

# An Assessment of Psychosocial Consequences & Coping Strategies of Divorced Couples

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## To cite this article:

Kebede Diro Ariti, Dagne Tafa Gemechu. An Assessment of Psychosocial Consequences & Coping Strategies of Divorced Couples. *International Journal of Psychological Science*. Vol. 2, No. 1, 2022, pp. 8-15. doi: 10.11648/j.ijps.20220201.12

**Received:** January 26, 2022; **Accepted:** February 28, 2022; **Published:** March 18, 2022

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**Abstract:** The study was conducted to assess the psychosocial consequences & coping strategies of divorced couples in Chobi district West Shoa Zone, Oromia, Ethiopia. The triggering factor is that despite the severity no empirical research has been undertaken in this district due to the remoteness of the area. Thus, the main objective of this study was to assess the psychosocial consequences & coping strategies of divorced couples. To achieve the stated objectives, a mixed research approach and descriptive cross-sectional survey design were used. Simple random sampling was used to recruit a total of 172 participants. Structured questionnaires, key informant interviews, and focus group discussion tools were utilized to collect data. Data from questionnaires were analyzed using descriptive statistics (frequency, percentage, mean, and standard deviation) and inferential statistics (regression and independent-sample t-test) using SPSS version 26, whereas data from KII and FGD were analyzed using narrative description. The findings of this study revealed that divorce has significant negative effect on psychological, social, and economic aspect divorced couples' life. The findings also revealed that there was a statistically significant gender difference in psychosocial coping strategy. It can be concluded that divorce has significant negative effect on psychological, social and economic aspect of life of the divorced couples. The coping strategy divorced males and females have been using were different. Enhancing society's awareness of divorce, improving family and social welfare, offering interpersonal skills and counseling, and increasing access to economic and other resources that strengthen marriages and families is required.

**Keywords:** Couples, Coping Strategies, Divorce, Psycho-social Consequences

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## 1. Introduction

### 1.1. Background of the Problem

Divorce is more likely to occur early in life during periods when divorce rates are quickly growing, leading to an underestimation of the "true" intensity of divorce [5]. Marrying too early, communication problems, incompatibility, spousal abuse, drug and alcohol usage, religious differences, failures to get along, lack of love, & commitment, and childlessness, to name a few, have all been found to be strongly endorsed grounds for divorce in international research [1].

Breakups and divorces can be one of life's most difficult and emotional events. Many of the feelings experienced by divorced people are shared by those who have lost a loved one, as well as social crises such as a sharp drop in self-esteem, which makes it more difficult for them to adjust to

their new social, marital, and economic status [3, 2, 12]. According to Seid [21], the impact of pair separation causes a life-long crisis of massive proportions, initiating a painful process of adjustments that includes substantial family system problems. Separation of the partnership has psychological, social, and economic effects for the parents and their children, as well as society as a whole.

Even though different researchers have conducted study regarding divorce in one and/or other way they are different from the current study in their focus. For instance, Mulugeta et al. [17] studied about the rate and causes of divorce and found that all divorces in the world today are caused by factors such as lack of commitment, psychological immaturity, infidelity/adultery, abandonment, lack of communication, physical abuse, drug and alcohol abuse, the

ego problem, sexual abuse, joblessness, cultural and religious differences, crime, and incomprehension. However, they did not assess the psychosocial effects and coping strategies of divorced couples.

Askalemariam and Minwagaw [6] identified antisocial behaviors, school dropout, addiction, and infidelity, theft, etc. immoral acts of conduct on children as probable psychosocial consequences of divorce. However, they failed to consider a divorced couple's psychological coping strategies. Similarly, according to Yohannis [26] tried to find out the causes and socio-economic effects of divorce. However, he did not observe divorced couples' psychological coping mechanisms. Moreover, recently a study was conducted on the prevalence, causes, and consequences of divorce [15]. But, it did not look into the psychosocial coping techniques of divorced couples in the city. Likewise, Damtie [10] has studied about the causes, consequences, and coping techniques of a divorced woman in the city. However, he employed an insufficient sample size (35 divorced women) and overlooked divorced men in his study. This study differs from past studies because it is new for the study area, utilizes adequate sampling size, and the study area of previous studies was primarily in city settings, which were different from the demographic nature and rural divorced couples in the Chobi district. Despite the severity of the problem and the district's remoteness, no empirical research has been undertaken in this area. Thus, in order to fill this research gap this study tried to answer the following research questions.

- 1) What are the psychosocial consequences of a divorce in a couple's life?
- 2) What coping strategy would divorced couples use to deal with the psychosocial challenges they faced following their divorce?
- 3) Is there a statistically significant difference in psychosocial coping strategies between male and female divorced couples?

### 1.2. Objectives of the Study

Based on the research gap identified and leasing research questions mentioned above the following specific objectives were drawn. Thus, this attempted to:

- 1) Find out the psychosocial effects of divorce on the lives of divorced couples.
- 2) Determine the post-divorce psychosocial coping mechanisms of divorced couples.
- 3) Investigate whether there is a statistical difference in psychosocial coping strategies between male and female divorced couples.

## 2. Research Methodology

### 2.1. Research Design and Approach

This study used a descriptive cross-sectional survey as its research design. The advantage of cross-sectional surveys is that they can be used to identify the prevalence of a specific outcome or risk factor [18]. This design entails gathering

information at a specific point in time. The most important feature of this study design is that it uses a representative sample (cross-section) of the population to generalize the findings to the entire study population [19].

This study employed both quantitative and qualitative approaches. Morgan [16] and Tashakkori and Teddlie [21] emphasize the significance of focusing attention on the study challenge in social science research and then applying pluralistic ways to obtain knowledge about the problem as a conceptual framework for mixed approach studies.

### 2.2. Population, Sampling & Sampling Techniques of the Study

#### 2.2.1. Population

The study's target population consists of 302 divorced spouses living in the Chobi district. As a result, the study's sample size was 172 divorced couples (86 men as well as females), and participants in the KII and FGD are eight (8) experts (four males and females) from three offices: WCYAO four (4), district court two (2), and VERA two (2). In a similar vein, eight (8) divorced couples (four males and four females) were chosen for a focus group discussion to further investigate the problem.

#### 2.2.2. Sample Size Determination

To reduce sampling error, enough sample size would be used in this study. 302 divorced couples were identified in the Chobi district. The sample size was determined by using the formula given by Yamane [25].

$$n = \frac{N}{1 + N(e)^2}$$

#### 2.2.3. Sampling Technique

The divorced spouses in the district's four kebeles would form the study's sample frame. The researchers used the purposive sampling method to select these kebeles. A lottery technique was utilized to pick the respondents using a simple random sampling method. A participant for KII and FGD was also purposefully chosen using a simple random selection procedure. Proportionality would be computed based on the total number of people who lived in these four kebeles, and their corresponding sample size would be calculated based on this proportion.

### 2.3. Tools of Data Collection

It's a step-by-step plan for gathering data from various sources to answer a research question. This study used three different types of instruments to collect both qualitative and quantitative data. The following are the surveys, key informant interviews, and focus group discussions.

#### 2.3.1. Questionnaires

It is an important data collection method that is widely employed. The questionnaire is utilized because it is simple to collect information from a large number of people in a short amount of time [9]. The researchers employed two data-gathering instruments in this research.

Part I: The self-information Sheet1 (SIS) - Is a ten-item data collection page created by a researchers to collect basic background information about divorced spouses and their previous marital lives. It contains questions about the respondents' socio-demographics and divorce issues.

Part II: Survey questionnaires -Based on the research question and objectives, the questionnaires have 44 Likert scale items divided into two (2) groups (assessment of psychosocial consequences (25) items, and psychosocial coping strategies (19) items. All scales use a five-point answering scale, with 1=strongly disagree (SD) with the statement, 2=moderately disagree (MD) with the statement, 3=Neutral (N) neither agree nor disagree, 4=moderately agree (MD) with the statement, and 5=strongly agree (SA) with the statement.

**2.3.2. Key Informant Interview (KII)**

The main goal of KII is to gather general information about the psychosocial consequences, and coping strategies of divorced couples. To do so, some knowledgeable individuals from both inside and outside of WCYAO, as well as the district court and VERA workers, were chosen and interviewed. As a result, eight (8) experts from three concerned offices (i.e., WCYAO four (4), district court two (2), and VERA two (2)) were used in the current study: four (4) males and four (4) females.

**2.3.3. Focus Group Discussion (FDG)**

To triangulate data obtained from surveys and individual interviews, a focus group discussion (FGD) has been used.

Two (2) focus group discussions comprising experts and divorced couples were used in this study. The first group consists of employees from three offices, with four (4) males and four (4) females. Eight (8) experts in (WCYAO (4), District Court (2), and VERA (2)) were selected based on their knowledge and experience with divorced couples and their ability to discuss and provide adequate information about the issue raised by the researcher/moderator. The second group consisted of eight (8) divorced couples (four males and four females) who were recruited for a focus group discussion.

**2.4. Pilot Study**

Twenty (20) divorced couples from the Chobi district were chosen for piloting the questionnaire based on availability sampling. The goal of the pilot study was to check the clarity of the questionnaire items and instructions, eliminate poor wording, assess the reliability and level of understanding of the research respondents, obtain feedback on the time required to complete the questionnaire items, and identify irrelevant items on the main independent variables and for the dependent variable (the entire questionnaire). The experts assess each item's appropriateness, usefulness, and efficacy to see how well the measuring tool captures the many parts of the questions. Their feedback was assessed, and the measurement tool was employed accordingly. Cronbach alpha was calculated for the three dimensions to determine the questionnaire's reliability. Therefore, Cronbach alpha was used as a measure of reliability & internal consistency.

*Table 1. Summary of pilot test reliability of an instrument.*

Dimensions	Cronbach alpha	Number of items	Item correlation
Psychosocial consequences of divorce	0.78	25	0.77
Psychosocial coping strategy	0.8	19	0.81
Total	0.78	44	0.77

This indicates that the total scale of psychosocial consequences and coping strategy of divorced couples' Cronbach alpha reliability coefficients were all regarded to be acceptable.

**2.5. Method of Data Analysis**

To achieve the objectives of this study, descriptive and inferential statistics were used to analyze the quantitative data, as well as qualitative data interpretation in thematic and narrative ways carried out. The socio-demographic data of respondents, as well as the psychosocial consequences of divorced couples, and the psychosocial coping strategies of divorced couples, were analyzed using descriptive statistics such as (frequency, percentage, mean, and standard deviation), and summarized and presented in the form of a table. An independent sample t-test was used to see if there is a significant difference in the psychosocial consequences and psychosocial coping strategies of divorce by gender among divorced couples. In the analysis of quantitative data using appropriate descriptive and inferential statistics a

statistical package for social sciences (SPSS) version 26.0 was utilized.

**3. Result and Discussion**

**3.1. Psychosocial Consequences of Divorce on Divorced Couples Life**

Divorce is seen as a remedy to a violent and abusive marriage. For the divorced couple, however, it poses several social and psychological problems. The obtained data in this regard is analyzed as follows.

**3.1.1. Psychological Consequences of Divorce on Divorced Couples**

The psychological effects of divorce on divorced couples were presented and discussed in detail in this section. The analysis was carried out using descriptive statistical methods (such as frequency, percentage, mean & standard deviation) and qualitative narrations.

**Table 2.** Summary of major psychological consequences of divorce.

Items	Consequences of divorce						Mean	SD
	Low		Medium		High			
	f	%	f	%	f	%		
Emotional distress	12	7.2	40	24.1	116	69.8	3.8976	0.9187
Anxiety, anger & resentments	10	6	48	28.9	108	65	3.8675	0.9695
Alcohol/substance dependency	111	66.8	45	27.1	10	6	2.0422	0.9493
Low self-esteem	6	3.6	31	18.7	129	77.7	4.0904	0.8864
Experience of fear/insecurity	8	4.8	37	22.3	121	72.89	4.0663	0.9351
Desire to gate revenge	6	3.6	30	18.1	130	78.3	4.006	0.8128
Feelings of doubt, grief & guilt	17	10.2	45	27.1	104	62.65	3.8072	1.0382
Self-blaming & fault finding	11	6.6	35	21.1	122	73.4	3.988	0.9406
Frustration & inferiority	13	7.8	43	25.9	110	66	3.969	0.9995
Sense of betrayal/offer rejection	10	6	47	28.3	109	65.6	3.89	0.9447
Feel abandoned & depressed	18	10.8	39	23.5	109	65.6	3.73	0.98
Feelings of more emotional pain	11	6.6	50	30.1	105	63.2	3.87	0.948
Hopelessness & helplessness	13	7.8	45	27.1	108	65	3.86	0.927
Over all	17	10	43	25.60	106	63.65	3.79	0.93

As it is revealed from the above table, the majority of respondents (63.65%) are experiencing high psychological problems due to their divorce. Similarly, the grand mean score the response of respondents (Mean=3.79 & SD=0.9) shows that the psychological wellbeing the divorced couples' is highly affected. Among the psychological problems divorced couples were experiencing alcohol/substance abuse exceptionally accounted less. This indicates that most of the divorced couples were not exposed for alcohol/drug use.

### 3.1.2. Social Consequences of Divorce on Divorced Couples

In this section, the social consequences of divorce on divorced couples' were presented & discussed in detail. To determine the social effects of divorce on divorced couples in Chobi, descriptive statistics (frequency, percentage, mean, and standard deviation, as well as qualitative interpretation) were employed. As a result, the full 11 items in this dimension were analyzed to identify the social consequences of divorce on the lives of divorced couples.

**Table 3.** Summary of social consequences of divorce.

Items	Consequences of divorce						Mean	SD
	Low		Medium		High			
	f	%	f	%	f	%		
Loss of emotional support	17	10.2	46	27.7	102	62	3.747	1.0713
Social stigma/social isolation	10	6	50	30.1	106	63.85	3.795	0.8705
Custody of children	10	6	42	25.3	114	68.67	3.9157	0.9433
Challenges related to getting separate house	18	10.8	59	35.5	89	53.6	3.6928	1.001
Problem with social interaction	10	6	41	24.7	115	69.2	3.9157	0.8972
Having extra marital affairs	12	10.4	46	27.7	108	65	3.8193	0.9616
Blaming former partner	5	3	33	19.9	128	77	4.0241	0.7781
Feelings of comfortable in social events	8	4.8	59	35.5	99	59.65	3.8313	0.9383
Social phobia	14	8.43	33	19.9	119	71.68	3.8735	0.9353
Overall	11	6.6	46	27.7	109	65.6	3.84	1.1287

The above table shows that the majority of respondents (65.6%) are experiencing high social problems due to the breakdown their marriage. Regarding the magnitude of the social problem they are experiencing the result of grand mean (3.84) indicates that the problem is very high.

### 3.2. Gender Differences in Psychosocial Consequences of Divorce on Divorced Couples

In order to examine if there was a statistically significant

gender difference in divorced couples' psychosocial consequences an independent sample t-test was used.

#### 3.2.1. Gender Difference on Psychological Consequences of Divorce

An independent sample t-test was employed to examine if there was a statistically significant difference in the psychological consequences of male and female divorced couples.

**Table 4.** Independent t-test analysis of psychological consequences of divorce.

Sex of respondents	N	t	sig. (2-tailed)	T	df	Mean	SD
Male	78	1.301	0.751	-0.317	164	42.85	4.58
Female	88					43.06	3.9

As indicated in Table 4 above, the independent sample t-test result shows that there was no statistically significant difference between divorced couples' (male & female) respondents concerning their psychological consequences of divorce ( $t=0.272, p>0.05$ ). Earlier and more recent reviews have concluded that there is no compelling evidence to substantiate the claim that women are generally better off in terms of health and subjective well-being following a divorce [3, 4]. Women, on the other hand, may already be relieved at the end of an unhappy relationship. These considerations suggest that health and subjective

well-being may adjust on distinct time scales: Women mourn the end of marriage already in the pre-divorce years, whereas this process is delayed and possibly even more devastating for men [14].

**3.2.2. Gender Difference Social Consequences of Divorced Couples**

The following table shows the result of an independent sample t-test analysis conducted to know whether the social problems males and females are experiencing is significantly different.

*Table 5. Independent t-test for social consequences of divorce on divorced couples.*

Sex of respondents	N	T	sig.(2-tailed)	t	df	Mean	SD
Male	78	1.413	0.158	1.419	164	54.5	5.55
Female	88					53.36	4.76

As indicated in Table 5 above, the independent sample t-test result shows that there is no statistically significant difference ( $t=0.158, p>0.05$ ) between divorced males & females in the social problems they are experiencing due to divorce. In a similar line, studies in the home sphere have identified two areas where gender variations in divorce outcomes may occur. Parental strain linked with custodial arrangements is the first and most extensively researched issue. Noncustodial parents, mainly fathers, face daily challenges in keeping in touch with their children [24]. Custodial parents, who are mainly mothers, confront the challenges of single parenting and securing child care [14].

**3.3. Psychosocial Coping Strategy of Divorced Couples**

The second objective of the study was to find out psychosocial coping strategies divorced couples have been

using. Effective coping requires matching the right coping strategy to the situation [7]. To this end, respondents were asked to identify the feasible psychosocial coping strategy of divorce on the lives of divorced couples. The response obtained from respondents were presented and analyzed as follows:

**3.3.1. Psychological Coping Strategy of Divorced Couples'**

It is undeniable fact that divorced couples are more likely to experience anxiety, fear, anger, regret, irritation, and distrust, among other negative emotions and feelings. Knowingly and unknowingly these people do various things that might help them to have healthy life. In each item employed in this study under this dimension, the following table depicted an overview of the respondents' responses on psychological coping strategy (PCS) of divorced couples.

*Table 6. The summary dimension of major PCS of divorce.*

Items	Alternative coping responses						Mean	SD
	Low		Medium		High			
	F	%	f	%	f	%		
Participating in religious or spiritual activities	8	4.8	40	24.1	118	71	3.98	0.91
Sitting down and discussing differences' Constructively	7	4.2	57	34.3	102	61.4	3.79	0.85
Seeking professional counseling help from family	13	7.8	42	25.3	111	66.9	3.84	0.91
Having high self-esteem & self-confidence in solving a problem	13	7.8	40	24.1	113	68	3.9	1
Taking stressful event as a fact of life	13	7.8	33	19.9	120	72.2	4	0.97
Focusing on the problem at hand	9	5.4	42	25.3	115	69.2	3.95	0.93
Finding alternatives that are acceptable to each of us	17	10.2	53	31.9	96	57.8	3.97	0.97
Withdrawing & acting distant	10	6	37	22.3	119	71.7	3.99	0.96
Sharing concerns with close friends	12	7.2	49	29.5	105	63.2	3.85	0.99
Remaining silent for a long period of time	12	7.2	28	16.9	126	76	4	1
Overall	12	7.20	35	21	119	71.5	3.927	1

The above table shows that the majority of respondents (71.5%) are using psychological coping strategies. Regarding the magnitude of the use of psychological coping strategies the result of grand mean (3.927) indicates that they are highly using it.

**3.3.2. Social Coping Strategy of Divorced Couples'**

The social coping strategy of divorce on divorced couples

was presented and discussed in detail in this part. A person's choice of coping technique is determined by the quantity and quality of coping resources accessible to them. Knowledge (e.g., knowledge of how a workplace functions), skills (e.g., analytical skills), attitudes (e.g., self-efficacy or confidence in one's ability to perform a specific behavior), social resources (e.g., people with whom a person can exchange information), physical resources (e.g., health and endurance), material

resources (e.g., money), and societal resources (e.g. policies and laws). In each item used in this dimension, the respondents' reaction to the social coping strategy (SCS) of divorced couples is listed in the table below.

**Table 7.** Summary of dimensions of SCS of divorced couples.

Items	Alternative coping responses						Mean	SD
	Low		Medium		High			
	f	%	f	%	f	%		
Seeking advice from relatives	11	6.6	42	25.3	113	68	3.83	0.84
Remarry to another partner	14	8.4	58	34.9	94	56.6	3.72	1
Taking social support from other	7	4.2	37	22.3	122	73.5	4	0.84
Seeking assistance from community agencies	15	9	46	27.7	105	63.2	3.7	0.91
Social learning/modeling	10	6	50	30.1	106	63.8	3.8	0.88
Sharing our difficulties with elders & relatives	15	9	36	21.7	115	69.2	3.92	1.02
Morally and spiritually divorce is unacceptable	7	4.2	51	30.7	108	65	3.81	0.85
Stay together& try to solve their marriage problems	17	10.2	36	21.7	113	68	3.89	1.04
Overall	13	7.80	29	17.68	124	74.5	3.89	1

**Table 8.** Independent t-test for PCS of divorce on divorced couples' in terms of sex.

Sex of respondents	N	T	sig.(2-tailed)	t	df	Mean	SD
Male	78	1.301	0.751	-0.317	164	42.85	4.58
Female	88					43.06	3.9

The above table shows that the majority of respondents (74.5%) are using psychological coping strategies. Regarding the magnitude of the use of psychological coping strategies the result of grand mean (3.89) indicates that they are highly using it.

### 3.4. Gender Difference in Psychosocial Coping Strategy of Divorced Couples

#### 3.4.1. Gender Difference in Psychological Coping Strategy

The results of this study were provided in the table below, and an independent sample t-test was utilized to examine if there was a statistically significant difference between male and female divorced spouses' psychological coping strategies (PCS).

As demonstrated in Table 8 above, the independent sample t-test result reveals that there was a statistically significant difference between divorced couples'(male & female) respondents concerning their psychological coping strategies of divorce ( $t(166)=-0.317, p<0.05$ ). This implies that divorced females and males used different psychological

coping mechanisms to deal with psychological challenges that arose as a result of their marriage dissolution. According to much research, both men and women experience significant stress as a result of problems with a romantic relationship, showing that this is a frequent area for stress-generating processes to occur [13]. Men are more likely to respond to stress with active, problem-focused coping, but also greater fight and avoidance, suggesting the need of paying attention to gender-related patterns of coping [22]. Women, on the other hand, are more likely to adopt emotion-focused and dysfunctional individual coping strategies (e.g., self-accusation, rumination, negative emotion expression) and prefer to seek out and engage in social coping [19].

#### 3.4.2. Gender Difference in Social Coping Strategy of Divorced Couples

An independent sample t-test was used to see if there was a statistically significant difference between male & female divorced couples' on social coping strategy (SCS). The result of this study was presented in the table below.

**Table 9.** Independent t-test for SCS of divorce on divorced couples' in terms of sex.

Sex of respondents	N	T	sig.(2-tailed)	t	df	Mean	SD
Male	78	1.413	0.158	1.419	164	54.5	5.55
Female	88					53.36	4.76

As shown in Table 9 above, the independent sample t-test result reveals that there was no statistically significant difference between divorced couples' (male & female) respondents for social coping strategies of divorce ( $t(166)=0.15, p>0.05$ ). This implies that divorced females and males used the same social coping mechanisms to deal with social problems that arise as a result of their divorce.

According to the findings of this study, which are consistent with the report of DeLongis & Zwicker [11], the relationship between stress assessment and consequences is dependent on the social context in which it happens. To

properly understand the consequences of family stress, both spouses' viewpoints must be evaluated within social contextual and dyadic coping frameworks.

## 4. Conclusion and Recommendation

### 4.1. Conclusion

The current study examined the psychosocial consequences & coping strategies of divorced couples. Marriage divorce, on the other hand, has become a

significant psychosocial concern in modern communities. The findings revealed that divorced couples have been suffering from the effects of divorce. As a result, the major psychological, social, and economic consequences of divorce on divorced couples in their post-divorce lives were identified in this study. Some of the psychological consequences of divorced couples are emotional distress, anxiety, anger & resentments, alcohol/substance dependency, low self-esteem, the experience of fear/insecurity, desire to gate revenge, feelings of doubt, grief & guilt, self-blaming & fault finding, frustration & inferiority, sense of betrayal/offer rejection, feel abandoned & depressed, feeling more emotional pain, hopelessness & helplessness.

Similarly, social consequences of divorce identified were loss of emotional support, social stigma/social isolation, custody of children, challenges related to getting a separate house, problems with social interactions, having extramarital affairs, blaming former partner, feel comfortable in social events & social phobia. In the same vein, economic hardships following their divorce were such as; individual poverty, divorced couples economically /weak lower living standard, living in inferior residence, mental pressure due to inadequate time & money & social dislocation because of economic hardship.

This study also was found out different psychosocial coping strategies employed by divorced couples to tackle problems after their divorced life. Hence, the psychological coping mechanisms were participating in religious or spiritual activities, sitting down and discussing differences constructively, seeking professional counseling & help from family, having high self-esteem & self-confidence in solving a problem, taking the stressful event as a fact of life, focusing on the problem at hand, finding alternatives that are acceptable to each of them, withdrawing & acting distant, sharing concerns with close friends & remaining silent for a long time. In the same line, social coping strategies used by divorced couples' pointed out were; seeking advice from relative, remarry to another partner, taking social support from others, seeking assistance from community agencies, social learning/modeling, sharing their difficulties with elders & relatives, & stay together & try to solve their marriage problem in their daily life.

Furthermore, divorced couples' were used different economic coping strategies to overcome their financial problems after divorce situation as follows; alimony/souse maintenance, working hard/ labor work, support from family & relatives, dependent on a family on everything, selling local products, properly using & saving shared property. In general, it can be concluded that divorce harms not only the socio-economic and psychological well-being of the family but also society as a whole.

#### 4.2. Recommendations

The study identified that divorced couples' have different psychological, social, economic & coping problems that affect their psychosocial wellbeing. Based on the finding the following recommendations were forwarded.

- 1) The education programs concerning marriage and family life should be prepared in various ways (within the family, school, adult education centers, religious institutions & mass media, etc.).
- 2) Promoting awareness of the emotional and social benefits of long-term marital relationships to men, women, and children, as well as to society as a whole, would be a positive and important component of a policy goal to support marriage and discourage divorce. In such a strategy, community organizations, the media, and the workplace are crucial partners.
- 3) The establishment of responsible institutions and organizations, which can provide continuous service for both individual and family counseling centers, is primordial as well as the creation of premarital counseling centers providing the consultation on necessary laws and regulations being established in each province.
- 4) To empower them, community resources such as legal aid, social support and networking systems, social security, humane re-housing, and medical care should be offered. They must also be informed on how to get access to these resources.

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