



Imam Khomeini Aid Committee Supported Divorced Women's Lived Experience from Divorce in the Cultural Context of Iran

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Abstract

The present research was intended to study Imam Khomeini Aid Committee supported divorced women's lived experience from divorce in the cultural context of Iran. The statistical population included all the Imam Khomeini Aid Committee supported divorced women's, aged 20 to 35 years in Mashhad. The sample embraced 9 participants whom were selected via purposive sampling procedure to achieve saturation step. To collect data content analysis was applied. Then the open ended questions were implemented through semi structured questionnaire and in-depth interviews. The data was classified and coded using Max Quda software. The results revealed that the concept and phenomena of divorce was explained into two categories as positive and negative attributions. Each category was characterized into subcategories. The positive category was conceptualized as divorce achievements and the negative attribution category was conceptualized into individual and social subcategories, and social class was conceptualized into two subcategories: family and society. The results also indicated that the divorce among poor divorced women, although sometimes considered an achievement due to liberation of a challenging and painful marital life, is also a traumatic crisis due to the numerous personal and social challenges. feeling unsupported and being rejected by society has led very negative feelings and attitudes in this women towards themselves and society and therefore avoid healthy social relationships. This highlighted the need for additional planning to change these individuals' attitude of their own capabilities and the conditions of society.



Extended abstract

Introduction: Divorce is considered the most common family trauma. Recent studies have highlighted significant changes in the trends and attitudes toward divorce in Iran. According to the Statistical Center of Iran, the number of registered divorces has shown an increasing trend in recent decades, and this trend has accelerated compared to the past. As the various studies have reported, despite the impact of divorce on all family members, the consequences of divorce are more significant for women, the consequences such as decreased life satisfaction, depression, acceptance of multiple roles, frustration and nostalgia, loss of physical and mental health, feelings of failure, and economic and livelihood problems, leading to temporary or socially unconventional marriages. Divorce is also one of the significant predictors of women's poverty. Financial problems after divorce, the quality of life for women declines more than men. The Imam Khomeini Aid Committee is one of the organizations supporting divorced women in Iran. They suffer from issues such as ostracism, shame, and social stigmatization in addition to poverty and disconnection from power, which hinder their integration into the normal and mainstream flow of life. poverty and subordination are common phenomena, but different human groups face them in different ways. Despite numerous and scattered studies in the field of female heads of households, studies aimed at understanding the lived experience, meaning of divorce in the experience of this group of women, and their understanding of the conditions they are trapped in have rarely been conducted. Accordingly, the present research was intended to study Imam Khomeini Aid Committee supported divorced women's lived experience from divorce in the cultural context of Iran.

Method: The statistical population included all the Imam Khomeini Aid Committee supported divorced women's, aged 20 to 35 years in Mashhad. The sample embraced 9 participants whom were selected via purposive sampling procedure to achieve saturation step. To collect data content analysis was applied. Then the open ended questions were implemented through semi structured questionnaire and in-depth interviews. The data was classified and coded using Max Quda software.

Results: The results revealed that the concept and phenomena of divorce was explained into two categories as positive and negative attributions. Each category was characterized into subcategories. The positive category was conceptualized as divorce achievements and the negative attribution category was conceptualized into individual and social subcategories, and social class was conceptualized into two subcategories: family and society. The results also indicated that the Divorce among poor divorced women, although sometimes considered an achievement due to liberation of a challenging and painful marital life, is also a traumatic crisis due to the numerous personal and social challenges. feeling unsupported and being rejected by society has led very negative feelings and attitudes in this women towards themselves and society and therefore avoid healthy social relationships.

Conclusions: According to the findings of this research, women who simultaneously experience the dual adversities of divorce and poverty were at a heightened risk of severe repercussions: ostracism from family and relatives and a lack of financial support from those who are often themselves from disadvantaged backgrounds. Particularly in



cases involving child custody, this situation necessitates women's presence in society and employment while simultaneously directing them towards low-wage, unskilled labor due to a lack of education and skills. Such conditions expose them to greater risks of exploitation and harm compared to other divorced women, suggesting that while divorce may be perceived as a form of liberation from a challenging marital life, it simultaneously presents numerous individual and social challenges, rendering it a crisis that is detrimental. Therefore, considering the negative evidence in self-concept and self-esteem, the reduction in the family and community support network after divorce in the findings, and on the other hand, the important role of social support and self-esteem in reducing the adverse effects of divorce and promoting adjustment. It is recommended that an intervention package be developed to promote self-esteem, repair family relationships, and expand the social support network of young divorced women under the support of the Imam Khomeini Aid Committee. This highlighted the need for additional planning to change these individuals' attitude of their own capabilities and the conditions of society.

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