Psycho-social consequences (anxiety and depression) with divorced couples

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Abstract

This study aimed to analyze the psychosocial consequences (anxiety and depression) in divorced couples. The study involved 60 respondents who ranged in age from 21 to 55 years. The integration of quantitative methods was used for the methodology of this study. The collected data were analyzed using the Statistical Package for Social Sciences (SPSS).The findings of this study have shown that depression has a high positive correlation with anxiety. As the rate of depression increases in divorced couples, so does the rate of anxiety. In the gender differences between the level of depression in divorced couples, we see that women reach a higher average than men as well as in anxiety women reach a higher average than men. From these results we can say that there are gender differences in anxiety and depression as variables but that these differences are not significant. Finally it can be argued that the findings of this study may help us understand more about depression and anxiety in couples in times of major challenge. Consequently, our study provides relevant information that will help readers and professionals in the field to understand more about the psychosocial problems of divorced couples.

Keywords: anxiety, depression, divorced couples, study, methodology.

Introduction

Marriage is an important social and legal institution that implies a defined system of mutual rights and obligations for spouses in relation to each other and to children. Marriage is based on several important principles such as: moral and legal equality of spouses, the feeling of love, respect and mutual understanding that form the basis of its development. Based on these fundamental principles, marriage becomes formal only after certain essential conditions that constitute legal certainty for the realization of its purpose are met.Divorce occurs only there and then when marriage exists. The number of divorces in the world today is generally increasing. The word divorce comes from the Latin word "divortium" which means the right of a man to divorce his wife. Divorce is an act that is both civil and legal. It is realized only by a court decision. It represents a dissolution of the common unit, as a dissolution but not a denial of the values created by it. In our country the number of divorces is increasing and consequently every day more and more the number of children with divorced parents is increasing. (Brannan, Manteuffel, Holden & Heflinger, 2006). From the review of world literature there are numerous studies which are related to the psycho-social consequences in divorced couples. Thus, in different age groups divorce is experienced differently, just as divorce is experienced differently by women and differently by men (Davies, Myjers, and Cummings, 1996). In our country it turns out that there is no study that has studied the psychosocial consequences in divorced couples. Therefore, it is necessary to undertake research which should study that

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divorce affects the psychosocial consequences in couples. Precisely for this reason it was deemed necessary to undertake a study with this main focus. Unable to extend this study throughout the country this study was conducted in the municipality of Prishtina, where the number of divorces is relatively high.

Table 1. Number of divorces in Kosovo

2018	98 divorces
2019	58 divorces
2020	30 divorces (till the start of the pandemic)

Methodology

The study plan is presented in this chapter; how to obtain the necessary information; data collection methods are described; the problems that have arisen at this stage are presented; the procedures and instruments used are described; criteria for selection of study participants; the procedures used to ensure the reliability and validity of the results and the limitations of the methodology used.

Study problems

The   nature of the problem is complex, as it can often influence couples' motivation for the well-being of their children. Parents who are depressed or anxious have more difficulty coping with situations, so even this problem can be fundamental to various aspects of the psycho-emotional well-being of couples and their children.

The aims of the research

This study aims to analyze the psychosocial consequences of divorced couples with an emphasis on anxiety and depression. This study also aims to see how anxiety and depression are related to the socio-demographic characteristics of divorced couples, but also to see the impact that anxiety and depression have on divorced couples who have children and divorced couples who do not have children. We also aim to look at gender differences in the context of acne and depression. This research may be a call for many mental health professionals to consider the psychosocial consequences that come as a result of divorce. Undoubtedly, divorced couples go through the greatest difficulties and need the most psycho-emotional support from different professionals. Various humanitarian, psychological or human rights associations can be alerted to provide support to these couples and help overcome their psychological difficulties.

Study hypotheses:

H1.   There is a significant correlation between psychosocial consequences (anxiety and depression) in divorced couples;

H2.   There are significant correlations between anxiety and socio-demographic characteristics (age, gender, place of residence, financial status, level of education) in divorced couples;

H3.   There are statistically significant gender differences in the context of anxiety in divorced couples;

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Methods and techniques of the research; In our study, quantitative methods were used, with particular emphasis on the use of the quantitative method for collecting data from couples who are divorced.

Instruments of the study; Measurement instruments were determined by the need to provide data from different perspectives to make the comparison between the results obtained from them more meaningful. To conduct our research, two measuring instruments were used which are: **Beck's Anxiety Inventory - Beck's Anxiety**. Questionnaire is a proven instrument of self-reporting and measuring anxiety in adults and divorced couples that is used both in clinical settings and even in research and

Besk's Depression Inventory-II (BDI II) - BDI-II is a standard and proven psychometric instrument that shows high reliability, ability to distinguish subjects with and without depression, with improved content validity and structural. Based on available psychometric evidence, BDI-II can be seen as a low-cost questionnaire for measuring the severity of depression, with wide applicability for research and clinical practice worldwide. BDI evaluates 21 symptoms of depression, 15 of which cover emotions, four cover behavioral changes, and six somatic symptoms. Each symptom is rated on a four-point intensity scale and the scores are summed to give a total ranging from 0 to 63;

Table 2. Reliability coefficient for depression

Nr. i ajtemeve	Alfa e Cronbach-ut	Lambda					
		1	2	3	4	5	6
21	0.897	0.854	0.901	0.897	0.867	0.881	0.920

From the results presented in the table above we see that the measuring instrument which measures depression, satisfies the important condition for the application of the measuring instrument, respectively the reliability values for the Kronbach Alpha method Alfa = 0.89 and Gutman = 0.85 reach the reliability values a = 0.80.

Table 3. Reliability coefficient for anxiety

Nr. i ajtemeve	Alfa e Cronbach-ut	Lambda					
		1	2	3	4	5	6
21	0.912	0.869	0.917	0.912	0.875	0.895	0.938

From the results presented in the table above we can see that the measuring instrument which measures anxiety, satisfies the important condition for the application of the measuring instrument, respectively the reliability values for the Kronbach Alpha method Alfa = 0.912 and Gutman = 0.86 reach the reliability values a = 0.80.

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Research population - samples

Our research sample is 60 divorced couples. The sample was randomly selected. The completion of the sample was carried out for about 2 months of research for divorced couples. Below through the tables are expressed the characteristics of the sample.

Table 4. Table presentation of the number of participants in the study, their gender and relative percentage

		Frequencies	Percentage
Valid	Female	30	25%
	Male	30	25%
	Total	60	100.0

Gender Table 4 shows that a total of 60 adolescents participated in the study, of which 30 or 50% were female and 30 or 50% were male. So here we see that we have equal sample distributions between females and males.

Table 5. Table presentation of the number of participants in the study, their age and relative percentage

		Frenquencies	Percentage
Valid	25-30 years old	4	6.6%
	31-35 years old	18	30%
	36-40 years old	28	46.6%
	Over 40 years old	10	16.6%
	Total	60	100.0%

Age - From table 4 we see that we are dealing with different ages of the subjects who were participants in this study. The minimum age is 25 years old and the maximum age is 40+ years old. The largest number of subjects 28 or 46.6% belong to the age of 36-40 years, while the smallest number 4 or 6.6% belong to the age of 25-30 years.

Table 6. Tabular presentation of the number of study participants, their place of residence and their relative percentage

		Frenquencies	Percentage
Valid	City	42	70%
	Village	18	30%
	Total	60	100.0%

Residence - Table 6 shows that most participants 42 or 70% live in the city, while 18

or 30% live in the village. So from the results we see that there is a large dominance of participants living in the city over those living in the village.

Table 7. Table presentation of the number of participants in the study, financial status and their relative percentage

Financial status	Frequencies	Percentage
Social 200-300 €	3 36	5% 60%
350-550 € 550-700 € Over 750 €	14 5 2	23% 8.% 3%
Total	60	100.0%

Financial status - From table 7, we see that we are dealing with different incomes of divorced couples. 3 or 5% live on social, with an income of 200-300 euros, live 36 or 60% of the surveyed subjects with an income of 350-550 euros, live 14 or 23%, with 550-700 euros live 5 or 8% and with incomes over 750 euros, live 2 or 3% of the surveyed subjects.

Table 8. Table presentation of the number of participants in the study, level of education and their relative percentage

Educational level	Frequencies	Percentage
Elementary school High school	2 18	3% 30%
Bachelor Master Phd	32 7 1	53% 11.6% 1.6%
Total	60	100.0%

Educational level - From table 8, we see that we are dealing with different educational levels of the surveyed subjects. 2 or 3% of the surveyed subjects have completed primary school, 18 or 30% have completed high school, 32 or 53% have completed bachelor, 7 or 11.6% master and only 1 or 1.6% doctorate. So from these results we see a large dominance of subjects who have completed the level of bachelor education.

Processing of statistics
The data collected from the questionnaires were processed and analyzed with the statistical program SPSS-21. The statistical analyzes undertaken in this study are de-

scriptive and cognitive.

Empirical results

In this chapter are presented the main results of the study, which are also related to the main goals of this study. The material is logically organized and the definition of subchapters is done in accordance with the research questions and study hypotheses.
Results related to correlations
 Thanks to the research methodology the question was raised is there a significant correlation between psychosocial consequences (anxiety and depression) in divorced couples? In **hypothesis H1**, the assertion is expressed on the existence of a significant correlation between psychosocial consequences (anxiety and depression) in divorced couples, and to answer the main assertion we must first find the correlation analysis.
Table 9. Correlation between psychosocial consequences (depression and anxiety) to divorced couples

		Depression	Anxiety
Depression	Pearson Correlation	1	.800**
	Sig. (2-tailed)		.000
	N	60	60
Anxiety	Pearson Correlation	.800**	1
	Sig. (2-tailed)	.000	
	N	60	60

From the correlative analysis we draw the following conclusions: depression has a high positive correlation with anxiety r = 0.800. As depression increases, so does anxiety in divorced couples. The significance is 0.00. $p < 0.05$ at the significance level 0.05. From this we can say that we have significant relationships between the two variables. From the evidence provided by correlative statistical analysis we can conclude that very high positive correlation between depression and anxiety in divorced couples in. We also understand from the results that we have significant relationships between the two variables. From these results we can conclude that hypothesis 1 is approved.
In **hypothesis H2,** the assertion is expressed on the existence of a significant correlation between anxiety and socio-demographic characteristics: age, gender, place of residence, financial status, level of education in divorced couples. Thanks to the research methodology the question was posed: is there a significant correlation between anxiety and the age of divorced couples? In hypothesis **H2.1**, the assertion on the existence of a significant correlation between anxiety and the age of divorced couples is expressed.
Table 10. Correlation between anxiety and age in divorced couples

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		Anxiety	Age
Anxiety	Pearson Correlation	1	-.102
	Sig. (2-tailed)		.267
	N	60	60
Age	Pearson Correlation	-.102	1
	Sig. (2-tailed)	.267	
	N	60	60

From the correlative analysis we draw the following conclusions: anxiety has a negative correlation with the age of divorced couples r = -0.102.The significance is 0.267. p> 0.05 at the significance level 0.05. From this we can say that we have no significant relationship between the two variables. From the evidence provided by correlative statistical analysis we can conclude that there is a negative correlation between anxiety and age in divorced couples. Also from the results we understand that we have no significant relationship between the two variables. From these results we can conclude that hypothesis 2.1 is not approved.

Thanks to the research methodology the question was posed: is there a significant correlation between anxiety and the gender of divorced couples? In hypothesis **H2.2**, the assertion on the existence of a significant correlation between anxiety and the gender of divorced couples is expressed.

Table 11. Correlation between anxiety and gender in divorced couples

		Anxiety	Gender
Anxiety	Pearson Correlation	1	-.94
	Sig. (2-tailed)		.104
	N	60	60
Gender	Pearson Correlation	-.94	1
	Sig. (2-tailed)	.104	
	N	60	60

From the correlative analysis we draw the following conclusions: anxiety has a negative correlation with the gender of divorced couples r = -0.94. The significance is 0.104. p> 0.05 at the significance level 0.05. From this we can say that we have no significant relationship between the two variables. From the evidence provided by the correlative statistical analysis we can conclude that there is a negative correlation between anxiety and gender in divorced couples. Also from the results we understand that we have no significant relationship between the two variables. From these results we can conclude that hypothesis 2.2 is not approved.

Thanks to the research methodology, the question arose whether there is a significant relationship between anxiety and the place of residence of divorced couples? In

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hypothesis **H2.3**, the statement on the existence of a significant correlation between anxiety and the place of residence of divorced couples is expressed.

Table 12. Correlation between anxiety and residence in divorced couples

		Anxiety	Residence
Anxiety	Pearson Correlation	1	-.049
	Sig. (2-tailed)		.596
	N	60	60
Residence	Pearson Correlation	-.049	1
	Sig. (2-tailed)	.596	
	N	60	60

From the correlative analysis we draw the following conclusions: anxiety has a negative correlation with the residence of divorced couples r = -0.049. The significance is 0.596. p> 0.05 at the significance level 0.05. From this we can say that we have no significant relationship between the two variables. From the evidence provided by the correlative statistical analysis we can conclude that there is a negative correlation between anxiety and residence in divorced couples. Also from the results we understand that we have no significant relationship between the two variables. From these results we can conclude that hypothesis 2.3 is not approved.

Thanks to the research methodology, the question arose whether there is a significant relationship between anxiety and financial status of divorced couples? In hypothesis **H2.4**, the existence of a significant relationship between anxiety and financial status of divorced couples is expressed.

Table 13. Correlation between anxiety and financial status in divorced couples

		Anxiety	Financial status
Anxiety	Pearson Correlation	1	-.140
	Sig. (2-tailed)		.025
	N	60	60
Financial status	Pearson Correlation	-.140	1
	Sig. (2-tailed)	.025	
	N	60	60

From the correlative analysis we draw the following conclusions: anxiety has a negative correlation with the financial status of divorced couples r = -0.140. The significance is 0.025. p> 0.05 at the significance level 0.05. From this we can say that we have no significant relationship between the two variables. From the evidence provided by correlative statistical analysis we can conclude that there is a negative correlation between anxiety and financial status in divorced couples. Also from the results we

understand that we have no significant relationship between the two variables. From these results we can conclude that hypothesis 2.4 is not approved.

Thanks to the research methodology the question was posed: Is there a significant correlation between anxiety and the level of divorced couples? In hypothesis **H2.5**, the statement on the existence of a significant correlation between anxiety and the level of education of divorced couples is expressed.

Table 14. Correlation between anxiety and education level in divorced couples

		Anxiety	Educational level
Anxiety	Pearson Correlation	1	-.015
	Sig. (2-tailed)		.207
	N	60	60
Educational level	Pearson Correlation	-.015	1
	Sig. (2-tailed)	.207	
	N	60	60

From the correlative analysis we draw the following conclusions: anxiety has a negative correlation with the level of education in divorced couples r = -0.015. The significance is 0.207. p> 0.05 at the significance level 0.05. From this we can say that we have no significant relationship between the two variables. From the evidence provided by correlative statistical analysis we can conclude that there is a negative correlation between anxiety and the level of aristocracy in divorced couples. Also from the results we understand that we have no significant relationship between the two variables. From these results we can conclude that hypothesis 2.5 is not approved.

Thanks to the research methodology, the question arose: are there significant correlations between depression and socio-demographic characteristics: age, gender, place of residence, financial status, level of education in divorced couples? In hypothesis **H3**, the assertion is expressed on the existence of a significant correlation between depression and socio-demographic characteristics: age, gender, place of residence, financial status, level of education in divorced couples. Thanks to the research methodology the question was posed: is there a significant correlation between depression and the age of divorced couples?

In Hypothesis **H3.1**, the assertion on the existence of a significant correlation between depression and the age of divorced couples is expressed.

Table 15.Correlation between depression and age in divorced couples

		Depression	Age
Depression	Pearson Correlation	1	-.104
	Sig. (2-tailed)		.254
	N	60	60

Age	Pearson Correlation	-.104	1
	Sig. (2-tailed)	.254	
	N	60	60

From the correlative analysis we draw the following conclusions: depression has a negative correlation with the age of divorced couples r = -0.104. The significance is 0.254. p> 0.05 at the significance level 0.05. From this we can say that we have no significant relationship between the two variables. From the evidence provided by correlative statistical analysis we can conclude that there is a negative correlation between depression and age in divorced couples. Also from the results we understand that we have no significant relationship between the two variables. From these results we can conclude that hypothesis 3 is not approved.

Thanks to the research methodology the question was posed: Is there a link between depression and gender in divorced couples? In hypothesis **H3.2**, the assertion is expressed about the existence of a significant correlation between depression and gender in divorced couples.

Table 16. Correlation between depression and gender in divorced couples

		Depression	Gender
Depression	Pearson Correlation	1	-.134
	Sig. (2-tailed)		.144
	N	60	60
Gender	Pearson Correlation	-.134	1
	Sig. (2-tailed)	.144	
	N	60	60

From the correlative analysis we draw the following conclusions: depression has a negative correlation with the gender of divorced couples r = -0.134. The significance is 0.144. p> 0.05 at the significance level 0.05. From this we can say that we have no significant relationship between the two variables. From the evidence provided by the correlative statistical analysis we can conclude that there is a negative correlation between depression and gender in divorced couples. Also from the results we understand that we have no significant relationship between the two variables. From these results we can conclude that hypothesis 3.2 is not approved.

Thanks to the research methodology the question was posed: Is there a link between depression and residence in divorced couples? In hypothesis **H3.3**, the assertion is expressed on the existence of a positive correlation between depression and residence in divorced couples.

Table 17. Correlation between depression and place of residence in divorced couples

		Depression	Residence
Depression	Pearson Correlation	1	-.088
	Sig. (2-tailed)		.339
	N	60	60
Residence	Pearson Correlation	-.088	1
	Sig. (2-tailed)	.339	
	N	60	60

From the correlative analysis we draw the following conclusions: depression has a negative correlation with the residence of divorced couples r = -0.88. The significance is 0.339. p> 0.05 at the significance level 0.05. From this we can say that we have no significant relationship between the two variables. From the evidence provided by correlative statistical analysis we can conclude that there is a negative correlation between depression and residence in divorced couples during the pandemic. Also from the results we understand that we have no significant relationship between the two variables. From these results we can conclude that hypothesis 3.3 is not approved.

Thanks to the research methodology, the question arose whether there is a significant relationship between depression and the financial status of divorced couples? Hypothesis **H3.4** states the existence of a significant relationship between depression and the financial status of divorced couples.

Table 18. Correlation between depression and financial status in divorced couples

		Depression	Financial Status
Depression	Pearson Correlation	1	-.311
	Sig. (2-tailed)		.049
	N	60	60
Financial status	Pearson Correlation	-.311	1
	Sig. (2-tailed)	.049	
	N	60	60

From the correlative analysis we draw the following conclusions: depression has a negative correlation with the financial status of divorced couples r = -0.311. The significance is 0.049. p> 0.05 at the significance level 0.05. From this we can say that we have no significant relationship between the two variables. From the evidence provided by correlative statistical analysis we can conclude that there is a negative correlation between depression and financial status in divorced couples. Also from

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the results we understand that we have no significant relationship between the two variables. From these results we can conclude that hypothesis 3.4 is not approved.
Thanks to the research methodology the question was posed: Is there a significant correlation between depression and the level of divorced couples? In hypothesis **H3.5**, the assertion is expressed about the existence of a significant correlation between depression and the level of education of divorced couples.

Table 19. Correlation between depression and education level in divorced couples

		Depression	Education level
Depression	Pearson Correlation	1	-.215
	Sig. (2-tailed)		.107
	N	60	60
Education level	Pearson Correlation	-.215	1
	Sig. (2-tailed)	.107	
	N	60	60

From the correlative analysis we draw the following conclusions: depression has a negative correlation with the level of education in divorced couples r = -0.215. The significance is 0.107. p> 0.05 at the significance level 0.05. From this we can say that we have no significant relationship between the two variables. From the evidence provided by correlative statistical analysis we can conclude that there is a negative correlation between depression and the level of aristocracy in divorced couples. Also from the results we understand that we have no significant relationship between the two variables. From these results we can conclude that hypothesis 3.5 is not approved.

Results related to gender differences
In this chapter we will analyze gender differences in the context of anxiety and depression in divorced couples at the time of the pandemic. Thanks to the research methodology, the question arose: are there statistically significant gender differences in the context of anxiety in divorced couples? In hypothesis **H4**, the assertion is expressed on the existence of statistically significant gender differences in the context of anxiety in divorced couples.

Table 20. Presentation of gender differences in the context of anxiety in divorced couples

Gender		Number	Average	Standard deviation	Standard error
Anxiety	Female	78	0.5627	0.45853	0.05192
	Male	43	0.4025	0.45147	0.06885

Table 21. Presentation of gender differences in the context of anxiety in divorced couples through t-test

		Levent test for equality of variance		t-test for equalization of means						95% Reliability interval difference		
		F	Sig.	t	df	Sig. (2-tailed)	Mean difference	Standard error difference	Low	High	
Ankthi	Assumed equal variances	1.145	.287	1.849	119	.067	.16015	.08662	-.01137	.33167	
	Non-assumed equal variances			1.857	87.853	.067	.16015	.08623	-.01122	.33152	

Looking at the averages that respondents achieve in gender differences in the context of anxiety we see that in Tables 20 and 21, females achieve higher averages M = 0.56 than males M = 0.40. The standard deviation for the female gender is Ds = 0.458, while for the male gender Ds = 0.451 and the mean standard error for the female gender is Gs = 0.05 and for the male gender Gs = 0.06. The significance is 0.287. p> 0.05 at the significance level 0.05. From this we can say that there is no significant relationship between the two variables. From the evidence provided by statistical analysis in Tables 15 and 16, we can conclude that there are statistically significant gender differences in the anxiety variable. From these results we can say that we test hypothesis 4. Thanks to the research methodology, the question arose: **are there statistically significant gender differences in the context of depression in divorced couples?**

Table 22. Table presentation of gender differences in the context of depression in divorced couples

Gender		Number	Average	Standard deviation	Standard error
Depression	Female	78	0.7882	0.57100	0.06465
	Male	43	0.6368	0.48339	0.07372

Table 23. Table presentation of gender differences in the context of depression in divorced couples through t-test

		Levent test for equality of variance		t-test for equalization of means						95% Reliability interval difference		
		F	Sig.	t	df	Sig. (2-tailed)	Mean difference	Standard error difference	Low	High	
Depression	Assumed equal variances	2.305	.132	1.471	119	.144	.15139	.10289	-.05234	.35512	
	Non-assumed equal variances			1.544	99.388	.126	.15139	.09805	-.04316	.34594	

Looking at the averages that respondents achieve in gender differences in the context

of depression we see that in Tables 22 and 23, the female reaches a higher average M = 0.78 than the divorced male couples M = 0.63. The standard deviation for the female gender is Ds = 0.57, while for the male gender Ds = 0.48 and the average standard error for the female gender is Gs = 0.06 and for the male gender Gs = 0.07. The significance is 0.132. p> 0.05 at the significance level 0.05. From this we can say that there is no significant relationship between the two variables. From the evidence provided by statistical analysis in Tables 22 and 23, we can conclude that there are gender differences in the depression variable. From these results we can say that we approve hypothesis 5.

Discussion

This chapter summarizes the main findings of the study by discussing them in relation to the relevant text. These findings have been compared with other studies by different authors and presented the perspective regarding them in the context of the municipality of Gjilan, where this study was conducted. The focus of this study is to present the results related to depression and anxiety in divorced couples during the pandemic (related to demographic data).

This study contains correlational relationships between the variables taken in the study of depression and anxiety. The application of the questionnaires brought data, which were analyzed by answering well-defined research objectives and questions for the focus of the study. The main findings of the study will be given below, illustrating them with other studies.

The measurement scales used in this study were tested for their reliability. Although the purpose of this study is not to standardize measurement scales, special attention was given to reliability analysis in order for the instruments to provide quality in the collection of quantitative data and that will further serve to be processed through statistical analysis. Thus, Cronbach's Alpha and Gutman model were tested.

From the presented results (see table 1) we can see that the measuring instrument which measures depression, satisfies the important condition for the application of the measuring instrument, respectively the reliability values for the Kronbach Alpha method Alfa = 0.89 and Gutman = 0.85 reach the reliability values a = 0.80. Also, from the results (see table 2) we see that the measuring instrument which measures anxiety, satisfies the important condition for the application of the measuring instrument, respectively the reliability values for the Kronbach Alpha method Alpha = 0.912 and Gutman = 0.86 reach the reliability values a = 0.80.

Discussions on the research question: 1. What is the distribution of anxiety and depression variables in divorced couples during the pandemic?

Anxiety can be defined as an unwanted and unpleasant state, which is characterized by the use of a single word "nervousness." According to Freud (1936) anxiety is a state, which signals a dangerous situation, even if perceived by person, or a real danger.

Depression is a mental state of the individual, which manifests itself with negative changes and with a feeling of fear, inner anxiety, as well as barriers to thinking (Sayal, 2006).

These changes, according to Sayal (2006), are manifested in the reduction of the individual's interest in phenomena, in the loss of the initiative to act, in despair and in a pessimistic attitude towards the future.

From the results of our study (see Table 6), we understand that a large proportion of divorced couples have shown symptoms of depression with an average of 0.73 and anxiety 0.50 as a cause of the Covid pandemic 19. Various studies that have been conducted on anxiety and depression support this result. To illustrate, a clinical study on anxiety in divorced couples was conducted (Parker, 1981): in this study, patients were more likely than control groups to classify divorced couples as less caring and more protective. There are studies of agoraphobic neurotic groups, where responses have changed as patients have highlighted a lack of parental care. In an Oxford study (Parker, 1979), agoraphobics classified their mothers as less cautious than control subjects. In a replica study in Sidney, Silove (1986) reported that anxious adolescents were classified as both sexes, and that control without affection was very prevalent in relation to both sexes.

The seemingly different outcomes, beyond parental protection considered responsible for depression, are of interest in light of the two-pronged perspective of anxiety disorders that have been carried out over the last decade (Sheehan, 1982; Spitzer & Williams, 1985). This view categorically separates biologically defined conditions (depressive disorder) from major or generalized depressive disorder, with developmental factors and environmental factors that are assumed to be more closely related to the latter.

Discussions on the research question: 1. Is there a link between anxiety and depression in divorced couples?

Depression and anxiety in divorced couples in pandemic times can cause a large number of symptoms, which can be: emotional, physical, motivational, and cognitive. According to Demyttenaere, (1997) depression and anxiety are related to divorced couples in different ways. Divorced couples suffering from depression and anxiety can be: extremely angry and impatient, engaging in negative thoughts, having boredom, hatred, being stressed, lacking in security, blaming themselves and feeling guilty of unnecessary things.

In the results of our study, it turns out that depression has a high positive correlation with anxiety. As depression increases, so does the anxiety of divorced couples. We also understand from the results that we have significant relationships between the two variables.

Many authors have found a link between depression and anxiety in divorced couples (Bornstein, 2020) An analysis of these studies reveals a significant link between anxiety and depression in divorced couples. This connection is also confirmed by the studies of Stuart and Noyes (1999).

Discussions on the research question: 2. Are there correlations between anxiety and socio-demographic characteristics: age, gender and place of residence in divorced couples during the pandemic?

May (1950) defines anxiety as a reaction to a shock or perceived danger to certain values that the individual has relevant or essential to his or her existence as an individual. According to May, (1950) stimuli, which provoke anxiety, are more learned than

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as a result of impulses. Anxiety is defined as a condition, which can be caused as a result of interpersonal relationships. Anxiety is perceived as an undesirable emotional state, which is characterized by subjective emotional feeling, tension of assessing the situation, anxiety, as well as by the activation of the autonomic nervous system, which can be found in a more stable form, especially in the use of its in the mental health literature. Feelings of anxiety come as a result of the nature of the relationship that the individual has and creates with others. So, if these relationships are filled with tension, stress, disagreement or aggression, then the individual responds with anxiety situations similar to these, or will respond in the same way to new situations in his life (Betty, 1997) .

From the results of our study on the relationship between anxiety and socio-demographic characteristics: age, gender and place of residence in divorced couples during the pandemic, it appears that anxiety has a negative correlation with the age of divorced couples). Also from the results we understand that we have no significant relationship between the two variables.

Also from the results of our study we see that anxiety has a negative correlation with the gender of divorced couples). Also from the results we understand that we have no significant relationship between the two variables.

The results show that anxiety has a negative correlation with the residence of divorced couples. Also from the results we understand that we have no significant relationship between the two variables.

The results show anxiety has a negative correlation with the financial status of divorced couples. Also from the results we understand that we have no significant relationship between the two variables.

The results also show that anxiety has a negative correlation with the level of education in divorced couples. Also from the results we understand that we have no significant relationship between the two variables.

Even from foreign studies we see that there are many studies that have been done regarding the relationship between anxiety and socio-demographic data. In Noel (2001) study, referring to the socio-demographic factors of divorced couples, it was observed that there was a negative association between the gender of divorced couples and anxiety, where boys result more in anxiety level than women .

On the other hand, it is noticed in Anderson (2000) study, a statistically significant association between adolescent gender and anxiety, where it turns out that boys are more likely to exhibit anxiety compared to girls. Russell (1998), refers to data that support age-related differences in anxiety in divorced couples).

Discussions on the research question: 3. Are there correlations between depression and socio-demographic characteristics: age, gender, place of residence, financial status and level of education in divorced couples?

Depression affects different people in different ways. People who suffer from depression can: be extremely angry and impatient, be engaged in negative thoughts, have boredom, hatred, be under tension, have insecurity, blame themselves and feel guilty about things unnecessarily, smoke more than usual cigarettes, alcohol and use narcotics; have decreased energy (have the feeling of losing energy); the feeling of being worthless and useless; do not enjoy activities; lose sexual activity; feel bad spiritually

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most of the time; have suicidal thoughts; change in eating habits: overeating and gaining weight; or do not eat well and lose weight; have difficulty concentrating or making decisions; detach from others (isolated), instead of seeking help and support, etc. (Demyttenaere, 2008).

Women are more prone to depression than men. The highest risk for females may be hormonal changes, which come as a result of puberty, menstruation, menopause or pregnancy (Stoep & Weiss, 2003).

Although the risk in men is lower, depression can go undiagnosed. This is due to the fact that many men disguise their illnesses with alcohol, drugs, abuse and violence. Suicide is a serious risk for males, 4 times more than females (Demyttenaere, 2008).

It turns out that depression has a negative correlation with the age of divorced couples. Also from the results we understand that we have no significant relationship between the two variables.

From the evidence provided by correlative statistical analysis, depression has a negative correlation with the gender of divorced couples. Also from the results we understand that we have no significant relationship between the two variables.

The results also show that depression is negatively correlated with the residence of divorced couples. Also from the results we understand that we have no significant relationship between the two variables.

From the results we also understand that depression has a negative correlation with the financial status of divorced couples but that this relationship is not significant between the variables.

From the results we can understand that depression has a negative correlation with the level of education in couples but that this relationship is not significant between variables.

In support of these data are also many of the results of other studies, however it is important to note that the results regarding depression and socio-demographic characteristics should be interpreted with caution and certainly require repetition, as some of these links do not persist after multiple comparisons. (Tagliabue, 2014).

Discussions on the research question: 4. Are there statistically significant gender differences in the context of anxiety in divorced couples during the pandemic?

Anxiety is considered a natural and necessary adaptive response in both sexes, however it can turn into a disorder when it is uncontrollable, often appears without external stimulus, as well as manifested with a variety of physical and emotional symptoms, causing changes in behavior and in cognition. Physical symptoms of anxiety are present during any situation of fear or provocation. These symptoms may include: "Frequent or excessive heart rate, sweating, tremors, tightness or difficulty breathing, choking sensation, chest pain, discomfort, abdominal discomfort or nausea, dizziness.

From our results regarding gender differences in the context of anxiety we see that females achieve higher average anxiety M = 0.56 than males M = 0.40. Also, from the results obtained we can say that there is no significant relationship between the two variables.

Discussions on the research question: 5. Are there statistically significant gender differences in the context of depression in divorced couples during the time of the pan-

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demic?

The psychoanalytic theory according to Kupfer (1991), focuses on the unconscious conflict and according to it, the feelings of anger and revenge shift and turn towards within and as a result the person feels so unhappy that his life becomes unbearable. Thus he gives up and becomes depressed. Learning theory teaches us that depression is the result of learning to be hopeless. When people discover that they no longer have control over their lives from a social, economic or psychological point of view, they tend to give up.

From our results regarding gender differences in the context of depression we see the female gender achieves a higher average of depression $M = 0.78$ than the male gender. Also from the results we can say that there is no significant relationship between the two variables.

Recommendation

1. Identify your anxieties and worries. Often anxiety is a learned reaction and can be transmitted from one generation to the next. If you are more aware of your anxiety you will take action to deal with it and not shift it to others.
2. Early recognition of anxiety disorders is important for reducing the risk of alcohol abuse or other sedative drugs, which are often used as self-help alternatives.
3. Try to break the power of depression. Do things that distract you from negative thoughts.
4. Encourage yourself: Find the things you are successful at and remind yourself of them. Repeat to yourself, in sentence form: I can do this. I know how to do this. I do this well. Things are going well. It's okay if I'm overworked. Get involved in: sports, exercise, running, dancing, cycling, eating well, not smoking, alcohol or drugs. , take care of your appearance and give yourself gifts.
5. Family education centers, couple therapy centers should be set up, not only with the aim of preventing divorce, but to mitigate and minimize conflicts in the couple, even when the spouses decide to realize the legal settlement of the marriage.
6. The socio-economic support of single-parent families should be reviewed and increased. This recommendation comes as it is estimated that, in our country, most of the conflicts derive as a result of financial problems, which are caused by the breakdown of balances in the family. It is recommended that support for single-parent families be provided at the legislative, administrative, and direct care level of mental health specialists who are in contact with these families.
7. The role of the police should be increased and improved, as the first state institution in which families with high conflict and violence are directed to receive assistance. This recommendation comes as it is estimated that this institution, in some cases, does not intervene in time for domestic violence or does not report cases to other relevant institutions, in order to minimize the negative consequences for family members, especially children.
8. The role of the legal psychologist, as a specialist in the field, who has a direct confrontation with families in the divorce process, should be improved. The psychologist himself must be able to recognize and understand the level of conflict in the family, to recognize and understand.

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9. Training should be provided to judges of family sections of courts, in order to increase the level of knowledge about domestic violence.
10. Give great importance to the establishment of services that provide opportunities for psychosocial rehabilitation and integration for divorced couples.

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