

عنوان مقاله:

Explanation of Factors Influencing Divorced Woman's Adjustment after Divorce: A Qualitative Study

محل انتشار:

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Introduction: Divorce affects all aspects of life of each individual involved, especially women. Meanwhile, woman whom get better post-divorce adjustment have greater physical and mental health. This study aimed to identify and explain factors influencing divorced woman's adjustment after divorce. Method: In this study, a qualitative research method based on content analysis was used. ۱۹ divorced woman were selected using purposive-volunteer sampling. The data were gathered through semi-structured interviews until reached up to full saturation. Results: Data analysis discovered a main category named "adjustment after divorce". This category consisted of ۱۰ components as subcategories included "help and support by family and friends", "attitudes and religious beliefs", "patience and forgiveness", "job and professional skills", "problem solving skills", "financial resource management", "social relations and entertainment", "children the origins of resistance", "counseling and professional helps", "reinterpretation", and "turning to an independent person". Conclusion: This study helps family and divorce experts and practitioners to explore and identify factors contributing to the adjustment after divorce that by arranging suitable programs helps divorced woman to reach adjustment after divorce. In addition, all responsible organizations may use this results as well as educational and medical centers to help adjusting divorced women and reducing divorce damages

کلمات کلیدی:

Divorce, Adjustment, Women, qualitative research

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