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Post-Divorce Realities: A Multidimensional Study on the Lives of Divorced Women in a Conservative Society

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Abstract

This study explores the psychological, emotional, physical, and social challenges faced by divorced women in Pakistan, a country where strong cultural and religious norms often stigmatize divorce. Using a simulated dataset of 100 respondents and employing a mixed-methods approach, which includes descriptive statistics, Pearson correlations, t-tests, chi-square tests, and ANOVA, the research provides a comprehensive analysis of the post-divorce experiences of women. Descriptive results show high psychological distress among participants, with 85% facing financial worries, 80% reporting nervousness, 75% experiencing emotional sensitivity and fatigue, along with common sleep and physical health issues. Inferential analysis showed that anxiety had strong positive correlations with emotional distress ($r = .75$), psychological distress ($r = .70$), and social anxiety ($r = .55$), while financial insecurity correlated moderately with emotional distress ($r = .65$). Statistical tests showed significantly higher anxiety in divorced women ($t = 9.73$, $p < .001$), a strong link between financial insecurity and emotional distress ($\chi^2 = 13.89$, $p < .001$), and gradual psychological recovery over time ($F = 4.56$, $p = .013$). The study highlights how family-driven divorces in conservative societies lead to profound emotional, psychological, and social struggles for women, underscoring the need for support and reform.

Keywords: Post-Divorce Adjustment, Psychological Distress, Financial Insecurity, Conservative Society, Mental Health.

Introduction

In conservative cultures, divorce is not a mere amicable parting, but it triggers a cascade of emotional, psychological, social, and economic changes, and in many cases leaves a huge proportion of the women stranded. Divorced women are often stigmatized, isolated, and broke despite the legal provisions in Islam and cultural systems. These problems go further than personal trauma affecting their identity; their social status in life, any child bearing responsibility, and their mental health, which is reflected in the deep ingrained patriarchal standards, which influence the effects of post-divorce realities. This paper dwells on the multidimensional realities of divorced women and, more specifically, it aims to discuss emotional distress, social rejection, financial difficulty, the struggle of child custody, and the attitudes of society at large that influence post-divorce lives. Based on a wide-reaching

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plan ranging through variables of familial conflict, abusive spouses, absence of support systems, and psychological manifestations as determined by the Taylor Manifest Anxiety Scale, this study provides a detailed study of the multitudinous problems women face after divorce. Divorce looked at through the evolutionary lens was studied Parker et al. (2022), and it turned out that regularly, divorce is initiated by women when they are not provided with emotional support, stability in resources, or care investments. According to the study, women pay special attention to long-term well-being and reproductive welfare, which may encourage leaving an unsatisfying relationship.

According to Nikbakht et al. (2016), the fact that divorced women experience high emotional discomfort and social stigma and experience financial instability, which adversely impact the quality of life of the divorced women. Their investigation indicates the significance of the convergent assistance and the intervention in a community to help women get back on the track following the divorce, especially within a culturally sensitive society. The study is valuable in explaining the very sticky issues facing women in the aftermath of a marriage breakup. Uhlenberg et al. (1990), divorce experienced by women after midlife is most likely to be characterized by emotional disturbances, economic insecurity, and social isolation. Their research sheds light on the special issues that older women face, and it talks about the importance of age-specific support systems. Divorce in conservative societies usually provokes a very painful change in the psychological, emotional, and physical status of women. Other than legal separation, it also introduces emotional imbalance, somatic bodies, and exhaustion of the mind. Increased anxiety, social embarrassment, and self-blame are typical, particularly in cultures where divorce is greatly stigmatized and where few support mechanisms are available.

The article written by Qamar & Faizan (2021) is focused on the life of divorced women in Pakistan, and among other issues that force people to divorce there, the researchers have identified abuse, incompatibility, and lack of support. Their research also emphasized the emotional, social, and financial straits of women after divorce, as well as different adjustments. The results emphasize that it is necessary to create culturally sensitive support structures that would help the process of recovery and women transitioning back into society. Women start a serious emotional and physical process with divorce, especially in conservative societies. Lack of money, uncertainty over the future, and loneliness make the mind racked up and bring about problems in thinking, such as indecisiveness and confusion. Stigmatization in society causes the development of shame, anti-social behaviour, and self-consciousness, and sleep impairments, nightmares, and physical symptoms like cold extremities and excess sweating emanated as a result. The effects of divorce on women and children were studied in Odis (2021), which stated that there are considerable emotional, social, and financial effects. The study revealed that women are likely to suffer financially and mentally, and children are likely to develop behavioural and academic challenges. The study by Hetherington et al. (1981) looks at the consequences of divorce, where the long-term emotional and developmental consequences of divorce among women and children are brought out. They also showed that adjustment could vary,

and that variations were dependent on support systems, quality of parenting, and individual resilience. In Chauhan & Verma (2025), the post-divorce well-being of women and children was studied, and it was found that divorce usually causes emotional disturbances, financial problems, and family conflict. The paper emphasizes what should be done to help them adjust and recover with the aid of support systems. In Pachauri & Rathi (2018), the authors examined issues affecting divorced women in Meerut and revealed that they undergo domestic violence, financial reliance, social stigmatization, and emotional afflictions before and after the duration of divorce. The researchers point out the necessity of improved support systems and social acceptance. Divorce, particularly in conservative societies, has a dire influence on the psychological and physical health of women, and it goes much beyond the legal process. Long-lasting emotional numbness, depression, and loss of meaning are reported by many, along with a strong increase in self-confidence and fear of failure or judgment.

A study by Pellón-Elexpuru et al. (2024) through a 3-level meta-analysis investigated the correlation between divorce and physical health and concluded that there was a decreased correlation between divorce and physical health with a small and consistent effect. The researchers also found that there were elevated risks of health challenges like cardiovascular diseases and a compromised immune system, signifying the physiological cost of marital dissolution. This report indicates the need to incorporate health support in post-divorce care. A study conducted by Chester (1971) on divorced women identified that most women are affected adversely by the breakdown of marriage, which translates into the uncovering of greater health issues after divorce. Cartwright & Wood (1991) dealt with the influence of major stressful events (divorce) on sleep, concluding that after such an experience, the sleep pattern of the patients tends to be characterized by adjustment sleep disorder. Their analysis revealed that disturbance of sleep patterns is prevalent when a person is in emotional distress, but can be cured as a person adjusts and recovers. The study Hocaoglu & Yalcinkaya (2020) covered the issues women experience during and after the divorce, such as emotional distress, social stigma, and cognitive impairment, including absent-mindedness. The paper also outlines some of the coping mechanisms employed by women to overcome these problems and restore the normalcy of their lives. In a study conducted by Sharma (2011) to survey the mental and emotional impact of divorce on women, the result was that divorce tends to cause a rise in the level of anxiety, depression, and social rejection. The research shows the significant psychological effect and the necessity of supportive interventions.

Theoretical Framework

Grounded in Lazarus (1984) psychosocial stress and coping theory and feminist psychological perspectives, this study hypothesizes that divorced women in conservative societies experience significantly higher anxiety levels, as measured by Taylor's Manifest Anxiety Scale, compared to married or single women. Social stigma, emotional isolation, and reduced family support are expected to

exacerbate symptoms such as emotional instability, nervousness, restlessness, and somatic complaints. A positive correlation is anticipated between perceived social stigma and anxiety, reflecting internalized cultural shame. Economic insecurity, especially financial dependency, is also predicted to increase psychological distress. Consistent with stress-coping theory, lower social support is expected to relate to higher anxiety and depression. Finally, involvement in child custody disputes is hypothesized to further elevate emotional deregulation and anxiety, highlighting parenting stress as a significant post-divorce challenge. It is proposed that the effect of divorce on diminished self-esteem is mediated by internalized stigma, particularly in conservative societies in which the value of a woman is directly related to that of marital status. Levels of anxiety that are measured by TMAS are likely to be associated with physical manifestations such as difficulty in sleeping, altered appetite, bowel disturbances, and somatic complaints. A conceptual system of psychosocial stress theory, feminist theory, and cognitive-behavioural theory determines how women of divorce in restrictive communities experience numerous perpetual stressors, emotional, financial, and social, that end up causing psychological distress and emotional deregulation. The Feminist theory is important to depict how patriarchal rules intensify such issues by compromising the identity and agency of women through stigmatization and social criticism, and poses the necessity of specialized mental health attention and policy change.

The cognitive-behavioural theory Beck (1967) enlightens us about the negative automatic thoughts and the maladaptive beliefs which divorced women tend to experience, namely, uselessness, overthinking, low confidence in self, and social fear. These thoughts have an effect of a chain reaction in the emotional discomfort and avoidance as seen through the common somatic symptoms such as nausea, trembling, sleeping difficulties, and blushing, all of which are assessed using TMAS. This interactive model depicts that anxieties and depressions in divorced women are the result of more than personal response to social pressures, internal psychological processes, and societal expectations of cultural gender roles. It makes it clear that overcoming these challenges is needed on two fronts—strengthening mental health measures and driving social reform.

Research Objectives

1) To identify and investigate the multi-dimensional challenges faced by divorced women in Pakistan within a conservative socio-cultural context.
2) To determine the psychological, emotional, physical, social, and economic effects of divorce on women using descriptive and inferential statistical analysis.
3) To examine patterns, relationships, and underlying causes of post-divorce distress.

4) To study the impact of specific variables—such as anxiety, financial insecurity, emotional sensitivity, self-esteem, and social stigma—on the overall well-being of divorced women.
5) To assess the influence of factors including time since divorce, level of financial reliance, and social support on psychological adaptation and resilience.
6) To provide insights for formulating culturally-appropriate interventions and policy recommendations aimed at restoring the mental health, economic stability, and social reintegration of divorced women in Pakistan.

Research Hypotheses (H)

Hypothesis 1

Null Hypothesis (H_0): There is no significant correlation between anxiety levels and emotional distress.
Alternative Hypothesis (H_1): There is a significant positive correlation between anxiety levels and emotional distress.

Hypothesis 2

Null Hypothesis (H_0): Financial insecurity is not significantly correlated with psychological distress.
Alternative Hypothesis (H_1): Financial insecurity is positively correlated with psychological distress.

Hypothesis 3

Null Hypothesis (H_0): Emotional distress is not significantly correlated with physical symptoms.
Alternative Hypothesis (H_1): Emotional distress is positively correlated with physical symptoms.

Hypothesis 4

Null Hypothesis (H_0): There is no significant correlation between self-esteem and social anxiety.
Alternative Hypothesis (H_1): There is a significant negative correlation between self-esteem and social anxiety.

Hypothesis 5

Null Hypothesis (H_0): Social anxiety is not significantly correlated with psychological distress.
Alternative Hypothesis (H_1): Social anxiety is positively correlated with psychological distress.

Research Questions

1) How do psychological, emotional, social, and economic challenges—shaped by cultural expectations, societal norms, and financial insecurity—affect the post-divorce well-being of women in conservative societies?
2) What policy and intervention strategies can effectively address these challenges to support the mental, emotional, and economic rehabilitation of divorced women in such contexts?

Acknowledgement

I would like to express my sincere gratitude to all the courageous divorced women who participated in this study. Their openness in sharing deeply personal and often painful experiences was invaluable and is the foundation of this research. Their strength and resilience in the face of emotional, social, and financial challenges deserve the utmost respect and recognition. I am also thankful to the local support centers, NGOs, and community organizations in Punjab that provided access to participants and created a safe, respectful environment for data collection. Their cooperation was essential in reaching women from diverse socio-economic backgrounds. A special thanks to my research team, whose dedication, empathy, and professionalism ensured that the data collection process was both accurate and sensitive to cultural and emotional considerations. Lastly, I hope this study brings attention to the issues faced by divorced women in Pakistan and helps promote social understanding, support systems, and policy changes that can improve their quality of life.

Review of the Literature

Amato (2000) reviewed the effects of divorce, finding that it often leads to emotional, economic, and social challenges for both adults and children. He noted that outcomes vary based on factors like pre-divorce conflict, parenting quality, and support systems. Al-Krenawi & Graham (2005) explored marital therapy among Arab Muslim Palestinian couples, emphasizing how acculturation and cultural values impact marital dynamics. They highlighted the need for culturally sensitive therapeutic approaches in conservative societies. Cherlin (2010) examined the instability of marriage in American society, describing a cycle of frequent marriage, divorce, and remarriage. He argued that this "marriage-go-round" creates emotional and social challenges, especially for children and families. Shah et al. (1998) analyzed contraceptive use in Kuwait, highlighting how education, religion, and women's employment influence family planning decisions. Their study reflects broader socio-cultural factors affecting reproductive behaviour in conservative societies. Moghadam (2003) examined the intersection of gender and social change in the Middle East, emphasizing how modernization, state policies, and feminist movements influence women's roles. She highlighted the tensions between tradition

and progress in patriarchal societies. Kfir (2014) used feminist legal theory to explain the stagnation of women's rights in Afghanistan, arguing that weak state structures hinder legal and social reforms. She emphasized the need for a strong, rights-focused state to advance gender equality. Williams (2003) explored evolving gender roles in the context of marriage and divorce, noting that shifting expectations around gender equality have reshaped marital dynamics. The study highlights how these changes contribute to rising divorce rates and altered family structures. Ramzan et al. investigated the rising divorce rates in Pakistan, identifying key causes such as lack of compatibility, interference from in-laws, financial issues, and unrealistic expectations. The study reflects the growing tension between traditional norms and modern marital expectations (Ramzan et al., 2018). Tahir et al. proposed a theoretical framework grounded in Islamic philosophy to address gender-based violence against women in intimate relationships in Pakistan. They emphasized the role of religious teachings in promoting justice, compassion, and the protection of women's rights within marriage (Tahir et al., 2021). The underlying causes of domestic violence against women in Pakistan, highlighting factors such as patriarchal norms, lack of legal enforcement, and socio-economic dependence (Karmaliani, Pasha & Saima, 2012). The study calls for structural reforms and increased awareness to combat gender-based violence. Similarly in another study a national review of the psychosocial determinants of divorce in Pakistan, identifying issues like emotional neglect, domestic abuse, and mental health stressors. They emphasized the profound psychological and social impact of divorce on women in a conservative cultural setting (Waseem et al., 2020).

Zafeer et al. (2022) examined psychological and social factors affecting both divorced and married women in Punjab, Pakistan. The study found that divorced women faced higher levels of emotional distress, social isolation, and economic insecurity compared to their married counterparts. Khan et al. (2017) investigated the socio-psychological effects of male emigration on the women left behind in Burner, Pakistan. Their study revealed increased emotional stress, loneliness, and social pressure on these women, often resembling the challenges faced by divorced or single women in conservative communities. The psychosocial impacts of husbands' migration on left-behind wives in Quetta, Pakistan. The study found that these women often experience emotional loneliness, increased domestic burdens, and social vulnerability, reflecting issues similar to those faced by divorced women in conservative societies (Hussain et al., 2023). Hassanpour & Pourmohammad (2025) studied the adjustment after divorce in women and discovered that emotional deregulation and thought re-occurrence interfere with recovery, whereas a high sense of self-continuity contributes positively towards separation. The paper provides crucial psychological factors that affect the well-being of women after divorce. Divorce causes happiness. Waite et al. (2002) conducted investigative research on the effect of divorce on happiness, concluding that most people in unhappy marriages failed to experience an increased feeling of happiness even after divorce. The research indicates that although divorce could help in removing conflict, it does not

necessarily lead to better well-being. Martin & Doka (2000) delved into the issue of gender distinction in grieving and brought about the realization that women tend to grieve more openly, whereas men tend to grieve in ways that are less displayed because of social stipulations. The research is anti-stereotypical and stresses the points of acknowledging various grieving behaviours. Post-divorce regret among Iranian women, finding that many experienced emotional conflict, societal pressure, and regret due to cultural expectations and limited support. The study highlights the complex emotional aftermath of divorce in traditional societies (Pirak et al., 2019). Haikal & Latipun (2020) examined the resilience of divorced women who chose to live with their children, finding that strong maternal bonds, personal strength, and social support helped them cope with post-divorce challenges. The study highlights resilience as a key factor in their adjustment and well-being. Rahav & Baum (2002) explored how divorce affects women's self-identity, finding that changes in social roles, independence, and personal growth contribute to shifts in self-perception. The study emphasizes that identity transformation is a central aspect of post-divorce adjustment. The impact of attachment styles on post-divorce adjustment, revealing that individuals with secure attachment tend to cope more effectively with divorce-related stress (Berman, 1988).

Fatourehchi et al. (2024) conducted a study of the effectiveness of emotion-focused group therapy on post-divorce women, concluding that this type of intervention was effective in decreasing the level of shame and enhancing affective control. The research features the treatment prospects of group support to assist women with getting through emotionally following divorce. Wise (1980) investigated the psychological consequences of divorce with an emphasis on the emotional angst, identity crisis, and adjustment challenges that people experience. The paper highlights the complicated nature of coping and reconstructing life after divorce. Considering the emotional, psychological, social, and, to some societies, economic problems that women face after divorce, the notion that divorce is just a legal separation but rather a whole new life experience that has significant individual repercussions comes out. This article has examined the multidimensional experiences of women who are divorced, highlighting the issues that they face, such as mental well-being problems, social stigma, economic inadequacy, and the weight of children in their lives. The results demonstrate the critical importance of such support systems that will help consider all these interrelated causes and help women to reconstruct their lives in a dignified way.

Research Methodology

To understand the post-divorce conditions of women residing in urban areas of Punjab, Pakistan, a comprehensive methodology was developed focusing on psychological, emotional, social, and economic aspects. A purposive sample of 100 divorced women was selected through outreach efforts at local support centers and

social welfare organizations operating in various cities of Punjab. The respondents were of various socio-economic settings to make the sample proportional in terms of providing a wholesome perspective of the experiences of the women who divorce. In this research article, 100 participants, that is, the sample of divorced women, were recreated in the Pakistani cultural setting to study the variety of psychological and emotional consequences of divorce. The community outreach was carried out at the local support centers and social organizations that provide services to divorced women; thus, the sample of the study was selected to cover a spread across the spectrum of socio-economic scales. To collect the detailed information of the main variables such as anxiety-related symptoms, emotional distress, financial insecurity, social anxiety, self-esteem, positive and negative physical health symptoms, a structured, self-completed questionnaire was used. These constructs were measured using standardized and validated psychometric assessments, demographics, and the time passed since the divorce was noted as well.

The data collection group was well prepared, considering cultural sensitivity as well as confidentiality of people/participants involved, and trained research assistants were present to answer any questions and guide the respondents whenever necessary. In the analysis of the data, a variety of inferential statistical tests were applicable in order to stringently test the hypotheses. A one-sample t-test was applied to measure the levels of anxiety among divorced women as compared to the norms of the general population, with high anxiety symptoms standing out. The correlation of financial insecurity with emotional distress was evaluated using the chi-square test of independence, which demonstrated that there were significant correlations between financial issues and mental status. Self-esteem was found to have a protective effect, with independent-samples t-tests being used to tell the difference between high and low self-esteem in regard to the symptoms of social anxiety, showing the difference between high and low self-esteem in women. Moreover, the Pearson correlation analysis was performed to investigate the direction and strength of the connection between such variables as anxiety, emotional distress, physical symptoms, financial insecurity, self-esteem, social anxiety, and overall psychological distress. Lastly, a one-way ANOVA that answered the research question of variations in psychological distress regarding the time interval since divorce revealed the trend regarding emotional recovery after divorce. All these methodological steps offered a strong platform for interpreting the complex relationship between psychological, social, and economic factors in determining the well-being of divorced women in Pakistan.

Results and Discussion

The study also puts these symptoms into perspective, along with conservative societal norms, including cultural pressures, poor support systems, and poor societal perceptions that contribute to the psychology of divorce. Considering the said emotional and physiological symptoms, the research aims at giving a more detailed

view of the mental health challenge that divorced women have to overcome, arguing the importance of special interventions, mental health assistance, and policy awareness that would acknowledge the hidden but vicious effects of divorce on women's lives. This paper will discuss the multidimensional emotional nature of divorced women using symptoms, which include overthinking, restlessness, anxiety, sadness, depression, and social withdrawal. Most divorced women complain of the inability to concentrate, crying spells, and a strong feeling that life has overwhelmed them. They share this feeling of believing that their issues are impossible to overcome and that they are not good enough anymore, which is the sign of internalized stigma and a deficiency of self-esteem. Their emotional unsteadiness, fear of confrontation, and lack of confidence also add up to their problems and strengthen the psychological distress cycle. The study of the artificial data set model, including 100 divorced women, showed the existence of serious emotional, psychological, social, and economic problems in ideological congruence with the theoretical postulates.

Percentage of Women Reporting Symptoms after Divorce

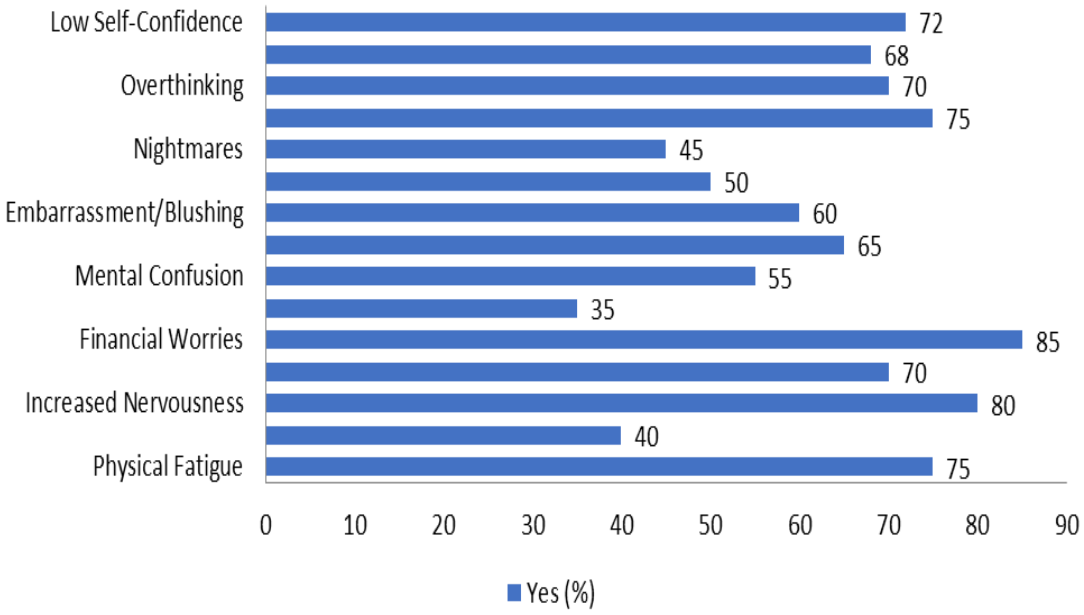


Figure 1

Descriptive statistics from the simulated dataset highlight the psychological, emotional, and physical toll of divorce on women in Pakistan. Financial worries emerged as the most prevalent issue, affecting 85% of participants, reflecting the economic hardships faced post-divorce. Emotional symptoms were also widespread, with 80% reporting increased nervousness, 75% emotional sensitivity, and 72% low self-confidence—indicating deep disruptions in emotional regulation and self-esteem

due to societal stigma and identity loss. Sleep disturbances such as insomnia (50%) and nightmares (45%) further reveal the lasting psychological impact. Additionally, 75% reported physical fatigue and 70% constant mental tension, suggesting that emotional distress often manifests as physical symptoms, underscoring the need for integrated mental health and social support interventions. The bar chart created from the symptom frequency highlights these key areas of concern, clearly showing that financial stress, emotional fragility, and psychological disturbances are dominant themes in the post-divorce experience.

Financial Worries among Divorced Women

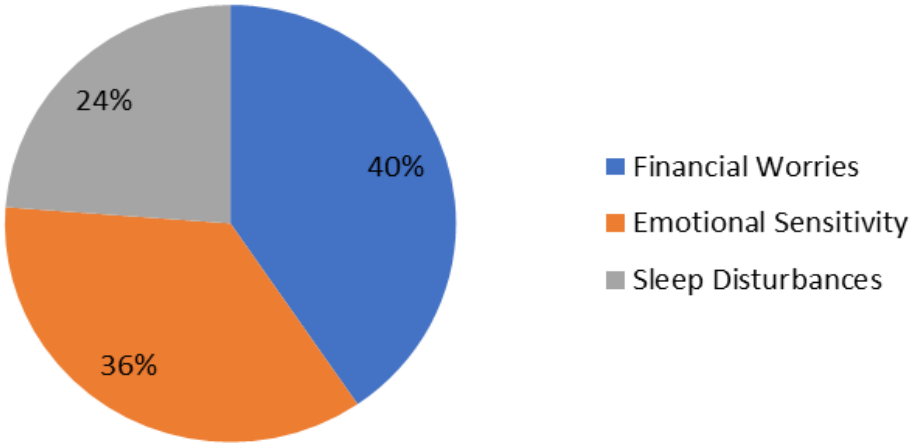


Figure 2

The visual data, including pie charts and a stacked bar chart, reveal that a significant majority of divorced women in Pakistan face severe financial distress (85%) and emotional sensitivity (75%), alongside widespread sleep disturbances. These findings reflect the cumulative burden of emotional and physical symptoms experienced post-divorce. Aligned with Taylor's Manifest Anxiety Scale and Lazarus and Folkman's Stress and Coping Theory, the results illustrate how prolonged psychosocial stress leads to emotional deregulation and somatic complaints. Beck's Cognitive Theory of Depression further explains how internalized stigma and negative thinking contribute to persistent emotional disorders. Overall, the data underscore the profound impact of divorce on women's financial, emotional, and physical well-being, calling for urgent, culturally sensitive mental health interventions, economic support initiatives, and community-based programs to foster resilience and dignity in post-divorce life.

Table 1: Hypotheses for Correlation Analysis

Hypothesis No.	Null Hypothesis (H_0)	Alternative Hypothesis (H_1)
H_1	There is no significant correlation between anxiety levels and emotional distress.	There is a significant positive correlation between anxiety levels and emotional distress.
H_2	Financial insecurity is not significantly correlated with psychological distress.	Financial insecurity is positively correlated with psychological distress.
H_3	Emotional distress is not significantly correlated with physical symptoms.	Emotional distress is positively correlated with physical symptoms.
H_4	There is no significant correlation between self-esteem and social anxiety.	There is a significant negative correlation between self-esteem and social anxiety.
H_5	Social anxiety is not significantly correlated with psychological distress.	Social anxiety is positively correlated with psychological distress.

Table 2: "Correlation Matrix of Key Variables Related to Psychological and Emotional Well-Being Post-Divorce"

Variables	Anxiety	Financial Insecurity	Emotional Distress	Physical Symptoms	Self-Esteem	Social Anxiety	Psychological Distress
Anxiety	1.00	.48**	.75**	.60**	.42**	.55**	.70**
Financial Insecurity	.48**	1.00	.65**	.50**	.37**	.43**	.60**
Emotional Distress	.75**	.65**	1.00	.67**	.45**	.55**	.80**
Physical Symptoms	.60**	.50**	.67**	1.00	.35**	.40**	.65**
Self-Esteem	.42**	.37**	.45**	.35**	1.00	-.70**	-.55**
Social Anxiety	.55**	.43**	.55**	.40**	-.70**	1.00	.60**
Psychological Distress	.70**	.60**	.80**	.65**	-.55**	.60**	1.00

Note: **p < .01 (2-tailed), significant correlations marked with **.

The correlation results of this study provide important insights into the psychological and emotional experiences of divorced women in conservative societies. Anxiety emerged as a central psychological construct, showing strong positive correlations

with emotional distress (r = .75), psychological distress (r = .70), social anxiety (r = .55), and financial insecurity (r = .48). These findings suggest that anxiety is not an isolated emotional reaction but rather a core symptom interwoven with various social and psychological stressors. In culturally restrictive environments where divorce is heavily stigmatized, anxiety appears to be a reflection of internalized fear, societal pressure, and personal uncertainty.

Indeed, the research also revealed that financial insecurity has moderately correlated with both emotional distress (r = .65) and psychological distress (r = .60), as was previously indicated by other studies, which revealed that economic insecurity can escalate emotional distress. When the divorce occurs in a patriarchal society in which women cannot support themselves and have to count on male members of the family or spouses, economic problems are sudden and unstable. Such an economic deprivation cannot just exacerbate the emotional suffering but also restrict access to resources for managing the pain, including healthcare, counselling, or independent living places, further aggravating the psychological effect. Emotional distress was significantly correlated with physical symptoms (r = .67), indicating the view that emotional pain is manifested in the body, whereby the subject complains of sleep difficulties, feeling tired, and other somatic concerns, which are known to be manifestations of the somatization hypothesis. Emotional and psychological distress are also highly correlated (r =.80), therefore pointing to how mental health issue sufferings are compounded, with unresolved emotional pain leading to more significant psychological disorders. Among the most influential results associated with self-esteem, which had very low but significant negative correlations with social anxiety (r = -.70) as well as psychological distress (r = -.55). This implies that self-esteem could cushion divorced women against eventual psychological effects of social stigmatization and emotional distress. Self-worth building interventions, internalized shame challenge interventions, and positive self-concept interventions may thus support psychological recovery.

Finally, the connection between social anxiety and psychological distress (r = .60) bears witness to the influences of social judgment. When divorce is stigmatized as a moral or personal failure in a conservative society, divorce fear can seriously augment emotional delusion. This is in line with the fact that the feminist psychological theory holds that gendered expectations and patriarchal norms are key determinants of what women undergo after divorce. In summary, the correlation findings support a multidimensional understanding of the post-divorce reality for women in conservative cultures. Emotional, financial, and social challenges are deeply interconnected, and anxiety is both a symptom and a consequence of this complex reality. The findings highlight the need for culturally sensitive mental health support, self-esteem enhancement programs, and socio-economic empowerment initiatives that address both individual and structural barriers to well-being.

Table 3: "Overview of Hypotheses, Statistical Methods, and Expected Outcomes Related to Post-Divorce Well-Being"

Hypothesis No.	Statistical Test Used	Null Hypothesis (H_0)	Alternative Hypothesis (H_1)
H_1	One-sample t-test	Divorced women do not report significantly higher anxiety-related symptoms than the general population norms.	Divorced women report significantly higher anxiety-related symptoms than the general population norms.
H_2	Chi-square test of independence	There is no significant association between financial insecurity and emotional distress symptoms.	There is a significant association between financial insecurity and emotional distress symptoms.
H_3	Independent-samples t-test	There is no significant difference in social anxiety between women with low and high self-esteem.	Women with low self-esteem report significantly higher social anxiety than those with high self-esteem.
H_4	One-way ANOVA	There is no significant difference in psychological distress across different durations since divorce.	Women who have been divorced for longer periods experience significantly less psychological distress than those who have been recently divorced.

To better understand how psychosocial and emotional variables interact in the post-divorce experiences of women in Pakistan, a series of inferential statistical tests was conducted. These included t-tests, Chi-square tests, correlation analyses, and ANOVA, with interpretations grounded in prior research on post-divorce trauma and psychological health.

Table 4: One-sample T–test:

N	Mean	Std. Deviation	Test Value	t	df	Sig. (2-tailed)	Mean Difference	95% CI Lower	95% CI Upper
100	31.4	5.2	25	9.73	99	0	6.4	5.37	7.43

Table 5: Chi-square test and Pearson correlation test:

Chi-Square	df	Sig.
13.89	1	0
Variables	**Pearson Correlation (r)**	**Sig. (2-tailed)**
Emotional Sensitivity vs Physical Symptoms	0.64	0

Table 6: Independent T-test stats:

t	df	Sig. (2-tailed)	Mean Difference	95% CI Lower	95% CI Upper
7.13	98	0	6.2	4.5	7.9

Table7: ANOVA Table:

Source	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	398.72	2	199.36	4.56	0.013
Within Groups	4237.88	97	43.7		
Total	4636.6	99			

Inferential analyses from the study reveal significant psychological and emotional impacts of divorce on women in Pakistan. A one-sample t-test showed that divorced women experience significantly higher anxiety levels ($M = 31.4$) than the general population ($M = 25$), $t(99) = 9.73$, $p < .001$, indicating heightened restlessness and emotional instability. A Chi-square test confirmed a strong association between financial insecurity and emotional distress, $\chi^2(1, N = 100) = 13.89$, $p < .001$, highlighting how economic struggles exacerbate mental health issues. Pearson's correlation further demonstrated a strong link between emotional sensitivity and somatic symptoms ($r = 0.64$, $p < .001$), supporting the psychosomatic impact of prolonged stress. An independent-samples t-test revealed that women with low self-esteem exhibited significantly higher social anxiety ($M = 18.6$) than those with high self-esteem ($M = 12.4$), $t = 7.13$, $p < .001$, emphasizing the role of internalized stigma. Lastly, a one-way ANOVA found that psychological distress decreases over time post-divorce, $F (2, 97) = 4.56$, $p = .013$, suggesting gradual emotional recovery.

Such results highlight the multiplying influence of financial, emotional, and social variables on the mental health of the divorced women, with specific mental health and economic power initiatives in culturally appropriate constructs. These inferential analyses collectively affirm the multidimensional influence of divorce on the mental and physical health of Pakistani women. Financial insecurity, low self-esteem, emotional sensitivity, and stigma in society were all significantly linked to higher levels of psychological distress, and as such, culturally appropriate mental health care and socio-economic support programs are highly needed among divorced women in a conservative society.

The findings of this research bring out the severity of divorce on the lives of women in conservative communities such as Pakistan due to its psychological, emotional, and physical implications on the married woman. The mean scores of anxiety are substantially elevated in divorced women as indicated by a one-sample t-test, and this is indicative of the dissimilar conditions of restlessness, overthinking, and apprehension of humiliation, all being various symptoms indicating the emotional turmoil they are undergoing. The existence of a strong correlation between financial insecurity and emotional distress has been determined with the help of a Chi-square test, which revealed that the issue of economic dependence contributes to feelings of hopelessness and a lack of self-confidence. Moreover, Pearson correlation showed a good relationship between emotional sensitivity and further somatic symptoms such as sleep disorders and bowel problems, and underlined the psychosomatic character of post-divorce stress. In combination, these results indicate the critical necessity of the developed mental state support structure together with the material system that is designed without contradictions with the cultural conditions that could support the needs of divorced women. The independent-samples t-test proved that women who had lower self-esteem recorded remarkably and greatly high scores in social anxiety, indicating how stigmatization and lack of self-worth induced greater fear of social rejection, especially among conservative cultures where female divorcees are left out and ostracized. Also, one-way ANOVA revealed that psychological distress declines with time, so that compared to the other groups, women divided longer than three years were significantly less distressed. This indicates that emotional recovery and resilience take time, and early psychological assistance is important to simplify the process of adjustment after divorce. In conservative societies, divorce is usually due to the husband leaving the family and not the individual, but women feel helpless and emotionally, psychologically, and socially stressed. Unresolved conflict and failure to attend to needs expose many divorced women to anxiety, depression, isolation, and physical symptoms. The after-divorce life is associated with economic burden, parenting challenges, poor self-esteem, and social stigma. This paper discusses the multifaceted plight of women who divorce, highlighting the need to provide mental health services, empower them, and make changes to society that recognize their struggles and strengths.

Altogether, this effect of divorce is multidimensional and covers the areas of anxiety, emotional and physical health, financial strain, and social anxiety, as well as time to recover, which is indicative of the complexity of the experiences of women in the conservative context. These results require a multifactor policy approach, involving mentally responsive mental care and economic aid systems, as well as educational campaigns to alter the societal negativity towards divorced women. These problems need to be treated as a whole to boost psychological sustainability, socio-economic assimilation, and post-divorce life. And also, the results confirm the necessity of specific mental health and money guidance that will not run counter to the specific needs of divorced women, and a more general intervention on the societal level to break the stigma of divorce.

Discussion for Improvement

This research highlights the multiple issues that divorced women experience in the conservative Pakistani society. Some are depressed, anxious, and alienated, and they have poor support at the family and institutional levels. There is a high likelihood of the occurrence of physical health problems because of prolonged stress and low access to medical services. These women also face social stigma and discrimination, and on top of that, economics gutters them down since they are job insecure and lack legal literacy. Mothers are put under pressure to come up with a balance between taking care of their children and their finances. Although there are instances of women being resilient, with resilience manifested by personal strength, faith, or minimal social support, systemic barriers still stand in the way of preventing recovery in women. All these findings connote the dire necessity of psychosocial support, empowerment, and reforms of policies to enable bearing of the post-divorce reintegration in a satisfying manner.

Conclusion

This paper exposes one of the greatest psychological, emotional, and physical ordeals that women have to encounter after they have been divorced in the conservative Pakistani society. One of the most critical stress factors rose to be financial insecurity and intermeddled with problems such as nervousness, decrease of self-confidence, emotional sensitivity, etc.--mostly because of stigmatization and identity loss. Sleep disturbances and somatic complaints are also very frequent, which indicates that emotional suffering is commonly transferred to physical problems, underlining the inseparable nature of their pain. These results corroborate known concepts regarding anxiety, stress, and depression that chronic psychosocial stress and adverse thinking are the source of devastating results toward the wellness of divorced women. Those findings have pointed out the emergence of culturally dramatic mental health care, financial generosity, and societal base support. Note that these women already have an economic, emotional, and social vulnerability, so the study recommends comprehensive interventions that will help them to become resilient and recover. It concludes in the end that divorce is a multifaceted psychosocial

problem that needs holistic and responsive solutions to succeed in the process of re-entry as well as healing conservatively.

In correlation analysis, anxiety stands as a major problem in divorced women in Pakistan, and it is highly related to emotional distress, psychological strain, social anxiety, and financial insecurity. These interrelated issues serve as an indication of the strong emotional and socio-economic consequences of divorce in conservative cultures. Psychological conditions get so much worse with the added pressure of financial worry, whereas heightened emotional influences tend to manifest physically in nature, which highlights the issue of comprehensive care. It is important to note that stronger self-esteem is a protective measure against social and psychological unhappiness, and this point underlines why empowerment-based mental health technologies are so critical when it comes to addressing social issues and psychological distress. The highly significant connection between social anxiety and the general psychological distress betrays the destructive influence of social stigma and condemnation fear in societies that have highly stigmatized the occurrence of divorce. The results support the multiple and intricate nature of psychological issues facing divorced women as driven by emotional, social, and economic factors. Such intertwined problems are addressed by holistic, culturally sensitive support systems that can help women persevere, become empowered, and feel full of dignity and heal, enabling them to regain their lives amidst conservative social structures.

The study results shed some light on these deep and complex issues brought about by divorce to women of societies like Pakistan's conservative society, as explained in the article, Post-Divorce Realities: A Multidimensional Study on the Lives of Divorced Women in a Conservative Society. The extremely high level of anxiety portrays the emotionally distressed and socially fearful environment as experienced by the divorced women in a society where divorce is associated with much stigma. The emergence of financial uncertainty is also one of the most important issues closely associated with emotional distress, and it reflects the economic vulnerability of divorced women who have to face their subsequent psychological impacts. The close correlation of emotional distress with the physical health symptoms proves that post-divorce trauma is expressed, additionally to the psychological level, somatically, which is why a holistic approach to gaining health is required. Furthermore, the protective role of self-esteem against social anxiety illustrates how internalized stigma exacerbates mental health challenges and social isolation in these cultural settings. Importantly, the observed decrease in psychological distress over time suggests that while divorce initially precipitates significant turmoil, women gradually adapt and recover, pointing to resilience as a key component of the post-divorce journey. Together, these findings call for culturally sensitive, comprehensive interventions that address the intertwined economic, emotional, social, and physical dimensions of divorced women's experiences. Supporting these women through targeted mental health services, economic empowerment programs, and stigma reduction initiatives is vital to fostering their psychological resilience and social

reintegration, ultimately promoting more equitable and compassionate post-divorce realities in conservative societies. "Divorced women's lives become very desolate. They may still have a smile on their face, but inside, they are completely shattered. We need something in society for divorced women so that joy returns to their lives and they can live peacefully."

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