

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.

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European Journal of Economics, Law and Social Sciences ISSN 2519-1284 (print) ISSN
2510-0429 (online)

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