

# Married and Divorced Women's Emotional and Social Issues

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**Abstract:-** The emotional and social difficulties that married and divorced women encounter are examined in this article, with a focus on the unique but related problems that exist in both situations. Studies show that whereas divorced women usually experience feelings of grief, stigma, and adjusting to life as a single person, married women typically deal with stressors associated with marriage expectations and society norms. The influence of these emotional and social concerns on women's mental health, relationships, and general well-being is examined in this article through a qualitative review of current studies. To improve the quality of life for women in both marital statuses, it is imperative to comprehend these dynamics to build tailored support systems and treatments.

**Keywords:-** Married Women, Divorced Women, Emotional Issues, Social Issues, Mental Health, Relationships, Stigma.

## I. INTRODUCTION

The emotional and social well-being of women can be greatly impacted by their marriage and divorce histories. Keeping up a relationship, taking on family responsibilities, and fitting in with society's expectations can be difficult for married women. But divorced women also frequently deal with a distinct set of problems, such as the psychological fallout from their split, social shame, and the challenges of readjusting to life as a single person in the community. Using recent research to identify important areas of concern and suggest possible remedies, this article tries to clarify the emotional and social difficulties that women in these two life periods confront.

## II. MATERIALS AND METHODS

The research technique for this study involves a systematic review of qualitative and quantitative literature published from 2018 to 2023. Academic books, journals, and articles were found using databases like Google Scholar, PsycINFO, and JSTOR. The most searched terms were "emotional issues in married women," "social challenges faced by divorced women," "mental health and marriage," in "impact of divorce on women's well-being." Finding recurrent themes and issues that affect both groups' social dynamics and emotional well-being was the main goal of the analysis.

## III. RESULTS

The findings from the literature reveal several common themes among married and divorced women:

### ➤ Emotional Issues:

#### • Married Women:

According to Wang et al. (2020), a lot of married women express worry and tension about meeting marital expectations, handling conflicts, and carrying the weight of domestic duties. Burnout and depression are two common mental health problems that result from the need to keep up a good family life (Smith & Renk, 2019).

#### • Divorced Women:

Following a divorce, divorced women often feel loss, grief, and a weakened sense of self. Studies reveal that a lot of people experience emotions of loneliness and low self-worth (Murray et al., 2021). The emotional toll can lead to greater risks of anxiety and depression compared to their married peers (Amato, 2018).

### ➤ Social Issues:

#### • Married Women:

Given that family responsibilities are valued in society, social assistance may be scarce and may even result in social isolation (Kumar et al., 2022). Regarding work-life balance in particular, a lot of married women say they believe that their peers are criticizing their family dynamics.

#### • Divorced Women:

The stigma associated with divorce frequently leads to social disengagement and broken bonds with friends and family. Rebuilding their social networks can be impeded by the marginalization that many divorced women report experiencing in social situations (Johnson et al., 2023).

## IV. DISCUSSION

Married and divorced women encounter emotional and social obstacles that highlight the need for therapies that are specifically designed to meet their needs. Married women may experience less emotional strain by encouraging open communication in their partnerships and offering tools for stress reduction. Building up networks of sympathetic community members can also aid in overcoming feelings of loneliness.

Providing safe spaces for women who have divorced to share their stories and encouraging peer support might help reduce feelings of isolation and stigma. Resources for mental health, such therapy and support groups, can be quite helpful when adjusting to living alone. Comprehending these relationships is vital for mental health practitioners and community organizations striving to assist women in managing their distinct obstacles.

## V. CONCLUSIONS

Women who are married or divorced deal with different but related emotional and social problems that have a big influence on their quality of life. Addressing these difficulties through targeted support systems can boost women's well-being, encourage healthier relationships, and foster a feeling of community. To create supportive systems and therapies that are helpful for women in different marital situations, further study is necessary.

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