

Mental Health among a sample of Divorced Jordanian Women

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Abstract

This study aimed at exploring the level of mental health among a sample of divorced women in Irbid and its suburbs. In addition the study aimed at exploring the effect of some variables like: the professional status, the educational level, residence place of women after divorce, and the residence place of their children after divorce on the mental health level of the sample subjects. The sample consisted of (210) divorced women. The researcher developed and applied a scale for measuring the mental health level. The result showed that the mental health level among those women was moderate and that there was a significant effect of the educational level, professional status and the residence place of the children after divorce on the women's level of mental health where there is no effect of the divorced women residence place on their mental health level. Some recommendations were offered in light of these results.

Keywords: Mental Health - Woman - Divorce

1. Introduction

Mental Health is considered of the modern science. But it is as old as humanity itself in its topics. Shelly (1989) believes that mental health is the custom field in psychiatry to understand the psychological effects that help to have healthy individuals and explain why we get sick and how to react in case of illness. Psychologists are studying these topics and working to intervene for maintaining the health of people and trying to improve the mental health system they have.

Many Interpretations about the meaning of mental health are appeared when we see a problem of behavior disorder or abnormal behavior according to the common standard of behavior in any society. When we faced this abnormal behavior and we want to define and determine its features we find ourselves in front of the definition of normality as a model for the behavior, approaching it or move away to varying degrees (Kamel, 1999).

Mental Health concept is synonymous with the concept of normality, It means maturity and social and psychological compatibility and requires skills in the field of forming positive and effective sociable and personal relationships which are acceptable from the individual and the others. The concept of normality also means Compatible with the self which means Clairvoyance of the individual in himself and his abilities. And employ them in a positive framework to achieve his goals and achieve physical and abstract gratifications. This concept is achieved also in the individual's ability in achieving the philosophical vision which has mental frame towards life that allow us to act efficiently and successfully, help us to love life and create a sense of belonging (Fahmi, 1987).

Mann (1987) mentions in his introducing to the concept of positive mental health that a large part of our problems refers to our need for another definition for mental health rather than a lack of mental illness. Fore that the search for another suitable definition has a big interest from many writers with a little impact in the field of mental health activities.

The World Health Organization defines mental health as determined on the basis of the extent of integration of the individual's physical, mental, social and emotional energies. In order to achieve a feeling of happiness and welfare with members of the community in which they live. Thus, it does not specify only on the basis of recovery from illness or mental disorder, but it is a state of complete physical, mental and social of the individual (Jabal, 2000). ALKafafi (1996) defines mental health as the state of balance and integration between the psychological functions of the individual which leads him to behave in such a way that accepts him and is accepted by society and because of that feels a reasonable degree of satisfaction and efficiency.

All the definitions that have been addressed to the concept of mental health are useful, the multiplicity of definitions of mental health due to the personal nature of humanity which is a complex structure. What determines the mental health of the human personality are multiple and overlapping factors and variables. What has been presented of definitions of mental health are overlap and difficult to separate them. The best way to define this concept is the definitions that take into account the interaction between the individual and environmental surroundings. If we studied the interaction between the individual and the environment we will find two types of relationship:

First: the relationship of human being with himself

Second: the relationship of human being with the world around him

The meaning of the interaction between the individual and his environment indicates effect relationship and interaction between the two types of relationship. when the relationship of the individual with himself is good , his relationship almost be good with others in the world around him. The opposite is also true, The process of mental health is essentially moving towards providing a sort of balance between the creature and environmental surroundings (Gareeb,1999).

Anani (2000) indicates that there are three goals for mental health :-

1- Preventive goal:-

The goals of preventive mental health based on the basis of the discovery of the pressures ,crises and problems early to help people to overcome before the problem get complicated and dangerous then clarify the ways and means Which provides for an individual right conditions that makes mental health.

2- Developmental goal:-

Developmental goal for mental health means to employ the available psychological knowledge in improving the conditions of daily life for individuals in helping them to develop their abilities ,interests and talents in order to take advantage of work, production and creativity that will benefit them and the community .

3- Therapeutic goal:-

Therapeutic goal for mental health means to employ the available psychological knowledge in diagnosing ,treating and caring for emotionally and mentally disturbed in order to reduce the bad effects of these disorders, stop the deterioration to a minimum and the development of the capabilities of individuals which reduces the likelihood of returning again to the disease and the prevalence of these disorders .

Mental health and different trends

1- Analytical trend:-

It is a direction that includes many of theoretical trends ,some of them came from the founder of the theory (Freud) and some came from people had private schools in psychology such as (Yung) who founded analytical psychology and (Adler) Who was the founder of individual psychology, some of Freud's pupils developed in his theory for that they called them the new Freudian. The analytical trend believed in the existence of unconscious psychic life, also it believed that man is born with certain instincts and motives. They gave great value to the individual's past and childhood experiences. Freud considered that sexual motives growth is the main determinant of the character later. If sexual instincts growth march in a natural line ,the results will be both mental health and normality (Ismael, 2001; Corey,2001). Adler cared about the social determinants of behavior, he said that the decisive factor in an individual's behavior is the desire to achieve social status in the environment where he lives (Ismael,2001).

2- Behavioral trend:-

Thanks in shaping this trend returned to the scientist John Watson Who wanted to make psychology such as the natural sciences. Therefore he rejected the idea of the unconscious to be the subject of the study of psychology. Behaviorists believes that personality consists of a set of habits that have been already learned by the individual, whether in the case of deviation or normality. All personalities are vested and educated under conditions of reinforcement, Behaviorists consider that conditions and the conflict between the stimuli are of the most important sources of neurotic behavior Or what is happening as a result of poor adapt to new situations. Perhaps it is a result of the inability of the individual to leave the old responses, and learn new responses fit with the life of the individual to achieve his stability and comfort (Corey, 2001).

3- Humanitarian trends:-

Abraham Maslow (Maslow) considers the spiritual father of the doctrine of human psychology in addition to (Allport), (William James), (Rollo May) ,(Rogers) ,(Murray) ,(Buhler) and others. This trend is contrary to the pessimistic and negative picture that approved by psychoanalysis who believes in the existence of unconscious mental life. It also believes that man is born with Instincts and refuses behavioral mechanism that explains human behavior. The most important platforms of humanitarian doctrine that it calls attention to the values and humanitarian goals, the freedom of choice and responsibility, social relations, self-realization and love, innovation, content, personal maturity and psychological gratification. It contributes to the existence of the mental health of human existence (Ismail, 2001).

Mental health indicators:-

Mental health has special signs, indicators and evidences. These signs indicate to specific behavioral manifestations. Many of them are available to the person who gets a high degree of mental health. Here are some signs are mentioned by (Mohammed, 2004).

- Realistic outlook on life.

- Adjust the level of ambition of the individual with the level of potential.

- Sense of Satisfaction of the psychological needs of the individual.

- There are a set of personality traits available that reflect indicators of mental health:-
- Emotional stability
- Broad mindedness
- Scientific thinking
- Self-concept
- Social responsibility
- Flexibility
- The availability of a range of positive social trends.
- The availability of a set of values

Factors affecting the Marital instability:-

It is a combination of factors and reasons that contribute in one way or another that the couple or one of them seeks a divorce because of inability to sustain the Married life. The most important of these factors, as mentioned by Olsen (2000, Olson) the following:

- Early marriage.
- Choosing the couple to another.
- Poor marital adjustment.
- Economic dimensions, such as the adequacy of income and employment of women.
- Other intervention in the lives of the couple.
- Childlessness.
- Ongoing marital disputes and quarrel and mutual violence.

The concept of divorce:-

Divorce means in terminology a transmitter and leave, Say leave prisoner: free him and sent (Harrasis,1996).

Divorce is defined: that the collapse of the domestic construction resulting in the non-performance of one of the parties of the obligations due perhaps to the children. It is a means resorted to one or both of the parties to evade the tensions resulting from the failure of the marriage, which are difficult to avoid them. Divorce varies from one religion to another and range to another within the same religion (Harrasis,1996).

The divorce is a very heavy happened on all family members, It means hyper-held of family entity from legal, economic, psychological, and social respects. It is not an individually event but a complex one.

Stages of divorce:-

Divorce passes through three stages which are:

A- Pre-divorce: emotional and dominated divorce between parents (Emotional Divorce). This is reflected negatively on the children and translates through neglect and ostracism and spreading anxiety, tension and fear of the unknown fate. Here, the wife may be exposed to several forms of psychological and physical violence.

B. Stage of legal divorce (Low Divorce) and here is the dissolution of a marriage by following the legal system and forensic. Here begins the problems of expense and physical preparation of adequate housing.

C. Stage after divorce: Here is (Psychological Divorce). Here begins the pressures created by divorce and the internal and external adaptation to the new conditions of life for women. The parents who are taking the decision to divorce living a critical and harsh period whether in the pre-divorce period, or at the beginning stage of divorce that is because of what prevails between the two phases of many psychological and social pressures Such as strong contradictory feelings, severe mood swings, extreme grief and sorrow ... etc. (Gottmann,1994).

The divorce leaves a lot of psychological ,social, economic and other problems, which did not exist before the divorce .The negative effects of divorce on the psyche of a divorced woman Which is one of the manifestations of psychological stress are the following:

- Feeling frustrated.
- The feeling of humiliation and depression.
- The emergence of neurological disorders and symptoms such as anxiety, tension and speed arousal and self-reproach and contempt.
- Anorexia nervosa or bulimia as an expression of frustration in love, acceptance or marriage.
- Extreme awkwardness of society and the words of the people, their looks and their interventions.
- Confusion in the past and memories (happy and painful) and the difficulty to forget.
- The inability to make the right decisions.
- Loss of confidence in men.
- Hypersensitivity to parental involvement and criticism (Hussain, 2001).

There are many factors that make women more vulnerable than men to the phenomenon of divorce. Saif Aldawla (2003) reported social and cultural factors affecting the mental health of women as follows:

Customs and traditions:

The customs, traditions and culture affect both men and women and identify their roles and behaviors which are expected, accepted and rejected, etc., But Arab culture still tougher on Arab women than men and less tolerant of women exceeded the limits set for them than they are with men. Arab societies tend to consider that women are always attributed to the man, it is always a mother or sister or daughter, or the wife. And often not socially acceptable if were not even affiliated to one of them. Also the Arab tradition demands that Arab women represent the role of the passive partner of a man ,be based on the man and not to exaggerate the value of herself. With time, women become Watchers themselves on behalf of the society because of the fear of the judgment of the community on them.

Social Roles: -

Psychologists and specialists Search in relation of the social role with the psychological human health. They said that the social role does not become a source of concern for human as long as it is consistent with the aspirations, his image of himself and the image that wants to be. But if society insisted on the imposition of a social role on human or a certain group, at a time when this man or that group dreams of different life. It will be the time to begin the mental suffering due to the conflict imposed on the human being between the waiver of his dreams pleasing to the community or seeking to achieve them in the face of society. Its harsh conflict and choose. Researchers have monitored a rise in rates of mental suffering in the world in general and among women in particular. Some of them felt that the re-division of social roles between men and women such as The women work for paid or spend on her family or become responsible about the administration of her life independently. These things have increased the suffering of the women and that hurt their mental health.

1.1 The problem of the study and its questions:-

The problem in the current study is the increase in the divorce rate in the Jordanian society in recent years. According to that , the increasing in the psychological effects reflected on the people concerned, especially women, As imposed by our conservative of the psychological and social pressures after her divorce Which forms a barrier that prevents it from exercising normal life And proper interaction in relation to others. This reflects negatively on her mental health. Studies and research have multiplied on divorce and its effects. However, we note a shortage of studies on the psychological aspect of divorced women. Therefore, the purpose of this study is to identify the level of mental health among Jordanian divorced women in Irbid city and its suburbs.

The current study specifically trying to answer the following two questions:

- 1 - What is the level of mental health among Jordanian divorced women in Irbid city and its suburbs?
- 2 - Is there any statistically significant differences in the levels of mental health among a sample of the study due to the variables of occupational status ,place of residence of the children after the divorce ,the place of residence of the wife after divorce and the educational level?

1.2 Importance of the study

The importance of the this study in that it represents one of the studies dealing with the mental health of divorced women and the possibility to take advantage by divorced women in Jordanian society of instructions that will reach in order to raise the level of mental health they have. Through access to the theoretical literature and interviews with a number of divorcees, the researcher found an urgent need for such studies to alleviate the pressures faced by divorced and raise the level of mental health they have by recommending empirical studies dealing with these groups.

1.3 Terms of the study

For the purposes of the study terms are defined as follows:

1.3.1 Mental health: It Is a psychological situation, which reflects the balance of the individual in the performance of mental functions, and adapt it to emergency developments in the environment in which they live, Also it is the extent of satisfaction with himself and self-acceptance and positive interaction in his dealings with others, And procedurally known primarily obtained by an individual on a scale of mental health.

1.3.2 Divorced women: Is the woman who was the dissolution of her marriage contract for any legitimate reason.

1.4 Limits of the study:

This study is limited on divorced women in Irbid city of and its suburbs as they are in 2006, and the tool used in this study.

2. Literature Review

There are many studies that were conducted to identify the effects left by the divorce and studies dealt with the mental health of different groups of individuals. In studies that dealt with divorce and remarriage and Mental Health I mentioned the following:

Some previous studies have attempted to examine the relationship between subjective wellbeing levels and divorce. Hetherington and Kelly

(2002) provide an overview. Booth and Amato (2001) analyze the relation between divorce and distress, using a three wave American panel, where individuals are sampled in three years that were chosen randomly. They model distress as a function of the time to divorce, and the years since divorce, using recall data from the divorce date. The authors find that stress levels are high close to the divorce date, but subsequently decline as time passes. Pevalin and Ermisch (2004) explore what mental health does to the probability of divorce, rather than what shapes mental wellbeing. Sun (2001), Sun and Yi (2002) and Videon (2002) study young people's reactions to parental divorce. Amato (2000) and Wang and Amato (2000) examine the role of individuals' attitudes in predicting who will recover most fully from divorce. Johnson and Wu (2002) study the same U.S. data as Booth and Amato (2001), but with an additional wave, 2000, and a different statistical method. They conclude that it is only those divorcees who remarry who psychologically recover

The results of the study conducted by Ibrahim (2002) about the self-concept among single Jordanian women summed up the existence of statistically significant differences on self-concept due to the different age and educational level. The study included 3 categories (divorced, widowed, unmarried permanently). The study did not reach to the differences in the level of self-concept is attributed to marital status. She used measure of "Tessie" to self-concept Which applied to (280) of single women.

Shobin and others had study in America (2002), to know the relationship between women's work and divorce. This study found considerable support for the hypothesis that the economic opportunity of women's work is a factor in ending the unhappy marriages But it does not affect the happy marriages and the participation of wife in work not increase the risk of divorce if both partners are happy.

Bevvinio (2002), conducted a study to examine the relationship between finding a meaning to life after a divorce and the consequent adjustment. The study sample consisted of 119 volunteers and volunteer in various stages of divorce. The researcher using a list of post-traumatic growth as well as the emotional separation standards and good mental health, depression and alcohol, In addition to this answer two unopened answers questions on specific reason for the divorce as they see as well as the effects and aftershocks of divorce by their perception. He found that the women answered on the cause of the divorce was about physical, emotional or sexual abuse. women gave more positive effects of divorce than men especially in the fields of psychological growth and maturity and sense of independence. However not get any return for sex differences in the levels of good mental health, depression or alcohol.

Sakraida (2002), conducted a study entitled transitional phase for divorce and adaptation responses and behavior, which aims to improve the health status of middle-aged women using preview deliberate and court records. Preview criteria included divorced women aged 34-54 and was conducted the data collection process across two phases, The first data collection via email include self-adaptive responses and the second collection of interviews. The result was that most participants have depressed and difficult to cope with the new situation.

3. Methodology of the Study

3.1 The population of the study:

The study population consisted of divorced women in the city of Irbid and its suburbs, with their number of about 4160 divorced women for 2015.

3.2 The sample of the study:

The study sample consisted of 210 divorced woman and that the researcher has been able to access them through the Society for the Protection of the family and children in the city of Irbid and some revisions to the Islamic courts were chosen at random and Table (1) shows the distribution of the study sample by members of the independent variables.

Table (1) :Frequencies and percentages for the sample of the study by the independent variables

variable	Categories	Frequencies	Percent
Professional status	worker	111	52.9
	Not work	99	47.1
Residence of the children after divorce	With father	60	28.6
	With mother	100	47.6
	With grandparents	50	23.8
Residence of the wife After divorce	With family	101	48.1
	Independent housing	109	51.9
Educational Level	secondary or less	60	28.6
	Bachelor	95	45.2
	Higher education	55	26.2

3.3 The tool of the study:

To collect the data necessary for the subject of the study, the researcher for the construction of a measure of the mental health component of the 33 items where it was relying in building on a study tool:

- Educational theoretical literature on the subject of the current study.
- Previous studies such as theses and research relevant to the subject of the message like study ElDesoki of (1995) and Ibrahim(2002) and Saif ALdawl (2003).

3.4 The Validity of the tool:-

It Was ascertained the validity of the content of the study tool through the display in the initial copy on a number of experienced and competent in counseling and psychology at Jordanian universities and asked them to express their views, comments and suggestions in terms of the language and the appropriate paragraphs for the purposes of the study became finalized, consisting of 33 paragraph.

3.5 The Reliability of the tool:

It Was ensured the stability of the tool in a test and re-test . The sample was distributed to 30 divorced woman from the community study excluded when the tool on the study sample was applied with a difference of two weeks between the two application according to the reliability coefficient (Satiability). Extraction of the correlation coefficient between the performance of the study sample in the first and second application and the result was (0.90%) which is suitable for the purposes of the present study.

3.6 Statistical treatment

To answer the first question the study was the use of averages and standard deviations to determine the level of mental health of the respondents The second question was used four-way analysis of variance to investigate the effect of independent variables in the study. And to determine the level of mental health in the study sample were used the following criteria:

- 00,1-49,1: never = means a very low degree
- 50.1 - 49.2: rarely= means a low degree
- 2.50 - 3.49: sometimes= means moderately
- 3.50 - 4.49: often= means significantly
- 4.50 - 5.0: always= mean very much.

4. Results of the study

After applying the study procedures and conducting statistical treatments of the data obtained was reached the following results

First: The results related to the first question: What level of mental health among women Jordanian divorced in Irbid City and its suburbs?

Means and standard deviations have been calculated and Table 2 illustrates this:

Table (2): Means and standard deviations of the paragraphs in descending order according to the arithmetical averages

Rank	NO.	Paragraphs	mean	Standard deviation
1	.28	I dream in things and keep it to myself	4.03	.95
2	.27	I feel that divorce is a bold and courageous step	3.96	1.13
3	.12	Look at matters of life objectively	3.94	.90
4	.30	I try not to share one with my problems	3.87	1.11
5	.31	I'm trying to perform acts of worship regularly	3.85	1.40
6	.33	I try not to speak on the subject of divorce	3.77	1.44
7	.7	I can live in safety and peace	3.76	.81
8	.9	I have the spirit of the demand for life	3.75	1.12
9	.25	I try to compensate my children their father's absence	3.75	1.35
10	.16	I concentrate my thinking in any work I am doing	3.68	.87
11	.6	I have the ability to meet the demands of life	3.67	.99
12	.19	I cannot find it difficult to express my thoughts	3.67	1.09
13	.10	I feel that I can enjoy life	3.60	1.19
14	.22	I do not care how people see my social status	3.59	1.18
15	.26	I try to adjust the daily expenses without resorting to others	3.58	1.18
16	.24	I try to manage the expenses of the house	3.57	.91
17	.15	I feel that my physical health is good	3.56	.95
18	.13	I can solve my every day problem	3.54	1.00
19	.18	I try to avoid sad moments	3.53	.99
20	.14	I feel satiability in my social relationship	3.52	1.01
21	.5	I feel confident in others and respect them	3.42	.96
22	.4	Enjoy relationship with family	3.38	.95
23	.1	I feel comfort and safety	3.35	1.12
24	.11	I can plan for the future with confidence and safety	3.29	1.27
25	.32	I like to get to know prominent people because it makes me feel important	3.29	1.36
26	.23	I feel that beautiful life will come	3.28	.98
27	.20	I feel full of vitality and active	3.25	.85
28	.17	I have patient to deal with people	3.17	1.02
29	.21	I'm trying to control my emotions	3.11	1.10
30	.8	I feel the internal and external security	3.00	.98
31	.3	I am happy with others	2.96	.83

32	.2	I am happy with myself	2.92	.96
33	.29	I feel that people appreciate my position	2.77	.97
		Total	3.50	.53

Notice from table (2) that all paragraphs of the scale ranged between (77.2 - 03,4) It is within the categories often and sometimes, paragraph No. 29 Included the words" I feel that people appreciate my position" has got the lower average account of (77.2) and a standard deviation of 97.0. While paragraph 28 "dream things and keep it to myself" got average of \$ 03.4 and a standard deviation of \$ 95.0. When determining the level of mental health by the standard referred to previously shown that the arithmetic average of the total paragraphs amounted to 50.3 any measure the level of mental health is significantly reduced.

Second: The results related to the second question: Are there significant differences in the levels of mental health in the study sample due to the variables: occupational status, and place of residence of the children after a divorce, and the place of residence of the wife after divorce, and educational level?

Averages and standard deviations for the study sample responses were calculated according to the variables of the study on the scale as a whole and Table(3) illustrates this:

Table (3): Averages and standard deviations of the fields and the instrument as a whole

Variables	Categories	Mean	standard deviations	No.
Professional status	Worker	3.74	.32	111
	Not worker	3.23	.59	99
Residence of the children after divorce	With father	3.68	.66	60
	With mother	3.56	.39	100
Residence of the wife after divorce	With grandparents	3.15	.44	50
	With family	3.44	.65	101
Educational Level	Independent housing	3.55	.38	109
	secondary or less	3.46	.53	60
	Bachelor	3.43	.60	95
	Higher education	3.65	.34	55

Table 3 shows the existence of differences between the arithmetic averages of the level of mental health of divorced women in the city of Irbid and to know the implications of the differences between the arithmetic averages use four-way analysis of variance and Table 4 illustrates this.

Table (4): Four-way analysis of variance results to the level of mental health among divorced Jordanian women

Source of variation	Sum of squares	Df	Average squares	F value	Sig
Professional status	16.911	1	16.911	110.133	.000
Residence of the children after divorce	11.013	2	5.506	35.861	.000
Residence of the wife after divorce	.340	1	.340	2.216	.138
Educational Level	5.526	2	2.763	17.993	.000
wrong	31.170	203	.154		
Total	58.553	209			

Table 4 indicates that there are statistically significant differences in the level of mental health among divorced women are attributable to the variables: occupational status and differences came in favor of worker women, and raised the children after divorce, and educational level. While there are no statistically significant differences attributed to the place of residence of the wife after divorce.

And to identify the sources of the differences have been posteriori comparisons to find the sources of differences and Table 5 shows a posteriori comparisons of the impact of the place of residence of the children after divorce.

Table (5): Posteriori comparisons in Sheffe's way of the impact of the place of residence of the children after divorce

Categories	Mean	With father	With mother	With grandparents
With father	3.68			
With mother	3.56	0.12		
With grandparents	3.15	*0.52	*0.40	

Table 5 Shows that there are differences first between raised the children with parents and between their residence with the grandparents for the benefit of their residence with parents and secondly between their residence with the mother and the grandparents for the benefit of the mother.

Table 6 shows the comparisons posteriori to effect a variable level of education.

Table (6): Posteriori comparisons of educational level

Categories	Mean	secondary or less	Bachelor	Higher education
secondary or less	3.46			
Bachelor	3.43	0.03		
	3.65	*0.19	*0.22	

Table 6 shows that there are differences between divorced women who have secondary or below and among the women who have advanced studies and for the benefit of advanced studies.

4.2 Discussion of Results

First: To discuss the results related to the first question: What is the level of mental health among women Jordanian divorced in Irbid City and its suburbs?

The results show that the level of mental health among divorced Jordanian women in Irbid city is large on a scale of mental health as a whole .Researcher attributes this result to the scientific progress and technological and intellectual in Jordan in addition to women going out to work and independence financially and lack of fear of society Outlook after her divorce.

Second: discuss the results of the second question: Are there significant differences in the levels of the same mental health studies due to the variables: occupational status, and place of residence of the children after a divorce, and the place of residence of the wife after divorce, and educational level? The result on the extent of mental health affected by the following independent variables can be interpreted as follows:

A. The variable of the place of residence of the children after divorce

The results indicate that there are differences in the level of mental health due to the variable place of residence of the children with the parents or grandparents for their stay with parents This is a natural thing that the mother be more comfortable when she is sure that the father takes care of his sons and do not leave them for others. While I found differences between the administration of children with parents or residence with mothers and for the benefit of their stay with moms We all know the severity of a mother's love, absence of the father or grandparents is not the equivalent of absence of mother who is the source of love and emotions The researcher also attributed to the nature of people in Jordanian society and more women sacrifice in her happiness to not resort to marriage again for her sons, while most men cannot survive without marriage after divorce.

B- Educational level

The results indicate that there are significant differences in the level of mental health due to the level of education of divorced women in favor of advanced degrees and attributed this result to that education raises the level of mental health among women ,the higher level of education increased the level of understanding ,be financially independent, able to solve the problems and troubles faced by every day , have the ambition and the spirit of perseverance has high confidence and did not take the decision to divorce only after a study to the position of their selves and their children after divorce.

C- Professional status

The results indicate that worker divorced women have the level of mental health higher than non-worker divorced women. It has been attributed to the ability of women to assume financial responsibility and management of their homes without resorting to others, to ask for financial assistance .The researcher sees that women's work achieves the self confident while women's non-performing imposed on herself and on her family's financial burdens which may be born with depression, anxiety, introversion and hating self. As the descent of

women to the fields of business and its dependence on themselves and modern life pleasures may compensate for the effects of divorce.

D. Residence of the wife after divorce

The results indicate no differences in the level of mental health attributable to the residence of the wife after divorce, whether with family, or in a separate house for parents and attributed this result to the customs and traditions that are imposed on Jordanian women, especially divorcees system and de facto must be living if she wants it or not.

4.3 Recommendations

In light of the findings of the current study researcher recommends the following:

1. To encourage women to higher education and to provide opportunities incentive from the state.
2. Provide assistance to women in order to adapt to the divorce and the change that occurs to her life in order not to be troubled through the Family Counseling Centers.
3. Further studies in this field about some of the variables and other communities that are not covered by the current study.

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