
Suicidal Thoughts and Social Stigma Following Divorce: Lived Experience of Women in District Kech, Pakistan

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ABSTRACT

Divorce is considered ideation of suicidal thoughts and its psychological health issues with social stigma in traditional societies like District Kech, which detains women's freedom, and occasionally, they are measured a burden on the family. In the modern era suicide is an alarming issue around the world. There are multiple stigmas linked with divorce. They experience serious psychological health consequences and are often ideation of suicidal thoughts. So, this study aimed to explore the ideation of suicidal thoughts, to know the reason of divorce, while to find out the psychological impact, to know the lifestyle after divorce, and to investigate the pressure of social stigma.

The geographical universe of the present study is District Kech, and using the purposive sampling technique, fourteen in-depth interviews conducted with divorced women from the Kech District of Balochistan. The present study highlights the status of community awareness and social support programs with a gender-sensitive policy improvement. Women may be provided with free legal aid and professional training to help them achieve financial freedom.

KEYWORDS: Women Divorce, Ideation of Suicidal Thoughts, Psychological Impact, Social Stigma and district Kech

INTRODUCTION

Divorce is an end or a beginning. It's an end of wedded life & beginning of a new life. After the divorce, there is a start of new life with many experiments & problems where adjustment is a major problem faced by divorce women. As a consequence, divorce has historically been stigmatized and not normally acknowledged particularly for women. In Balochistan, families have traditionally planned most marriages commonly, when the spouse and groom (Banoor and Salunkh in Balochi) are quite young. Marriage is observed as a connection between two families, as well as a personal relationship.

Women who are divorced are frequently isolated and excepted from majority society, always considered a failure, and are not provided with the same socio-economic liberty that a separated man may have. Women who have moved out through a divorce are often excluded, observed as socially "unsuccessful," and denied the same social and economic liberty as men.

Apart from the effects of culture and religion, Pakistani society quiet stigmatizes suicide, which contributes to the fact that suicides continue unusually underreported because of medical-legal subjects (Naveed et al.,

2017).

The divorce, a formal separation of marriage, is a social phenomenon that disturbs partner mentally, emotionally, and financially as well as socially. Although this separation affects both men and women even their children if have, in modern societies like Pakistan with a strong patriarchal structure, women bear a greater load of this trendy (Qamar & Faizan, 2021; Waseem et al., 2020).

“Social Stigma” happens when the entire public started prejudgments against the stigmatized group, whereas “Self-Stigma” refers to the internalization of public categorizes by individuals about themselves and their specific circumstances (Corrigan P, 2004).

According to the World Health Organization (WHO) here were 8.9 committed suicides per 100,000 people in Pakistan alone during 2019 (13.3% of males and 4.3% of females). This means that a person commits suicide every one hour. Between 15 years old and 35 years of individuals die by committed suicide daily (Rehman & Haque, 2020).

Women are normally under pressure to remain in their marriages if they are unhappy or experiencing abuse. Balochistan has rigid gender roles. Characteristically, men are observed as the leader who make decisions and provide for their families, while women are theoretical to take care of the house and keep silent about their problems.

Through (Talaq), men can directly divorce their wives with little to no consequences. However, society repeatedly places the fault and blame on women who attempt to dissolve marriages. Luckily, change is happening slowly (Ahmad & Ahmad, 2023).

Women in our society are mainly vulnerable to suicide attempts. Because of a variation of problems, including unsuccessful love marriages, running away from home, domestic abuse, disturbance, and sexual abuse, many women in our culture are forced to live with their parent after the failure of marriage.

In the District Kech Balochistan, as with other cultural societies in Pakistan, divorce is a major cause of psychological impact, social stigma, and isolation for women, which can increase the risk of ideation of suicidal thoughts. The stigma related with divorce, joint with economic needs and lack of social support, knowingly divorced affect women's mental health.

REVIEW OF THE LITERATURE

In Pakistan, divorce is an authorized and religious closure of legal marriage as in many but even then in Pakistani society divorce is often hated, ignored & tarnished. Here remarriage of divorcee is not highlighted as compare to widow. It is often considered that divorcee is no more accomplished to appropriate again in marital relationship which she already could not handle. Condition of divorced female in Pakistan is not acceptable. In Pakistan 95% of people are Muslims. Islam is a religion which treats every human being equally. Islam has obviously defined rights of divorcee, reasons for giving divorce but even then misunderstandings are there in Pakistani society & the major reason behind this is illiteracy & impact of Hindu society (Patel, 2003).

Divorce happens when a married couple conclude their marriage relationship completely, either legally or publicly. Maximum Pakistani women are from rural areas, where they play a silent and invisible role. Divorce is a severe issue that impacts the socioeconomic standing of numerous societal sectors. It is an international issue since it affects women's mental illness and social security in addition to their physical fitness. Divorce is not only the conclusion of the marital relationship between couple, but it has also initiated serious problems for children and adjustment issues in society. After separation, women with their children survive from many financial, emotional, cultural, and social restrictions that are forced on divorced women to face sorrow.

In this study, researchers have tried to explain the social, economic, and health problems that are being faced by women who are divorced. A woman's life turns depressed when she has children. Divorced mothers must struggle hard to accomplish their children's needs, so the children do not feel the presence of

their father. Women with their children also feel hampered, so their children feel substandard and lack of self-confidence.

Reason behind Divorce

If we view phase of divorce in other countries, we could almost get the similar ratio as our because it is a global problem America has been on highest record for divorce rate and their reasons were the changing characters of husband and wives in their house some were early marriages and financial circumstances all these things can lead to adversative effect on social constancy and conflict among families. This is the reason divorce is measured one of the social problems, and its impression is felt by a wide range of people linked to it; it is not just on couples, which causes more problems whole for them (Berscheid, 2013).

The divorce is an authorized ending of marriage connection. It's a kind of declaration that the marriage collaboration has failed so there's a conclusion. Divorce happens at the time when couple cannot carry their marital relations satisfactorily. The proposal is made mainly about womanish divorcees, but it's continually extended actually to the children involved in the divorce. All these women's problems are linked with child future problems alike as emotional, social, physical and behavioral (Allison, T. E., & Furstenberg, K. J. (2020).

The researchers observed/experiences during interview that majority of the respondents' main reason of divorce were their husband family just because mother-in-law always shout on them that they couldn't allow any house activities, creole misunderstanding between them as well as create difficulties on their marring life. Most of the respondents' husband wanted to marry with other woman.

Suicidal Behavior

Divorce is frequently attended by negative responses from others and a long-lasting decline of life satisfaction. Stigma is defined as "any characteristic that circles an individual or group separately from the majority of the population, with the result that the individual or group is preserved with doubt or aggression" (Giddens, 2021).

In terms of the global burden of sickness and death collective, women tolerate a greater burden than males due to suicide performance. Gender-related vulnerability to psychopathology and psychosocial stressors is perhaps the reason behind women's enlarged risk of engaging in suicide actions. Programs for avoiding suicide should include strategies personalized exactly for women. It is required to conduct more research on suicidal behavior in women, particularly in developing nations (Watve & Raju, 2020).

Since 60% of all suicides globally occurred in Asia, at least 60 million people their involvement suicide or suicidal thoughts every year. With a projected 207 million people, Pakistan is the second most populated nation in South-East Asia and the fifth most crowded nation internationally. The largest province, Punjab, was home to 52.9% of the nation's population in the 2017 temporary poll. It was followed by Sindh (23%), KPK (14.7%), Balochistan (5.9%), FATA (2.4%), and Islamabad (0.96%). Several economic, sociological, and religious issues underwrite to the poor state of mental health in Pakistan, which is further worsened by the country's small manual labor population. Just 0.04% of Pakistan's total health budget, or a projected \$9.31 per capita, is set up for mental health issues. In addition, 12.4% of the nation's population is measured to be disadvantaged, while the unemployment rate is 6% (Ali & Gul, 2018).

In the present research study majority of the respondents agreed with the ideation suicidal thoughts after divorce, replied "Yes". There were times, especially in the first few months, when most of them felt it was all like a burden. The shame, the worry for her children's in future. Some of them thought that suicide maybe the end of the problems. It was really a tough time to come out from this situation. In the beginning, the pain was unbearable. The rejection, the failure and always felt like had no future. The thought of ending

it all did cross their mind more than once. What was left for women like them? Because some of their children are with their father settled with second wife. The darkness came at night, and just think it would be easier to not wake up.

Psychological Impact

Pakistan has one of the highest rates of mental health issues in the world. According to WHO estimates, 24 million people in Pakistan required mental health care a tenth of the total population. An analysis of psychological data from 2023 shows that depression and anxiety are the two most mutual illnesses, and mental conditions are more collective with women. One of the reasons of mental health problems among women is divorce – but mostly not the end of the connection itself, but the stigma linked with it. Divorce is a social offensive in Pakistan. High rates of suicides and attempted suicides make it clear that this also has an effect on physical health (Mahwish, 2025).

Pakistan recorded over 6,000 divorces decided in the first 7 months of 2022, with another 7,000 divorce petitions undecided, averaging 100 to 150 divorce cases submitted daily. Divorce is a common choice for both partner, with victims on both sides. This study discovers the psychological and societal barriers women encounter in sustaining healthy marriages and aims to conduct more widespread research on the activates of "Khula" in females, including rehabilitation programs, seminars, and talks to help women overawed marital relationship challenges (Rubab & Alam, 2022).

Many people are able to reinstate themselves and get victory in creating the character divorcing from marriage, while for others divorce is a releasing end to a dissatisfactory relation which itself reason a deep psychological impact and anxiety. For some mutual feelings of same, anxiety, irritation, during and after divorce take up perpetual position in emotional make up and negative impact on both physical and mental health. These psychological struggles and thoughtful emotional disorder become the leading causes of mental health illnesses. The divorce as the" second most demanding life incident a person can experience, second only to death of a partner." In the present research study most of the respondents replied with "Yes" had suffer from mental illness. They became a victim of anxiety, depression all in that. Before the divorce some of them didn't act such abnormally but after the divorce there was a change in their mood of action, and currently also feeling mood swings due to that situation make them cry. Accordingly most of them felt emotionally weak, divorce has affected on their mental health. Some of the respondents replied to somehow, they felt a deep, constant anxiety. Sometimes had a panic attacks where they can't breathe. And felt very lonely even when they in the room with full of people. Minority of them argued that they didn't know the name of it, their body aches with a sadness that has no cure due to this situation forgot things. Some of them cried without any reason time in again. Sometimes they cannot stop crying without any reason. And body feels tired all the time.

Social Stigma

When the studies on divorce are examined, it is understood that the act of divorce causes stigmatization of individuals. Studies show that divorced individuals are stigmatized with different stigmatizing concepts in different cultures. After a divorce, they cannot be satisfied with their sexual and emotional needs. They couldn't express or share their emotional state. They had many expectations and hopefulness with their partners. If women feel insecure in a marriage, they scarcely go toward divorce because it becomes a social stigma at the end, and they find it stimulating to face society and get shamed.

In Pakistan, social stigma is massively extant about divorces. Divorced women have experienced many sprints in starting their new life. Women after divorce were provoked with many unsuitable job offers, negative gossips and also faced problems in starting a new relationship. Studies have specified that

workplace sexual harassment is more collective among divorced and single women as compared to their married complements (Muzaffar, et al 2020).

Most divorced women have been depressed of psychological and emotional support to exchange on and start their new life. Frequently in our societies, women endured married for a long time because of the social stigma of divorced women. A social and emotional meter that has exaggerated divorced women relates to sorrow, irritation, low confidence, and anxiety.

In the current research study majority of the respondent replied with “Yes” they felt pressure with societal stigma after divorce. Whenever they went to attend any event or gathering such as wedding or family function people look at them differently. They couldn’t felt that people judge them and gossip behind. Some people thought that divorce women has no value or respect. They treat like something wrong in their personality. These attitude form people make them isolated and hurts. It became very difficult to face the society because people don’t understand that what they suffer. Instead of showing people support even some of them own brothers sometimes regret to talk. Some of the respondents answered that despite their education and relatives’ privilege, people still judge. The 'divorced women' label follows us everywhere. But they learned to wear it as a badge of courage rather than shame.

As compared to a divorced man, most of the women could not get married again, and the concern of child nurture is specified to them, and they often drop in insufficiency. Society's social structure collapsed due to the increase in divorce. It's like divorce women prior life ended. They lost their home, status as a married women, and the financial security. But in some ways, it was also a better turning point because the constant fear and arguments concluded. Now, their life were only for her children (if they have) and work.

RESEARCH QUESTIONS

- What was the reason behind divorce?
- Have you ever ideation suicidal thoughts?
- Have you ever suicidal attempt?
- Have you suffering from mental illness?
- Have you ever pressure with social stigma after divorce?

OBJECTIVES OF THE STUDY

The following objectives of the study were:

- To explore the ideation of suicidal thoughts.
- To know the reason of divorce.
- To find out the psychological impact.
- To know the lifestyle after divorce.
- To investigate the pressure of social stigma

METHODOLOGY

In the present study researchers considered the method was qualitative employed a descriptive design using semi structured interviews. Conducting semi-structured interviews with divorce women. According to Tjora (Citation, 2021), semi-structured interviews can be used to explore developing themes and gain deeper insight into participants’ perspectives and lived experiences. A one-on-one interviews were conducted to enhance a better understanding of the issue and gather brief information on their opinions about the challenges faced after divorce by women, likewise ideation of suicidal thoughts, psychological illness, and social stigma. The targeted population were divorce women. The age criteria of women in question selected between 12 to 40 years. They faced challenges, both direct and indirect based on the situational awareness. The sample size selected for the current study contained of 14 divorced women, who experienced various challenges after their divorce. Referral sampling was used in this study, as it was not easy to gather

information on one of the sensitive topic, which is frequently measured a stigma in our society. So, divorce women approached via contact through referrals and interviewed. Data was collected from divorced women with their consent. It was based on one-on-one/ in-person and some of them online interviews as well.

DATA ANALYSIS

The aims of the present study was to find out the survived experiences of these divorce women, with a specific focus on the psychological illness, ideation of suicidal thoughts, and social stigma. Researchers conducted interviews with the participants' total 14 in number. They were in-depth, descriptive interviews, all conducted in native languages likewise (Balochi). Primarily, it took time to transcribe the data because all the participants' was in Balochi, and it was difficult to find the actual wordings for their emotions and the way they expressed their experiences with interviewer. While, manually transcribed the data in English, it was tough time to review the entire interviews various times to grasp the concepts and achieve a clear understanding.

RESULTS

The current study researchers used thematic analysis and applied several coding techniques to analyze the data. Unique, the researchers used open coding to break down the key impacts discovered in the interview into early codes. Previously, the researchers used axial coding to group these codes and form significant design likewise divorce women, ideation suicidal thoughts, psychological impact, and social stigmatization. Finally, the researchers used selective coding to explore the main themes linked with the research objectives and questions, in order to deliver final results. This technique helped to make the analysis more concentrated and provided a deeper obligation of the research findings.

The demographic data of respondents shown in Figures 1, 2, 3, and 4.

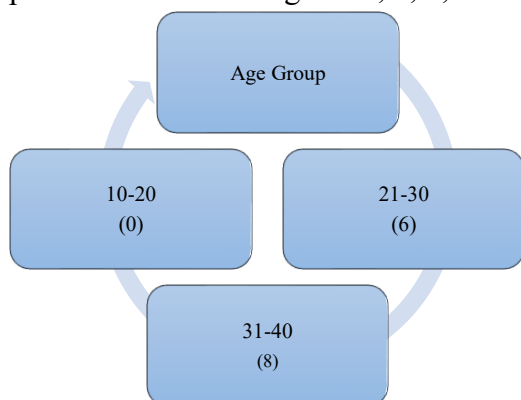


Figure 1: Age of the respondent

Eight respondents were the age range of 31 to 40 years group, six respondents were the range of 21 to 30 years old, and while 0 respondents in the age range of 10 to 20 age group. It is shown in above Figure 1.

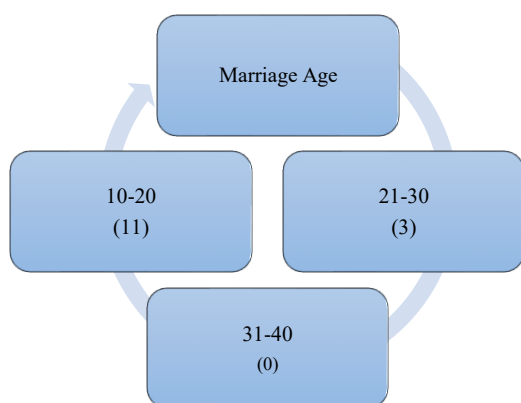


Figure 2: Marriage Age of the respondent

Eleven respondents got married at the age of 10 to 20 years, three respondents got married the age of 21 to 30 years old, and while 0 respondents in the age of 31 to 40 age group. It is shown in above Figure 2.

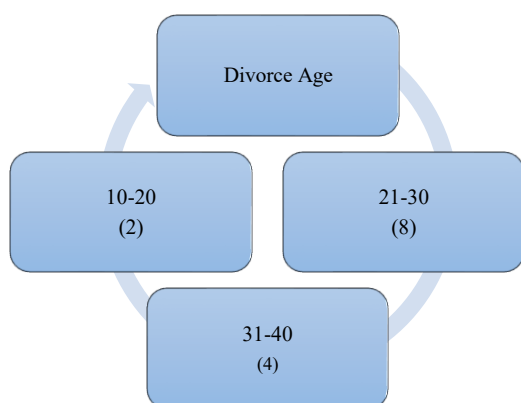


Figure 3: Divorce Age of the respondent

Eight respondents divorced at the age of 21 to 30 years, four respondents divorced at the age of 31 to 40 years old, and while 2 respondents divorced at the age of 10 to 20 age group. It is shown in above Figure 3.

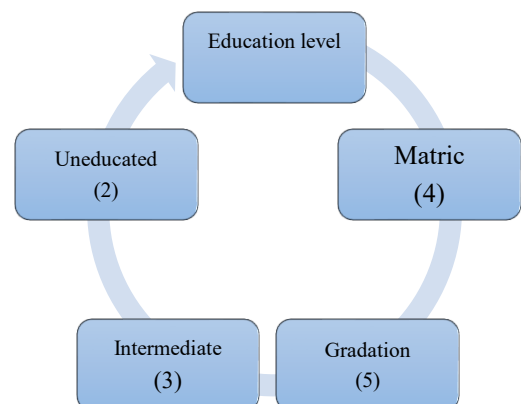


Figure 4: Qualification of the respondent

Five respondents educated at the level of Graduation, four respondents educated at the level of Matric, three respondents were educated at the level of Intermediate, and while 2 respondents uneducated group. It is shown in above Figure 4.

The Six Major Themes are organized in Findings:

- 1) The reason behind divorce.
- 2) Ever ideation suicidal thoughts.
- 3) Ever suicidal attempt.
- 4) Suffering from mental illness.
- 5) Ever pressure with social stigma after divorce.
- 6) Ever face the negative judgement by the society.

Theme 1: The Reason behind Divorce:

In the current research case studies, the common theme was the reason behind divorce. In this question multiple respondents gave their replied with several points. The following are: The main reason of divorce was husband family and husband mother always shout on her that she didn't allow any house activities and husband mother always creole misunderstanding between us and create difficulties on their marring life and her husband mostly listened to his family instead of her. Her husband wanted to marry another woman. He with his family started treating her very poorly, said that she was not enough good. While, became more mentally torture and then he simply gave her divorce (Talaq).

Some of the respondents' in-laws were never happy with them. They wanted more dowry, which their family didn't afford. They poisoned husband's mind against their wives. The final reason they argued that they gave birth to a daughter and why not a baby boy. And most of them replied that their husband doubt on them. Because their husband were psychologically disturbed. They got married with other young women. Due to second marriage they couldn't even say a single word to them; it was done through a message from their cousin. They didn't allow them to work, meet with friends, or even visit their family. Some of them accused of being 'disobedient' and gave them triple (Talaqh) on sitting during an argument.

A respondent said that he incompatibility and mentally tortured wanted a traditional wife, whom would stay at home, while she wanted to pursue her career. The constant criticism and emotional abuse became unbearable. We mutually agreed to separate. One of the respondent replied that the reason behind divorced husband's substance abuse became unbearable. Despite multiple attempts to help him through rehabilitation, he refused to change. The final straw was when he became violent in front of our children. To somehow, divorce were become their husband couldn't fulfill basic needs and responsibilities and financial support or emotional care. While, husband mother always create misunderstanding between us and create difficulties on their marriage life. Although, their husband mostly listened to their family instead of them, which cause emotional stress and over the time out understanding break which cause divorce.

At the end according to their reason behind divorce were to lack of mutual understanding between couples means their husband couldn't respect and always tried to control themselves. And never lessened to them, if they used a single word in front of their husband, directly started shouting on their wives and sometimes husband show up violent behavior as well as sometimes family members interfere to much which created more problems and due to financial stress and unemployment cause more fight and husbands always blame them without any reasons, so by the time problems grow up divorce happened because they couldn't bear their husbands. Because of their harsh behavior and lake of understanding create divorce among them.

Theme 2: Ever Ideation Suicidal Thoughts:

The second theme recognized as the ever ideation suicidal thoughts after divorce. Majority of the respondents agreed with is point and some of them were not on the same page. (Quietly) "Yes" There were times, especially in the first few months, when they felt it was all like a burden. The shame, the worry for their children's in future. Some of them thought that suicide maybe the end of the problems. It was really a tough time to come out from this situation. In the beginning, the pain were unbearable. The rejection, the

failure and felt like had no future. The darkness came at night, and you think it would be easier to just not wake up. The ideation thought came that they might be better off without circumstances. The feeling of being trapped and worthless was overwhelming. But after the divorce, those ideation thoughts disappeared. The hopelessness felt overwhelming. But since the divorce, while life become challenging, those thoughts have disappeared.

Some of them said that a suicidal thoughts came just because of the stigma on their reputation were very unpredictable. People mostly talked about them negativity it hurts them deeply and that time thought that there was no meaning of their life due to which thought about ending of their life. Because of financial stress and the pressure, which came society side due to negative comments so the idea of suicide came.

Minorities replied with "Never" the injustice of it all made they wanted to fight, not give up. They promised with themselves, would build a better life without husband. Never ever imagine suicidal thought for being divorced.

Theme 3: Ever Suicidal Attempt:

The present case studies highlight the respondents whom already divorce due to that ever tried to suicidal attempt. Majority of the respondents replied with "No" never tried or attempt because of her children. The thoughts were there, but the fear of what would happen to their children and other family members. The thought of their children growing up without a mother kept them from ever acting on those dark ideation suicidal thoughts. The thought came to her mind but she never tried it. Because she belong to the Islamic religion and her father didn't allow for such kind of act. This belief stops her from taking such kind of action.

A respondent replied with "Yes" once she drunk cleaning liquid. But her daughter found her and screamed. They rushed her to the hospital. When she woke up and saw her children's faces, regretted it deeply. And another respondents said that twice time she used to attempt suicide. First time she tried to jump in the river, but her brother found again. Second time she saved medicine from the shop, but her daughter saw her and started crying. She couldn't did it again.

Some of the respondents replied that obviously the ideas some time came in her mind but she never go for suicide. But they controlled themselves to attempt suicide means thoughts came in their mind but not attempt suicide. They felt very depressed and hopeless after divorce but she tried to stay strong and think about their family and that gave them courage to life.

Theme 4: Suffering from Mental Illness:

The mentioned theme through the current research case studies are the divorce women suffering from mental illness after the separation or not. Some of them have known idea about mental illness. But they felt a constant sadness and worry, had trouble sleeping, and sometimes got angry without any reason. They went through a period of anxiety right after the divorce- trouble sleeping, always feeling on edge. But it got better with time.

Majority of the respondent replied with "Yes" felt a deep, constant anxiety. Sometimes they suffered panic attacks where they couldn't breathe. They felt very lonely even when they were in a room with full of people. The doctor said that she suffering from depression. Some of them were diagnosed with clinical depression and anxiety during her divorced. Sometimes they couldn't be able to leave the bed for days. They used to cry all the time.

A respondent said that nowadays her mind was not perfect. She used to forget things. She was diagnosed with post-traumatic stress disorder (PTSD) from the domestic violence and experienced severe anxiety. With therapy, she learned to manage these conditions. Accordingly she felt emotionally weak, her divorce has affected on her mental health.

One of the respondent replied with “No” now she was not suffering from any mental illness and firstly she felt very stress and sickness but that was a normal reaction of her situation because of her marriage life. She struggle was not happy due to her husband behavior and she can stay threat during her marriage life. She was depressed and suffer from many mental illness, but now she suffer from any difficulties Alhamdulillah’s there was no mental illness, because now her life too much batter in her marriage life. Firstly, it was worried for sometimes but she managed it with patience and faith in Allah. Today she was happy what Allah gives her.

Theme 5: Ever Pressure with Social Stigma after Divorce:

The highlighted theme the present research case studies are after divorce the women ever pressure with social stigma. All of the respondents replied "Of course". It was the biggest burden. People look at on them differently. They whisper when they went to the market. People blame them, saying they must have gone something wrong to be sent back to their parents' house. It was a heavy weight to carry every single day. What did they do to deserve divorce? They must have bad wives. But they learned to ignore them. In working time the customers respect them, and that's what matters.

Some of them said that the pressure was constant, a warning to other women – 'see what can happened.' People whisper that they must had been bad wives to be discarded after so many years. The shame was mine to carried, even though husband were the one whom wronged with their wife. People call them 'that divorced women. They blame their wives said that they should have tolerated their husband's second marriage. Even during their work in multiple houses, some women watch carefully as if she might steal their husband.

A respondent replied that definitely. Despite her education and relatives’ privilege, people still judge. The 'divorced women' label follows you everywhere. But she learned to wear it as a badge of courage rather than shame. The whole village points at her. They called her the 'cursed woman.' Even her own brothers sometimes regret taking her in. No one wanted to be around her - they think her bad luck might spread to them.

Another respondent said that the whispers and judgmental looks were constant initially. Some relatives blamed her for 'abandoning' her husband in his time of need, ignoring the years of abuse she endured. Always people in the village look at her with pity or blame. They thought there must be something wrong with her that her husband left her.

At the end respondents replied with “Yes” they stigmatized due to the positive and negative indication of the relatives, peer groups and community or society around. They felt pressure with societal stigma after their divorce. Whenever they went to attend any event or gathering such as wedding or family function people look at her differently. They couldn’t felt that they judge their behavior and talk behind back. Some people thought that divorce women has no value or respect. They treat her that something wrong in her personality. These attitude form people make her isolated and hurts. It became very difficult to face the society because people don’t understand that what she suffer. Instead of showing support they see her at a burden or as a bad example like she was an impatient people. While, discussed herself in negatively, so due to which she felt social stigma by the society. They were living such a society women face social stigma and every pace of life, so women also felt a lot of pressure and stigma after divorce. People always talked about things and blame them for divorce means many people blame them without knowing truth and it was very hard to visit outside or attend family events because of what she herself faced many of problems.

Theme 6: Ever Face the Negative Judgement by the Society:

At the last mentioned theme related to the divorce women ever face the negative judgement by the society after divorce. Most of them said that every day they were no longer invited to weddings or family gatherings as like before. People see them as bad women. Someone even told their family members that they were 'bad

influence' on their own daughters. It was very isolating.

Some of them replied that men think it was okay to make inappropriate proposals because she is a single woman. Other women see them as a threat to their marriages. She was not invited to social events anymore. It was as if her divorce become a discussion than they might catch. Every look was a judgement. They were invisible until someone needs to gossip. Until her own friends from before didn't visit. It was as if her failure might rub off on them."

A respondent said that every day relatives pity or avoid her. Some men think a divorced woman is 'available' for inappropriate proposals. But she hold her head high. She build a good life, and that's her answer to all of them. No one wanted to rent proper rooms to a divorced woman. We are treated like we have such kind of disease.

Another divorced woman replied that from relatives whom blame her education and 'modern thinking' for the divorce, to colleagues whom treat her in different way. Some of the men think that she would be 'available' while, others seen her as 'damaged goods.' But her work with other divorced women has shown that she isn't alone in this journey. At the end divorced women argue that people said that 'like mother, as like her daughters.' They think their daughters will also be cursed. They destroyed their children's future too. However, she learned to focus on people whom support her rather than those who judge.

According to the respondent said that she felt negative judgment from society. She thought that she mentioned these all situation on her previous question. People said that she was emotional and negative person. They criticized on her. And she thought that she was weak. Some people avoid talking with her because she was divorce. It seen her culturally that people perceived her negatively because in Baloch culture women do compromise with their partner at any conditions of their lives. She felt that society didn't try to understand her situation or pain. She went through, instead they blame her without knowing the truth or reality.

At the end respondents replied that every day people taunt on them when they went outside. Even their own relatives couldn't wanted them the family functions because they think they had a bad influence with other married women. Even their daughter faced teasing from other children as well. And somehow the negative comments disturb them for being divorced. And faced negative judgement by society side. And may of people started talk badly about them in Baloch culture divorce women are seen as ones at fault and don't give much respect as well as some relatives are there they treat them different by which they felt hurt, because without their fault in front of society.

DISCUSSION

The present study used thematic analysis to look at the ideation suicidal thoughts, psychological impact, and social stigma experiences of divorced women in District Kech, Balochistan, in order to understand their complex situations better. The results, which arise across numerous central themes, directly bring into line with the study's goals and issues, shedding light on the suicidal behavior, mental health, and socially stigmatized in which these women live. The findings of the current research study shown that the life become changed after the divorce the respondents gave their points in different ways replied with "Yes" completely. It's like the previous life ended. Because they lost their home, status as married women, and the financial security. But in some ways, it was also a better turning point because the constant fear and arguments concluded. Now, their life were only for their children life and focusing work.

Particularly, community organizations were also non-existent or difficult to reach. These results support the goal of formative the social networks and managing strategies reachable to divorced women, highlighting how their marginalization is commonly made inferior by weak or imaginary networks (Seguin, 2016; Wilcox, 2014).

Most of the women replied with "Yes" ideation suicidal thoughts came in their mind but they failed to attempt because of looking at their children's faces. They have no one else to take care of them. But the

ideation thoughts are always there, like a shadow. Some of them started praying more and her sisters play a vital role to support always came to visit and engaged them with multiple conversation. Slowly, the ideation of the thoughts became down.

It also draws attention to the alarming standardization of abuse in marriages across all socioeconomic sessions, where getting a divorce is commonly the only way out, but not always the reaction. The occurrence of violence previous to, during, and following marriage highlights the requirement of more healthy institutional responses and protections for women from all socioeconomic circumstances (Ahmed & Warraich, 2024; Iqbal & Fatmi, 2021).

While a small percentage of the respondents regarding suffering from mental illness became speechless because of having no money to visit with doctor, didn't afford medicine, that's was why they replied with "No" We didn't have that kind of money. And what would the people say? Might be the people called them mad if they discuss their situation or visit to the doctor. They just tried to bear it on themselves. Their family members said that only Allah can heal them. They went to several pairs and spiritual healers, but nothing could helped yet.

By exploring the familiarities of single parenting after divorce, this refrain highlights how cultural norms and gendered hopes act as barriers to authorization. The study highlighted the socio-cultural boundaries as difficulties in realizing freedom in women's lives. Single mothers are measured a figure of responsibility; however, they are also a character of catastrophe on the part of society (Khalid et al., 2023; Jaweed et al., 2025; Qamar & Faizan, 2021).

According to the participant stories, some of the women became surprised when the researchers asked them regarding their life changed after divorce. They just replied "Change" It was shattered. To somehow their life ended. One day they became the wife of someone with a standard house, and very next they backed in their father's house with a label. Every day was darker than the before. But they had to become strong because of more independent then the before, out of necessity.

Most of the respondents replied with "Yes" their life became changed after divorce surprisingly for the better in many ways. They used to be very sensitive and easily affected by things, but now they have become stronger and more courageous. They have learned to handle situations on their own and face challenges with confidence. Begging of the divorce mean the first year were hell, but now they feel free. Some of them have their own business, their own money, and answerable to no anyone.

Majority of the respondents highlighted with the negative judgement by the society, received that the society look the women as negative point of view as compare to married woman. The society consider them widow and various way. Life became more difficult due to social judgement and challenging circumstances. Another reason that helped them reduce these thought was the stigma in our society. People already comments badly about their way of life. However, after divorce always society blamed women for divorce and without any reason blame and used to talk about them negatively. Moreover, most of them felt social stigma or pressure day by day due to which life became more difficult because of loneliness, and due to financial problems, lack of family support and ever they try to stay strong for their children, but still society couldn't let them to be strong.

CONCLUSIONS

A separated woman after temporary (Iddath) period have a right like an unmarried female to marry but it's slight for a Pakistani divorce lady because of wrong supposition of society to bearing in mind imperfect a womanish in marital junction & so veritably many extends come after divorce especially in women which are financially unbalanced. Second, this article suggested a paired perspective to the existing experiential studies on divorce, which merely focus on the one-way impact of social stigma to individual lives.

Major collective reasons faced by divorcee significantly dubitation of hubby, interference of in- laws, and domestic violence. These conflicts considerably end up on divorce. The status of divorcee according to

study isn't acceptable and the shown study also finds out relationship between the socio- gainful status of divorcee and her social alteration. Divorce among some females are accepted & so no consequence time was taken by them to accommodate in a society and at the same time situation was also bad among some repliers.

The causes of divorce are economic factors, moral catastrophe, and lack of responsibility, lack of agreement, and physical and mental illness. There are positive and negative influences of divorce on the protection of minors. The positive impact is a wisdom of relief because it is free from conflict and the divorced party attempts to adjust to the post-divorce condition. Meanwhile, the negative impact of divorce on child protection begins with the loss of a life spouse that love for children is imperfect. Then feelings of hurt rise because the divorced partner still has feelings and also for those whose divorce is due to a third party. The direct impact is linked to the child's future.

RECOMMENDATIONS

- As an alternative, we should advocate for their legal rights and gratitude within the community. As a belief, we stand at a stage where stigma involved to divorce or “Talaq” must be completely removed.
- There should be a need to change position of the society in the direction of divorcee through appropriate education at academy station about rights & respect of the women.
- The children of divorcee should be provide free education according to their status.
- There should be awareness session regarding to overcome the divorce trend. The involvement of the governmental bodies in the implementation of laws related to stigmatization and harassment.
- Deal easily available, private mental health rehabilitation that is improved to the social loneliness and emotional shock experienced by divorced women.
- To struggle stigma and stand-in trust, skilled experts who are aware of the local cultural dynamics should be utilized. To assist women in safeguarding their financial, child care, and divorce rights, offer free or low cost lawful services.
- There should be a special attention by entire National NGOs and Welfare department for improvement of status of divorce women at social and cost-effective position.

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