



Marriage Ending in Divorce and its Impact on Society and Health

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Abstract

Marriage is known in Indian Culture as a ritual. Marriage is a sacrosanct union. It is also an important social institution. Marriages in India are between two families, rather two individuals, arranged marriages and dowry are customary. The society as well as the Indian legislation attempt to protect marriage. Indian society is predominantly patriarchal. There are stringent gender roles, with women having a passive role and husband an active dominating role. Marriage and motherhood are the primary status roles for women. When afflicted mental illness married women are discriminated against married men. In the setting of mental illness many of the social values take their ugly forms in the form of domestic violence, dowry harassment, abuse of dowry law, dowry death, separation, and divorce. Societal norms are powerful and often override the legislative provisions in real life situations. It is an unalterable husband-wife relationship formed by traditions and customs. In the event of a broken marriage, there was no recourse to either party prior to 1955.

Keywords: Indian Culture, Domestic Violence, Dowry Harassment, Separation

Introduction

The term “divorce” is something that does not require any introduction. Divorce is often termed as the difficult and painful dissolution of a marriage but it is a pretty regular occurrence these days, for better or worse. It has affected almost everyone, whether they have experienced it as a spouse or a kid, or know someone who has experienced it as a spouse or a child. The repercussions of divorce are well-known, but the intricacies of the divorce process are less well-known. The first thing about divorce is that it is very common and nothing to be ashamed of. In foreign countries, divorce is such a common process that it is nearly impossible to predict who will take divorce in the current future or who is taking divorce today. The second thing to keep in mind about divorce is that it is a long-established and venerable institution. Divorces have been happening for as long as humans have been marrying. The ease with which a divorce may be acquired, the social stigma associated with divorce, and the degree of influence religious and governmental forces have over divorce have all changed

dramatically through time and between countries. Further, the term “divorce” is not awful, it has arisen due to marital conflicts, and therefore, considering it a social stigma is wrong. It is just a process of separation when two people are not happy with each other.

Marriage, as defined by “The Oxford Dictionary” is a formal union of man and woman, by which they become husband and wife, i.e., it is a consensual and contractual relationship recognized by law. It is a social commitment with multiple emotional, social and occupational demands. Marriage is a socially acceptable way to satisfy the basic human need for sexual gratification. It thus forms the basis for procreation and building up of family. Other reasons for marriage could be legal, emotional, economic, spiritual and religious. Marriage is an important institution in human society and particularly so in Eastern countries, including India. In India, it is almost compulsory for every individual to marry and “settle down.” Not being married is considered a stigma, particularly in case of women whereas being married translates into elevation in social status. Marriages in India have certain distinctive features viz.

- It is usually an arranged relation between two families with little scope for personal choices.
- There exists patriarchal ideology and the husband is considered head of the family and breadwinner.
- Women have social pressure to accept a position subservient to males, to control their sexual impulses and to subordinate their personal preferences to the needs of the family and kin group.
- There is a strong social and moral compulsion to continue the relationship despite facing difficulties/problems in the marriage. Divorce is frowned upon in the traditional Indian society.

The relationship between marriage and mental health can be explored in several ways. Few important dimensions to this issue are as follows:

- Marriage as a stressful life event which can lead to development of mental-health problems.
- Effect of marriage on mental health of men and women in the direction of protecting them against mental disorders.
- Effect of marriage on pre-existing mental illness, e.g., Psychoses, alcohol use disorders.
- Outcome of marriage in major psychiatric disorders like schizophrenia.

Objectives

- To study the reasons for marriage ending in divorce.
- To study various health problems faced due to divorce.

Social aspects of divorce in India

In Indian culture, marriage is a holy institution, and divorce is considered taboo. Although the situation is improving as the younger generation is becoming more independent, the term “divorce” is still frowned upon. As a result, dealing with divorce in India necessitates a great level of emotional stability and endurance on both spouses’ parts.

Divorce in India is still not as common as it is in the West. In India, one out of every 100 couples seeks a divorce, whereas, in the United States, half of all marriages result in divorce. Despite the fact that India’s divorce rate is lower than that of Western countries, the number of divorce cases is steadily increasing as a result of

different social and economic changes. Also, talking from a legal point of view, divorce is not a major issue because everyone has the right to live their life freely and according to their choice.

In modern Indian society, a woman's role is not confined to that of a housekeeper. Women of the new generation have achieved economic parity with males. As women become more economically independent and autonomous, the concept of "compromise in marriage" is rapidly diminishing. Modern Indian men and women do not believe in marital compromise in the same manner that our forefathers did. But it is our patriarchal society that exaggerates the issue of divorce. As a result, women are the ones that suffer the most. They become the target of either harsh criticism or unfathomable sympathy. Women who have been divorced are conditioned to feel that they are weak and incapable of surviving in the harsh world without the help of a man. The culture rejects their requests for a second marriage or partnership. They are referred to as "damaged goods" and other derogatory words. Men, on the other hand, continue to live in a calm setting following their divorce. They are still considered bachelors regardless of their age. This does not imply that women are the only ones who suffer. Men, too, are affected. However, as compared to women, their ratio is smaller.

Marriage and divorce are unavoidable parts of life. While marriage helps you to adjust to a new partner and family, divorce trains you to become mentally stronger and more self-reliant. Divorce can be granted for a variety of reasons, including adultery, cruelty, desertion, religious conversion, mental illness, and venereal infections. In the past, divorce law was skewed heavily in favour of women. This implies that patriarchal views and notions have an impact on the law. However, with the law's revision, the law now treats men and women equally.

Impact of divorce on mental health

Marriage dissolution isn't usually a joyous occasion. Divorce is frequently accompanied by disappointment, the loss of dreams, and lowered expectations. Divorce also brings with it a slew of legal, financial, parental, emotional, and practical concerns that force the afflicted spouse to drastically alter their duties and routines, which can take years to recover from. Divorce has been identified as a risk factor for mental health disorders and has been linked to negative mental health outcomes. Divorce, in particular, has a detrimental impact on a family's financial stability, social environment, academic/employment performance, as well as the family's psychological and physical well-being.

Divorce exacerbates addictions and depressions, which are the most common mental diseases. Addictions are usually linked to a lack of personal responsibility, which can lead to the other spouse taking on too much duty. Because their primary goal is to satisfy their addiction need, an addicted individual finds it difficult to be intimate in their relationships. Addicted people also have a tendency to blame the world or other people for their unhappy marriage, including their partner.

Impact of divorce on children

Divorce has a significant impact on the parent-child connection. Usually, it is seen that children, as well as custodial parents, do not have that connection which a child and parent should have. Due to a lack of understanding and connection, both the parties are in tension. Furthermore, divorce necessitates a clear definition of child rights in the current environment, as well as how they must be represented in a divorce case. Children are unquestionably distressed by divorce. Outside of the family, a child faces a lot of issues and problems fitting in with a traditional society due to the stigmatisation of divorce. It is usually observed that

children who see their parents' divorce have lower educational prospects than children who grow up in intact families because they cannot cope with their surrounding family environment. The physiological behaviour of the child is the most evident influence within the family. In the post-divorce period, there are also children who are left with a guilty conscience that because of them their parents got divorced, especially if they are regular witnesses to the parents' feuds.

Furthermore, step-families are frequently problematic, as children struggle to adjust to their new step-parent and extended step-family. Children learn how to interact with others by observing how their parents interact with one another. Divorce instils in them an unspoken distrust of their partners. Divorce also raises the likelihood of young people fleeing their families due to conflict with a parent.

Legal aspect of divorce in India

Divorce is one of life's most devastating events for any couple. Furthermore, if the divorce is disputed in India, it can be a lengthy and costly process. Even couples who agree to divorce must show that they have been separated for at least a year before the courts would hear their case.

Divorce rules in India, like other personal problems, are linked to religion. The Hindu Marriage Act of 1955 governs the dissolution of marriage among Hindus, Buddhists, Sikhs, and Jains, the Dissolution of Muslim Marriages Act of 1939 governs Muslims, the Parsi Marriage and Divorce Act of 1936 governs Parsis, and the Indian Divorce Act of 1869 governs Christians. On the other hand, the Special Marriage Act of 1954 governs all civil and inter-community marriages.

Conclusion

In the Western world, divorce may be a common occurrence. One of the most vocal opponents of this family issue is the eastern world. Divorce is still a taboo subject in society today. A couple may marry in a beautiful wedding and appear to be the happiest people on the planet, but what happens next is unclear. They might either live a life of fairytales or experience the greatest nightmares. If the situation becomes worse, the couple will file for divorce.

Divorce is not governed by a single rule; instead, each religion has its own set of laws that govern marriage and divorce. A husband or wife can submit one of two types of divorce petitions. If they agree to divorce, a divorce petition by mutual consent is filed. If one of the parties to the marriage wants to file a divorce petition, it is referred to as a contested divorce, and there are grounds such as cruelty, adultery, communicable disease, mental disorder, and so on, on which the petition can be filed in court by either the husband or wife.

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