends of divorce may also differ from one society to another and from one religion to another religion. And also, the perceptions of divorce are not similar in many Countries. For example, in countries like United States, Australia and some European countries, the rates of divorce are high as compared with other countries. The problem of divorce is much more severe in those countries. In fact, marital bonds in those countries are not generally strong. Moreover, the sacramental aspects of marriage are not found in those western countries.

For this study, women divorced are defined as any women who are taking legal help in women welfare organizations for problem in their marital relationships. They mainly come to the lawyers for legal support on conjugal problems involving



separation, refusal to financially support the family, divorce without paying polygamy, women's and child's property rights. The effects of divorce on women can be devastating. The stressful effects of divorce can leave women feeling rejected, insecure and depressed. As a result of rejection, they lose their self esteem. Divorce can be most devastating for women in traditional marriages who lose their identities as well as their financial security, with the loss of a husband. Mental health is an integral component of health. The WHO constitution states “Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.” An important aspect of this definition is that mental health is described as more than the absence of mental disorders or disabilities.

Mental health is a state of well being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. In city a like Bangalore women in general are constrained. It is obvious that the divorced and abandoned women are in worst condition. Then many government and non government organizations provide legal, social, financial and other welfare services to the women divorced. However, currently there are no or very few social services provided by these organizations to these women. This knowledge can be used to pursue different organizations working in this field to include appropriate social services along with their other services.

Literature of the Review

Pramila Nesargi says that in most cases she has come across marital discord is due to an unhappy physical relationship. She says that viewing the computer for long hours has proven to cause impotency and she wants to inspect the working condition and would like to make suggestion to change the working pattern of the employer so that they get more time at home.

Sanjanthi Sajan, who runs a boutique matrimonial firm in Bangalore handled every year around 1700 marital discord cases from IT sector.

Shilini P. Shetty an advocate says that financial stability is a major problem between married couple. The couples do not try and work out the marriage as they are confident that they can lead a life without each other because they are financially stable.



Viswanath B.N., an advocate who has handle at least 5 cases pertaining to couple from IT sector says that couple do not try to even reconcile and are in a hurry to end the marriage. There is a very little that they can do after they come to court.

Ranjith Sankar V. who has handle many cases regarding marital discord among IT professionals told to freelance journalist that it is the time to analyze this phenomenon. Sociologist and psychologist should examine this issue. He wishes that somebody will conduct a study on this. A study reveals that marital satisfaction and job satisfaction are positively related. Stresses at the work are likely to lead marital conflict. IT companies makes Bangalore most stressed out city.

Padmini Prasad, director of the institute of sexual medicine, 40 percent of the couple visiting infertility clinics are professionals. Long working hours, stress and pressure at work, night shift and lack of sleep can lead to various sexual problems. A study shows that the changing nature and composition of work place with participation of working mother, dual career couple and single parent has made for a more productive work force which result greater work family conflict. Marital satisfaction decline sharply after marriage and sharpest for the first 10 years

Vicky Nanjappa at Bangalore explores some causes of marital discord among people who are working in IT companies. Usually husband who work in IT companies do not spend much time with their wives. He used to return late to home and too tired even to talk. As a result marriage becomes pointless and conflicting. Sometimes both couple works in IT companies in two different shifts. As a result they get less time for sharing. Loneliness become too much for them to handle. Cyber sex also plays a big role in disintegrating families. Most of the IT professionals develop relationship online. As a result they become less interested to their partner

According to a study working women are less martially adjusted and are more depressed because they cannot give proper attention to their marital life resulting depression and stress. Nearly 21 percent working women reported marital split. There is a negative correlation between work involvement and demographic variable such as age, sex, year of experience, year of marriage, hour of work etc



Viswanath B.N., an advocate who has handle at least 5 cases pertaining to couple from IT sector says that couple do not try to even reconcile and are in a hurry to end the marriage. There is a very little that they can do after they come to court.

Ranjith Sankar V. who has handle many cases regarding marital discord among IT professionals told to freelance journalist that it is the time to analyze this phenomenon. Sociologist and psychologist should examine this issue. He wishes that somebody will conduct a study on this. A study reveals that marital satisfaction and job satisfaction are positively related. Stresses at the work are likely to lead marital conflict. IT companies makes Bangalore most stressed out city.

Padmini Prasad, director of the institute of sexual medicine, 40 percent of the couple visiting infertility clinics are professionals. Long working hours, stress and pressure at work, night shift and lack of sleep can lead to various sexual problems. A study shows that the changing nature and composition of work place with participation of working mother, dual career couple and single parent has made for a more productive work force which result greater work family conflict. Marital satisfaction decline sharply after marriage and sharpest for the first 10 years

Vicky Nanjappa at Bangalore explores some causes of marital discord among people who are working in IT companies. Usually husband who work in IT companies do not spend much time with their wives. He used to return late to home and too tired even to talk. As a result marriage becomes pointless and conflicting. Sometimes both couple works in IT companies in two different shifts. As a result they get less time for sharing. Loneliness become too much for them to handle. Cyber sex also plays a big role in disintegrating families. Most of the IT professionals develop relationship online. As a result they become less interested to their partner

According to a study working women are less martially adjusted and are more depressed because they cannot give proper attention to their marital life resulting depression and stress. Nearly 21 percent working women reported marital split. There is a negative correlation between work involvement and demographic variable such as age, sex, year of experience, year of marriage, hour of work etc



Table-1 Number of matrimonial cases filed in the Family Courts of Bangalore number of cases instated in the year 1987-2016

No.	Year	Number of matrimonial Cases
1	1987	1369
2	1988	653
3	1989	705
4	1990	730
5	1991	781
6	1992	840
7	1993	934
8	1994	902
9	1995	1120
10	1996	1034
11	1997	1080
12	1998	1252
13	1999	1392
14	2000	1630
15	2001	1817
16	2002	1867
17	2003	2026
18	2004	2229
19	2005	2493
20	2006	2888
21	2007	3027
22	2008	3359
23	2009	3696
24	2010	4028
25	2011	4394
26	2012	4649
27	2013	5278
28	2014	5513
29	2015	5652
30	2016 till date	2151
Total cases		69489

Objectives of the Study

The main objective is to know the health conditions of divorced women.

1. To understand the physical, mental and social health problems of divorced women
2. To examine the alienation status of divorced women.

Study Area

Primary data for the present study have been collected from Bengaluru city. Bengaluru is a metropolitan city in the southern part of Karnataka, India and covers a geographical area of 741 km² with a 2014, Population of Bangalore is estimated to be 10178146. The city is experiencing a rapid growth in its population in the last 10 years. Going by its decade growth 2001-2011, the city adds 0.5 million people to its every growing population every year. Just like other Metropolitan cities of India, Bangalore is also suffering from issue of Over Population. (Censes 2011). Today as a large city and growing metropolis, Bangalore is home to many of the most well-recognized colleges and research institutions in India. Numerous public sector heavy industries, software companies, aerospace, telecommunications, and defense organizations are located in the city. Most of the women population in Bangalore depend on home based assignments and garments. Bengaluru is well known for information technology, capital bio technology, Capital. Service industry center, education center for medicine, engineering, rapid infrastructure development. But city struggling to cope with overcrowding, infrastructural issues and this has affected living in modern cities.

Methodology

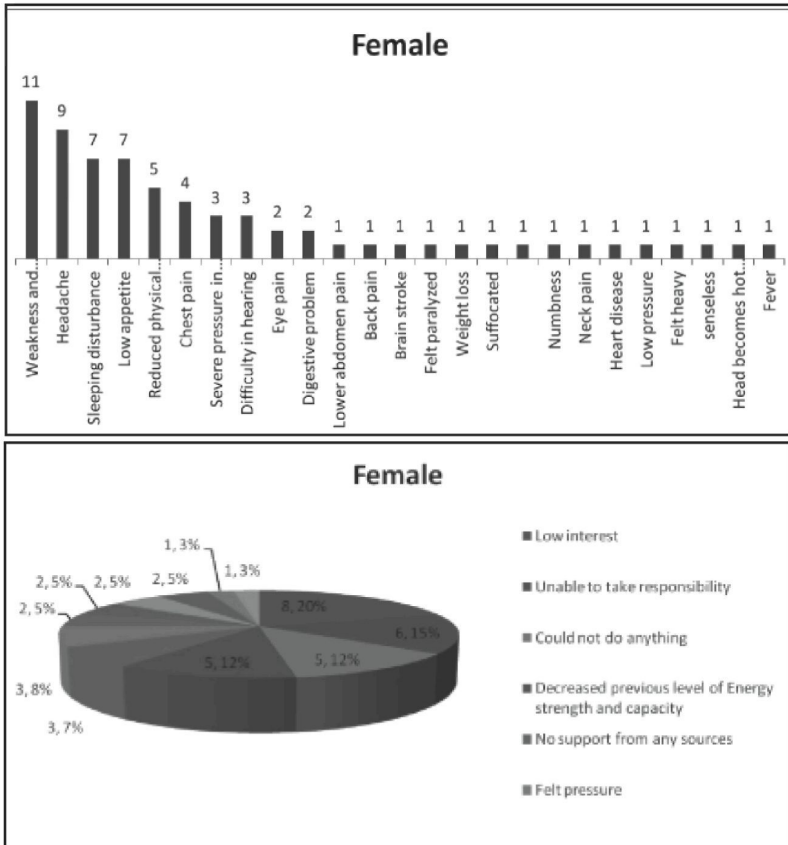
The Data was gathered through the use of structured questionnaires and oral interview collected from select 150 divorced women at Bangalore city was randomly selected. One hundred and fifty 150 copies of questionnaires were administered the questionnaires covered the among other things the study focuses on the women divorced was asked to describe different aspects of their functional area physical, emotional, behavioral, social, occupational and sexual previous and current mental health state, their early life and personal history of their marital relationship from the beginning to present time. Data collected thus had been processed through basic excel. Apart from primary data, information and data had been collected from a wide variety secondary resources like, newspaper clippings, data available in the internet etc.



Results And Discussion

This study was among the participants, from ITOs and BPOs teachers, business, literates, social welfare officers and other public servants were living independently. In all 150 women divorced were interviewed. As many as 70 or 47 percent among them were in age range of 25 to 35 years and another 42 (28 percent in 36 to 45 years. The data reveals the tendency to seek divorce is higher among the youngsters. Generally the first couple of years after marriage is crucial ensure stability and longevity of the bond. Similarly the tendency declines after completing a decade or more of married life. This does not mean the absence of conflict or presence of harmonious relations. Rather the married women, particularly in Indian context tend to reconcile with the situation and resigned to their fate.

Table 1.2 The respondents in terms of different functional areas.

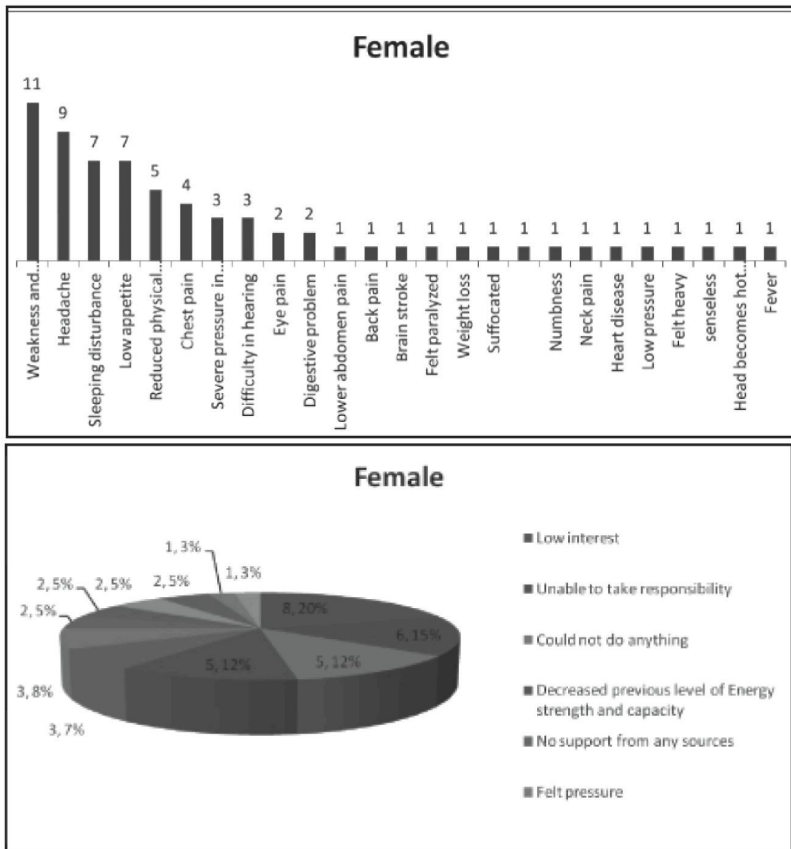


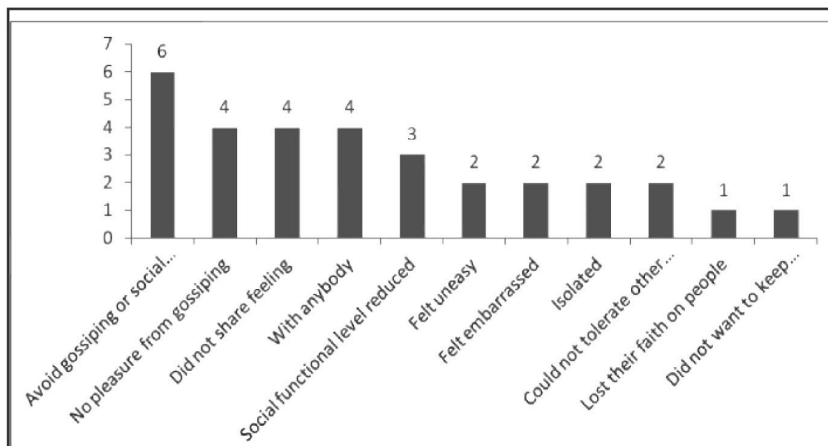


Results And Discussion

This study was among the participants, from ITOs and BPOs teachers, business, literates, social welfare officers and other public servants were living independently. In all 150 women divorced were interviewed. As many as 70 or 47 percent among them were in age range of 25 to 35 years and another 42 (28 percent in 36to 45 years. The data reveals the tendency to seek divorce is higher among the youngsters. Generally the first couple of years after marriage is crucial ensure stability and longevity of the bond. Similarly the tendency declines after completing a decade or more of married life. This does not mean the absence of conflict or presence of harmonious relations. Rather the married women, particularly in Indian context tend to reconcile with the situation and resigned to their fate.

Table 1.2 The respondents in terms of different functional areas.





Conclusion

Divorce is a reality as it is also a general solution of marital conflict but people still look down upon it. The present study shows that people do not properly treat divorced women. Among Hindus though divorce is permitted according to law the people generally look down upon it. Divorced women and their children are becoming vulnerable to problems in our society. The need of hour is to protect such women by providing peace, harmony, understanding etc. In this light, divorce should not be encouraged and desirable. It is the responsibility of every conscious citizen of the country to do his or her level best to protect the marital bond at any cost. This should be a message to the people at the end.

Suggestion

The psychological conditions of divorced women are not good which is revealed from the study. Women of divorced status are having somatic symptoms, anxiety and insomnia, social dysfunction and depression. A majority of divorced women have a sense of alienation. It may be because of social stigma of divorce. The need of the hour is to regain their earlier life, accept the reality and live a better life. Specific family counseling provision can help them properly. In this regard, the government and non-government organizations should come forward to set-up more and more counseling centre for divorced women. The duty of counselor will be to bring the



divorced women into reality. Divorced women and family members of divorced women should accept the reality. Counseling should start from this point of view. Moreover, counseling is needed not only to the divorced women but also to the family members of the divorced women.

Reference

- Bray J and EM Hetherington 1993. Families in transition: Introduction and Overview. J. Clinical Psychology.
- Choudhary, J.N. 1988. Divorce in Indian Society. A Sociological Study on Marriage Disruption and Role Adjustment. Jaipur: Print well Publishers.
- Devi Prasad, B. (Ed.). : 2001 Special Issue on Family Violence,
- Devi, Usha R. 1998. *Divorced Women. Socio-Psychological Problems*. New Delhi: APH Publishing Corporation.
- Goode, William J. 1963: *Family Disorganization in Contemporary Social Problem* (ed) R. K Merton & Robert A Nisbet, London
- Hayward M and Z Zhang 2006. Divorced middle-aged women more prone to heart disease than those who remain married. J. Marriage and Family 68(3): 639-657.
- Hope S, C Power and B Rodgers 1999. Does financial hardship account for elevated psychological distress in lone mothers? Social Science and Medicine 49: 1637-1649.
- Kaslow FW and LL Schwartz 1987. *The Dynamics of Divorce: A Life Cycle Perspective*. New York: Brunner/Mazel.
- Kelly JB 1982. Divorce the adult perspective. In: Handbook of developmental psych, Wolman BB and D Strieker (Eds.). Prentice Hall, Englewood Cliffs, New Jersey, pp. 734.775.
- Kressel K 1985. *The Process Divorce: How Professionals and Couples Negotiate Settlements*. New York: Basic Books.
- Krishnakumari, N.S. 1987. *Status of Single Women in India. (A study of spinsters, widows and divorcees)*. New Delhi: Uppal Publishing House, Joint's Women's Programme Publication.



- Mazumdar, K. 2001, Dowry related Violence: An Overview, *The Indian Journal of Social Work*, 62 (3), 397–413.
- McGoldrick M, C Anderson and F Walsh (Eds). 1989). *Women in families: Framework for family therapy*, New York: Norton.
- Metha Rama, 1975: *Divorced Hindu Women*, Vikash Publishing House Pvt., and New Delhi.
- Nair, P.T. 1978. *Marriage and Dowry in India*, Calcutta: Minerva Associates.
- Nanjappa, V “The Rising divorce rate in the IT Sector”
- Nanjappa, V., “Bangalore is the most stress out city”
- News. Telegraph 2005. Divorce Soars in India's Middle Class. 1 October
- Padmasini, V. 2003. Growing Divorce Rate in India. South Asian Women's Forum. 10 March.
- Pothan.S(1986): *Its Causes and Consequences in Hindu Society*, Vikash Publishing House, PVT, LTD India
- Rajeshwari A “Mental, physical and social health problems of women knowledge workers in BPO and KPO industries”
- Rajeshwari A Ph.D thesis “the problems and prospects of workers in business process outsourcing (BPO) and knowledge process outsourcing (KPO) industry-a sociological study of knowledge workers in Bangalore city”.Bangalore University, Bangalore- unpublished
- Ramachandrappa S Ph.D thesis “Family disorganization in Bangalore City –A Sociology study” Bangalore University, Bangalore- unpublished
- Shah, A.M. 1998 *The Family in India: Critical Essays*, New Delhi: Orient Longman.
- Thabes V 1997. Survey analysis of women's long-term, post-divorce adjustment. *Journal of Divorce and Remarriage* 27(3-4), 163-175.
- Velde, V. D. H. (1976). *Ideal Marriage: Its Physiology and Technique*. New Delhi: Allied Publishers Ltd.
- Weitoft GR, B Haglund, A Hjern and M Rosén 2002. Mortality, severe morbidity and injury among long-term lone mothers in Sweden. *Intl. J. Epidemiology* 31: 573-580.
- WHO 2010. *Mental health: strengthening our response*, Geneva: World Health Organisation.