

Navigating Stigma: Adaptation Challenges of Divorced Women in Bangladesh—A Qualitative Exploration

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Abstract

Divorce is one of the most shocking social problems in Bangladesh. The main challenge a woman faces after divorce is adapting to society. The present study strives to explore the adaptation challenges of divorced women. A qualitative approach is implemented to assess the adaptation of divorced women. The study conducts semi-structured interviews with ten participants (ensuring ethical issues) through the purposive sampling method. The findings encompass seven major themes: a) reasons for divorce; b) impacts of divorce; c) social attitude towards divorcees; d) attitude of the family towards divorcees; e) life satisfaction; f) challenges; and g) adaptation of divorced women. For the proper adaptation of divorcees, the initiatives of the government, non-government organizations, and integrated community-based programs like counseling after divorce, pre- and post-marital counseling programs, training for their employment, and creating awareness at the community level about positive and supportive attitudes towards them are needed.

Keywords: *Divorcee, Harassment, Adaptation, Social stigma, and Post-Divorce Challenges*

1. Introduction

Divorce is one of the most alarming social problems in the contemporary societies of Bangladesh, and women are the ultimate sufferers of it. Divorce means the official end of a marriage (Nwoye, 1999). This social problem is dreadful as it separates spouses and changes familial relations. Children of these families face bitter experiences. Interaction, compromise, and commitment—the absence of these factors may lead to divorce (Elizabeth, 2001). A report of the Arbitration Council of Dhaka City Corporation states that, in 2006, female-initiated divorce was 67.14 percent, whereas 32.68 percent was for males (Arbitration Council, 2006). According to the Bangladesh Bureau of Statistics (BBS), the application rate for divorce has increased by 34 percent in the last seven years (Prothom alo, August 27, 2018). A minimum of 50,000 divorce applications were filed in Dhaka North and South City Corporations in the last six years, which indicates that on average, one divorce application was filed every hour (Ibid.). Indeed, independent women do not want to continue an abusive marriage.

Some think divorce is much better than tolerating pain. According to the Kazi office at Doail Union of Sarishabari Upazila in Bangladesh, the total number of registrations of divorce in 2018 was thirty-eight, and in 2019, this number was fifty. Additionally, in 2018, about twenty-seven compromised divorces were documented in the BRAC office of the Sarishabari zone, with the intervening role of arranging ADR. Due to the divorce, a total of BDT 29,24,010 was transferred to the divorced woman. Similarly, in 2019, 28 compromised divorces were documented in that office, and the total transferred money was BDT 24 lacs. In addition, deserted women have been growing unpleasantly in South Asian countries, including Bangladesh (Ahmed and Ahmmed, 2015). The main reasons for divorce are communication gaps, mismatches, changing lifestyles, adultery, and dominance (Wolcott and Hughes, 1999). Besides, an unsuccessful pregnancy has a higher risk of divorce (Bhuiya et al., 2005). Behavioral attributes, local taboos, and various prohibition practices may signal divorce in Indigenous society (Enwereji, 2008). Divorce may lead to negative experiences, as marriage is not only a spousal relationship; it connects two families and societies (Fackrell, 2012). Moreover, a divorced woman encounters great costs including loss of family, identity, relationship with children, shelter, income, etc. (Leighman, 2009). Among all victims, women are the primary victims who pay most of the social costs of divorce (Rahman et al., 2013). They face social exclusion, stigma, and harassment in the workplace as well as difficulties in a second marriage (Parvez, 2011). Again, children are the worst victims of family breakups (Aktar, 2013). In addition, due to divorce children face many problems like the absence of a father, a lack of mental and emotional support, and changing relations with family, neighbors, and school (Maundeni, 2000). Divorce can cause distress, disruption to adults and children, and an unstable situation (Harkonen, 2014). Further, marital reconciliation is a hard decision as it has not received much attention yet, but factors including children and religious or spiritual issues play a significant role in reconciliation (Plauche, 2014). Higher levels of self-compassion may reduce emotional pain; it may be a psychological recovery after divorce or marital separation (Sbarra et al., 2012). Also, highly educated, and professional women may develop a wide range of survival strategies to face the difficulties and challenges they experience (Kavas, 2010). Similarly, achieving women's empowerment regarding their individual happiness, autonomy, and feminine sexuality may diminish female subordination (Nazmul, 2018). Through the Preventive and Relationship Enhancement Program, couples may learn about fundamental communication skills, respect, nurturing, and gathering renewed energy in marital relationships (Bath, 2010). Particularly, social education relating to family life, counseling, new job sources, and strengthening health care services at the grassroots level may lead to a positive change in family patterns in Bangladesh (Samad, 2015). The present study focuses on the adaptation of divorced women in society, with connected causes, effects, and challenges. In addition, the study strives to fulfill some specific objectives, such as: i) to get an overview of the socio-demographic condition of divorced women; ii) to assess the attitude of family and society toward divorcee; iii) to find out the challenges they face after the divorce; and iv) to propose some policy recommendations for the adaptation of divorced women in society.

2. DESIGN AND METHODS

This study adopts a qualitative approach to describe the adaptation challenges of divorced women in society. The purposive non-probability sampling technique is used to conduct semi-structured, in-depth interviews with the participants. The study areas include the Doail Union, Mahadan Union, and the Municipal Area of Sarishabari Upazila in Jamalpur District. Case studies and key informant interviews (KII) are the ultimate data collection tools. Later, the findings from the case study and KII are analyzed thematically.

2.1 Ethical considerations

All participants are informed about the study and ensure their privacy and confidentiality. With their positive consent and rapport building, information has been collected at their convenience. No pressure has been placed on them while taking the information. Any kind of deceit or temptation to spend money has been avoided in conducting the study. Even the recorder has not been used, and no picture is captured during interviews.

2.2 Participant selection and setting

The participants' list is taken from Kazi offices in the study area. Throughout the list, the researcher has reached a total of Ten (10) participants who are available and agree to share their miseries. The interviews are conducted at the participants' residences.

2.3 Data collection

Data has been collected using semi-structured interviews. The researcher and participants did not know each other before the study. Some statistical information is collected from a local Kazi office and the BRAC office in Sarishabari. Primary data have been collected through case studies (10) and Key Informant Interviewees (05) by adopting face-to-face interviews using semi-structured questionnaires. On the other hand, the KIIs of the study were the upazila chairman, headmistress, senior officer of BRAC (Sarishabari zone), officer in charge, and an ex-member of a ward of the union from Sarishabari upazila. Additionally, secondary data includes various research articles, journals, reports, booklets, books, newspapers, and online sources.

2.4 Data analysis

After the completion of data collection, these interviews have been recalled and translated into English. The researcher reads these several times and highlights meaningful sentences from the paragraphs. Thematic analysis has been used to make clear findings as per the objectives.

3. FINDINGS

The researcher made a contract with thirteen respondents, and among them, ten participants agreed to participate in the interview. They were 18 to 48 years old. Their present status includes: nine of them are divorced, and the one remarried after divorce (Table 1). Additionally, five divorces are initiated from wives, which is called ‘W’ divorce (divorce from wife), three are initiated from their husbands, which is mentioned as ‘H’ divorce (divorce from husband), and the remaining two divorces are compromised divorces (‘C’ divorce) in nature (Table 1). The present study highlights seven key thematic areas, which include: a) reasons for divorce; b) impacts of divorce; c) social attitudes towards divorced women; d) attitudes of the family towards divorced women; e) life satisfaction; f) challenges facing divorce; and g) adaptation of divorced women.

3.1 REASONS OF DIVORCE:

The reasons for divorce are physical and mental torture, demanding dowry, adultery, drug addiction, gambling, the wrong decision of choosing a partner, misunderstanding and indifferent behavior toward partners, poverty, immaturity, and family conflict. Eight of them were tortured inhumanely. Husbands were involved in adultery as reported by four respondents. Moreover, some face problems after their pregnancy as their husbands cannot find happiness in their changing physical appearance because of breeding. Key informant interviewees describe that child marriage, drug addiction, dowry, family conflict, extramarital affairs, and husbands staying abroad are common reasons for divorce in this area.

Table-1: Socio-demographic characteristics of divorced women

Case study	Age	Present status	Education	Year of marriage	Year of divorce	Occupation	Present residents	Nature of divorce
01	48	Divorced	Post graduation	1997	2004	Headmistress	Alone	‘W’ divorce
02	25	Divorced	JSC	2018	2020		Parental family	‘W’ divorce
03	21	Divorced	Hons 3 rd year	2015	2020	Student	Parental family	‘C’ divorce
04	23	Divorced	Hons 2 nd year	2018	2019	Tutor and Student	Parental family	‘W’ divorce
05	18	Divorced	SSC pass	2016	2018	Student	Parental family	‘W’ divorce
06	27	Divorced	Class 9	2003	2019		Parental family	‘H’ divorce
07	35	Divorced	Class 5	1998	2019		Parental family	‘H’ divorce
08	22	Divorced	HSC pass	2017	2019		Parental family	‘H’ divorce

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Case study	Age	Present status	Education	Year of marriage	Year of divorce	Occupation	Present residents	Nature of divorce
09	25	Divorced	Illiterate	2009	2019		Parental family	‘D’ divorce
10	45	Remarried	Class 5	1991	2005	Sweeper	New husband	‘C’ divorce

3.2 IMPACTS OF DIVORCE

Women must face different problems as post-divorce effects. It may be psychological or physiological, even the impact on their children cannot be ignored.

3.2.1 *Psychological impact*

After the divorce, most of the respondents face depression, tension, anger, mental pressure, loneliness, and stigmatization. Divorces are afraid of remarriage because their experiences with marriage were not good for them. Few respondents are afraid of the razz of second husbands’ families for their lost virginity. Among many, some respondents feel helpless and hesitant; tension arises because of stigmatization and uncertainty.

Table 2: Summary of the Reasons, Effects, and Adaptation

Case	Reason	Effect	Adaptation
01	Greed, drug addiction, infidel, adultery, physical and mental torture, antagonistic nature of mother-in-law, sharing of wife with another male.	Depression, tension, staying alone sleeplessness, indifference, economic problems, both social and family blaming, labeling, fear of remarriage, untrusted nature upon human, son facing bullying, anger, frequently losing temper	Employment, meditation, social activities, support from family and friends, counseling from the doctor, diary writing, helping the helpless, getting support from the administration in the job sector, and setting up a strong mentality.
02	Drug addiction, forced abortion, dowry, physically unfit, dowry, indifference, torture physically and mentally, harassment from in-law’s family.	Depression, sleeplessness, both social and family blaming,	Education, self-confidence, mental strength, positivity, courage, self-counseling, motivation from family and neighbors, determined goal, taking worries as a lesson, remaining silent.
03	Verbal and physical abuse, torture, irresponsible to wife and daughter, greed, dowry	Topics of social gossiping, depression, and tension.	Education, self-confidence, mental strength, getting support from friends, family, and neighbors, taking treatment for reducing stress, and counseling.

Case	Reason	Effect	Adaptation
04	Misunderstanding, wrong partner selection, rejection and ignorance from husband, the barrier to communication with parents.	Anger, tension, depression, mental stress, frustration.	Employment, education, mental strength, full support from family, peer group, and society.
05	Drug addiction, rude behavior, dowry, family conflict, physical and verbal abuse	Blaming from batch mates and society, sleeplessness, the mental pressure	Education, support from my father and aunt, trying to be busy, counseling, and diary writing.
06	Adultery, physical and mental torture, irresponsible.	Economic crisis, gossiping.	Remaining silent, faith in luck, and support from family, and society.
07	Adultery, drug addiction, physical abuse, losing interest in wife after giving birth to two children.	Tension, mental stress	Faith in luck, sympathy from society.
08	Verbally and physically abused, torture from in-laws' family, adultery, dowry	Insecure, economic crisis, blaming, gossiping, tension, sleeplessness.	Self-counseling, support from friends, treatment.
09	Gambling, physical torture	Economic crisis, blaming	Patience, remaining silent, faith in luck
10	Immaturity, poverty, indifferent	Economic crisis	Employment

3.2.2 *Physiological impact*

Women face different health disturbances as an outcome of torture and mental stress. Some live with broken hands because of torture (Case 2). Still, one had a hearing problem due to slapping in the ear, and as a result, her ear fractured. In addition, some face hormonal problems (Case 1) and go through long-term treatment (Case 3). Furthermore, some face different physiological problems like sleeplessness, heavy pain during menstruation, and pain in the breast.

3.2.3 *Impact on Children*

After the separation of the parents, children face an identity crisis, and about 87% of children opine that they feel frustrated (Aktar, 2013). In the present study, seven respondents have children. All of them must struggle for their broken family. The struggle may be social, psychological, physical, or economic. Additionally, some children of broken families must face an identity crisis, isolation (Case 6), and bullying from their friends or classmates (Case 1). As children stay with their father, they feel frustrated and depressed for their mother. On the other hand, the key informants of the study also underline the effect of divorce on children. Children must pay social, economic, and psychological costs due to the separation of their parents.

3.3 Societal Attitude Towards Divorced Women

People cannot live alone. They share their emotions as people connect with a common thread. Divorced women experience mixed situations in society. They may become victims of social blaming. For instance, the respondent in Case 5 opined that people always speak in my absence and that I must be more adjustable. A husband may misbehave or abuse sometimes; that is natural to society, but for that, I would not give up. Even my batch mates would razz and gossip that it was my fault that I could not hold my husband.

3.3.1 *Negative attitude*

Some share that they are labeled at every stage of society and are treated negatively. Despite their husbands' fault, they are blamed. They face social stigma, get bad proposals, and take chances in vulnerable conditions (Case 1). The key informants of the study also opine the same in this regard. They all highlighted the societal blaming, gossiping, and whispering that divorces are facing in their daily lives. Women are oppressed and helpless. They must pay the social costs mostly. Society, including neighbors and peers, love to gossip about them (KII 1)."

3.3.2 *Mixed attitude*

Three respondents experienced mixed attitudes. Some neighbors are good enough and incredibly supportive (Case 3). But in the case of any social program, they change their outlook due to divorce issues.

3.3.3 *Positive attitude*

However, some (03) also get sympathy from society. They get at least mental support from them. People in the community do not misbehave (Case 7) as they witness the husband's torture and extra-marital affairs. Neighbors always give us mental support and encourage us to survive vigorously.

3.4 Attitude of Family Towards Divorced Women

Family is the most fundamental and closest place for all human beings. But when the divorcee returns to their parental home and continues to stay there, what happens to them? Is there any difference in attitude before and after divorce? In the study, five respondents described how their family accepted them. Some opine that they are treated the same as before (Case 3) while some share mixed experiences in this regard. Some had bitter experiences as no good proposal would come for their sisters. Thus, family members started insulting them. Furthermore, the parental family structure has changed. As the brother gets married, their wife cannot tolerate the divorced sister-in-law and their children. Therefore, their lives now become uncertain and insecure in their parental house (Case 9). According to the KII, unpleasant family acceptance is so common, and some parents consider them a burden because of

their poor economic condition. Close people, even parents, may change their attitude when it comes to giving maintenance or if they have unmarried sisters.

3.5 Satisfaction in Present Life: Regret or Revel!

Out of Ten (10) respondents, seven (07) have no regrets about divorce. Even three (03) of them strongly express their feelings that instead of continuing an abnormal relationship, they should break the fake bond. Instead of tolerating physical and verbal torture, continuing studies, and starting a new life (Case 2) as well as developing own career are much better (Case 1). In contrast, three respondents regret divorce because of their present painful lives. Getting a divorce letter from their husband was very shocking and unexpected (Case 7). Divorce may get rid of torture but causes social stigma now (Case 9). Even, the remarry option might not bring happiness for some as they thought the first husband was more attentive and caring for them; it was wrong to make a divorce decision (Case 10).

3.6 Challenges After Divorce

Divorce creates different problems as women are labeled as ‘divorcees,’ and they feel shy about participating in social programs. They avoid social programs to sidestep gossiping and stay alone. Women carry bitter experiences to manage these challenges. The present study identifies the following challenges

3.6.1 *Economic hardship*

Economic hardship is the main problem for a divorced woman. In the study, five respondents faced severe economic hardship. Among the rest, two of them manage their livelihoods by doing something. The other two respondents have average solvency, and their siblings are fewer in number. Thus, they have not faced severe problems. One respondent gets support from her aunts for maintenance. KIIs also viewed it the same way: the divorced women in this area face severe economic crises.

3.6.2 *Unpleasant Family Acceptance*

In most cases, parents stay with their daughters when they are being tortured, oppressed, or at their in-law's house. But when a woman returns to her parents after getting divorced, she is not well accepted. The family members may change their mindsets. They may have brothers, but if they get married, their wives may consider them a burden. Again, if they have unmarried sisters, they may be considered "bad" for having a divorce. For instance, unmarried sisters do not get good proposals for marriage. At that time, parents may treat their divorced daughter as a barrier. KIIs explain that as more women return to their parental house, parents, as well as siblings, may consider them a barrier to their overall progress (KII 2). The bitter truth is that siblings, especially brothers, cannot maintain good relations with divorce (KII 3).

3.6.3 *Facing obstacle to work*

Sometimes divorced women may face obstacles to doing work. Family members may be forbidden to work because of their prestige issues. They are not allowed to work, and they do not get proper respect, rather they must tolerate insults (Case 9).

3.6.4 *Possibility of being a victim through dishonest people*

There are many dishonest people in society. When women get divorced, dishonest people try to take advantage. They sometimes want to have extramarital affairs or give proposals to marry those women to acquire women's money or dowry (Case 1). One key informant describes dishonest people showing fake emotions towards them from the greed of the bride price. Moreover, bad people take the chance to build illegal relationships in the time of their helpless condition (KII-3).

3.6.5 *Insecure and Uncertain Future*

Divorced women, especially those who have children, absolutely feel insecure. Tension arises about the future of their child. Out of ten respondents, three express their anxiety about an uncertain life. Some explained that they have daughters, and the parents are not well-off. Thus, they feel uncertainty and insecurity (Case 8).

3.6.6 *Challenges of Remarry*

In a patriarchal society, divorced women are seen negatively. When they want to remarry, different problems arise. They do not get any good proposals for marriage. Dishonest people try to abuse them. Again, many women fear remarrying as if they marry again, their husbands and family members may tease them about their past lives. Lost virginity (Case 5) and having children (Case 3) are the main challenges of remarrying.

3.6.7 *Bondless from dearest one*

Sometimes, because of divorce, women may stay away from their children. If fathers get custody of children, mothers must suffer. In some cases, children stay with their fathers; otherwise, they will not get property, shelter, and maintenance. For that, mothers miss those children a lot as there is no alternative way.

3.6.8 *Social blaming*

Most of the respondents are victims of social blaming. They and their children must tolerate blaming and bullying. Neighbors tease the divorced women indicating it was their fault for the divorce. Besides, they like to gossip about divorcee.

3.7 Adaptation of Divorced Women

Adaptation means coping with or adjusting to a pristine environment. Adaptation refers to someone changing his or her ways of living, thinking, working, etc. to an area that best suits. Divorced women may adapt to society in several ways. The present study strives to find out the possible ways of adaptation for divorced women. The ways are presented below:

3.7.1 *Employment*

Employment may be the path to reducing the problems of divorces. Women may do any kind of work for their maintenance. It may be a government job, an NGO job, any kind of business, garment work, etc. Out of Ten (10), three (03) respondents were found to have engaged in work. Through the job, they have overcome the maximum problems of my life (Case 1), maintaining their expenses (Case 4). Many key informant interviewees pointed out the importance of employment. One of the strongest ways to adapt properly in society is to do a job. Employment is the best way to survive. Divorced women should engage in any kind of work. Those who are illiterate should at least go for garments. Because if they stay at home without doing something, close people, even parents, may change their attitude (KII 3). Divorced women should take training in youth development institutions. As the study area is famous for handicraft dresses and nokshikatha, they may start their journey by doing these. Their economic solvency may reduce their problems (KII 5).

3.7.2 *Education*

Education is something that can change the thinking process and the mental outlook and it is easier for her to do a job. Among the cases, three (03) of them continue their studies after divorce, and one of them is going to start education. Because they think that only by being educated, they can survive in society. Education will certainly help to get an honorable job (Case 3). Education and employment are necessary to overcome the problem. Women must get an education for their survival (KII 2)

3.7.3 *Support from family and friends*

Some of the participants got support from family and friends. Among the cases, six of them get help from their friends. Some friends were the first supporters in the vulnerable situation. They helped me mentally and economically. It is a blessing for me to have such friends (Case 1). In contrast, the family wants to support them, but their condition may be unfavorable. The rest of the four cases describe that they face blaming and teasing instead of support.

3.7.4 *Faith and Spirituality*

All have faith in their religion and believe in luck. Whatever happens to them, they try to adapt to the situation with patience. Especially in cases 6, 7, and 9, they have faith in luck and remain silent when they are blamed or teased. Some still have faith in God as better days will come in their lives.

3.7.5 *Social and Creative Activities*

Through social work, they may remain busy to reduce their pain. Nine cases have no specific involvement with social activities. Only Case 1 has experience in doing social work. She describes, “I have established ‘Shotota Tohobil’ for helping the helpless. Again, I do recitation, write diaries, and sing in leisure time.”

3.7.6 *Recovering Psychological Stress*

Most of the participants get counseling from parents, friends, or close relatives. Some do self-counseling some get counseling from doctors. However, none of the cases visit a specialist for counseling. Again, only one knows about meditation very well as she heard about meditation from a friend and participated in some meditation classes. She often does it and after meditation, she feels relaxed and fresh.”

4. Discussion

The scope of adaptation for a divorced woman is so unclear and minimalist in Bangladesh. However, the study finds that most cases have experienced both physical and mental torture. Dowry, drug addiction, adultery, gambling, the wrong decision to choose a partner, pregnancy difficulties, and family conflict cannot be ignored anymore. Apart, the research findings disclose that the push factors of divorce are value clash, the husband’s lack of love and commitment, lack of freedom, obstacles in self-development through education, the husband’s involvement in extramarital affairs, and emotional torture (Parvez, 2011). Moreover, unlettered women with unsuccessful pregnancy outcomes were at the highest risk of being divorced (Bhuiya et al., 2005). From the analysis of the case studies, most of the respondents face psychological problems like anger, tension, depression, anxiety, loneliness, mental pressure, losing their temper over minor issues, being indifferent, etc. Besides physiological problems like sleeplessness, bad headaches may arise. One case describes that hormonal imbalance creates different problems in her body, like abnormal pain during menstruation, pain in the breast, etc. under the study. Societal attitudes towards marginally divorced women are not the same; these women have mixed experiences from society under the study. Some divorced women have bitter experiences, like victims of blaming, stigmatization, and gossiping. Some of them get support and sympathy. Another research finding shows the post-divorce effects of stigmatization and a sense of regret (Asante et al., 2014). Likewise, divorced women face social exclusion and stigma, harassment in the workplace, difficulties in a second marriage, and downswing changes in lifestyle (Parvez, 2011). The present study reveals that the attitudes of the family towards them are different. Around half of the cases are accepted completely, but the rest have mixed experiences. From the analysis of the case studies, the duration of staying in the parental home, changing family structure, and an unmarried younger sister are big issues and push factors for both parents’ and other family members’ changing attitudes. Children from divorced families face bullying, ignorance, and stigmatization, according to the study. They are deprived of a healthy environment and basic needs. After a family breakup, children feel insecure, depressed, and helpless (Akter, 2013). Besides, divorce may cause bullying behavior in in-school adolescents (Opara, 2014). Though parental divorce ensures stressful experiences, it makes them more mature and leads to a better relationship with their mother (Maundeni,

2000). Additionally, children may be the major deciding factor in reconciliation (Plauche, 2014). The study shows most cases have satisfaction after divorce because they are free from meaningless bonds. In a few cases, immaturity, tension for the children's future, and love and affection for their husbands make them unhappy after divorce, and for them, it is simply a curse. The challenges they face in their own lives include economic hardship, unpleasant family acceptance, barriers to going outside for work, the possibility of being victimized by dishonesty, an insecure and uncertain future, the challenge of remarrying, being bondless with their dearest, and social blaming. The study shows that women try to adapt through education, employment, mental support, the help of family, belief and spirituality, social and creative activities, and recovery from psychological stress. However, some of the cases have no direct initiative to adapt. They just remain silent and depend on luck. Only one case is found in diverse strategic adaptation, like meditation to reduce stress, engaging in social activities, and communicating with good friends. It is a matter of regret that the other nine cases do not use these, and some do not know meditation, counseling from specialists, etc., even though they have no interest in social and creative activities. On the other hand, education plays a massive role. Educated and professional women develop a wide range of survival strategies in the face of the difficulties and challenges they experience (Kavas, 2010). The woman who utilizes these facilities is both educated and established. So, for proper adaptation, education is the most essential and basic thing for everyone. Moreover, higher levels of self-compassion reduce divorce-related emotional intrusion and ways of improving the lives of divorcing adults (Sbarra et al., 2012). The major obstacles to the adaptation of divorced women are negative social reactions and a negative attitude toward the family. Even divorced women face harassment in accessing justice. BRAC provides legal support by arranging ADR, assigning a lawyer in court, collecting bride prices for women, observing them after divorce for a particular period, and providing psychological support, giving suggestions, and showing the path of what to do. BRAC must concentrate on all types of women-related issues, the heavy pressure of work is sometimes responsible for getting less attention from divorced women. So, the establishment of an organization only for divorced women to give social, economic, psychological, and legal support is now a demand for time. Hence, counseling programs, meditation, and different support centers should be available for divorced women.

5. Limitations

Firstly, the study is limited by a small sample size, as it is a qualitative and in-depth study, so the sample size was small. Secondly, the participants are from the same geographic area. For this reason, generalizations are not possible from the study. The other limitation of the study is that it focuses only on divorced women and not on men.

6. Conclusion And Recommendations

Women in Bangladesh are always in a disadvantaged position if they get divorced. They face problems managing their post-divorce consequences. Neither family nor society are safe for them. Social blaming, torture, harassment, stigma, insecurity, unpleasant family acceptance, and economic hardship are quite common for them. Consequently, the children of divorce also face teasing and bullying. But

government attention is not enough for them to adapt. Hence, there is no special organization to help them legally, psychologically, or economically. The study recommends that new job sources, especially employment sectors, should be increased for this marginal group. Ensuring employment and education is necessary for their adaptation. Through vocational and social education relating to family life, they may get easy access to adjustment. To prevent marital discord and separation, couples should have access to the following services: guidance before and after marriage, training in effective communication, support for strengthening their bond, and education on the realistic aspects of married life. Strategies like reforming family and social welfare, increasing access to economic resources, supporting, and compromising mentality, social and creative activities, meditation, respect, and prioritizing each other will be helpful for their reintegration and to minimize divorce. Again, mass media and different NGOs also play a role in changing negative attitudes towards divorced women through increasing awareness among community people.

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