

The Causes and Effects of Divorce on the Public Health of Family Members in the Makkah Al-Mukaromah Region in the Kingdom of Saudi Arabia

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Abstract

This study delves into the intricate tapestry of divorce in the Makkah Al-Mukaromah region, Kingdom of Saudi Arabia, exploring its causes, effects on public health, and societal perceptions. The investigation draws insights from a diverse range of factors, including health complications, family life dynamics, personal perceptions, and societal attitudes toward divorce.

The health component of the study reveals a significant impact of divorce on mental health, with 25.0% of participants reporting psychological disorders. The timing of health complications, notably 29.8% post-marriage onset, underscores the need for preventive health measures during marital transitions. Additionally, children of divorced parents face health challenges, with 9.6% experiencing depression.

Societal perceptions play a pivotal role, with 77.9% considering divorce as "Normal." However, the negative perception of having a single wife (53.8% considering it "Bad") reflects enduring traditional norms. Financial factors emerge as prominent reasons for divorce, aligning with global research highlighting the intersection of economic stressors with marital stability. Personal perceptions within marriages reveal diverse attitudes, with 77.9% acknowledging shared responsibility. Disputes' frequency and marriage duration before divorce provide insights into relationship challenges, guiding potential intervention strategies.

Family life dynamics post-divorce uncover complexities in housing, financial support, and custody arrangements. Tailored family support services are essential to address the diverse needs of divorced individuals and their children. The study emphasizes the interconnectedness of individual experiences with broader societal norms and family dynamics. The findings inform policymakers, healthcare professionals, and support services to design holistic interventions addressing mental health, economic empowerment, and family stability. Recognizing the multifaceted impact of divorce is crucial for fostering resilience and wellbeing within communities navigating this challenging life transition.

The findings underscore the importance of considering mental health in the aftermath of divorce and highlight the evolving societal perceptions surrounding marital dissolution. Recognizing the interconnectedness of individual well-being, societal attitudes, and marital experiences is crucial for developing comprehensive support systems that address the diverse challenges individuals face during and after divorce.

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Introduction

Marriage is a foundational institution in society, providing a framework for companionship, emotional support, and the nurturing of future generations [1,2]. However, the Kingdom of Saudi Arabia, specifically in the Makkah Al-Mukarramah region, has witnessed a rising trend in divorce rates, prompting a closer examination of the causes and effects of divorce on the public health of family members [3]. This social phenomenon not only impacts the individuals directly involved but also resonates throughout the broader community, influencing the overall well-being and health of families [4].

In the Kingdom of Saudi Arabia, where cultural, religious, and societal norms play a significant role in shaping family dynamics, the increasing rates of divorce raise concerns about the underlying factors contributing to the dissolution of marriages [4,5]. This exploration goes beyond the individual experiences of divorce and delves into the collective health of family members within the community. Understanding the causes and effects of divorce on public health is essential for developing targeted interventions and support systems that can mitigate the negative consequences and promote the well-being of individuals and families in the Makkah Al-Mukarramah region [6].

This inquiry into the public health implications of divorce in the region aims to shed light on the multifaceted nature of this societal shift. By examining the interconnectedness of mental, emotional, and physical health within families, we can gain insights into the broader impact on community health. Addressing these challenges requires a comprehensive understanding of the factors influencing divorce and their subsequent effects, paving the way for informed strategies to enhance the resilience and health of families in Makkah Al-Mukarramah.

In recent years, the Kingdom of Saudi Arabia has undergone transformative social and economic changes, ushering in a new era that has inevitably influenced the dynamics of familial relationships. The Makkah Al-Mukarramah region, with its rich cultural heritage and deeply rooted traditions, has not been immune to the evolving dynamics that shape modern family life. Amidst these changes, the rising incidence of divorce stands out as a complex and multifaceted phenomenon, carrying implications that extend beyond individual households [7].

As marriages unravel, the consequences reverberate through the fabric of society, impacting the mental, emotional, and physical well-being of family members. The public health implications of divorce in Makkah Al-Mukarramah demand careful consideration, requiring an exploration of the intricate interplay between familial relationships and the broader community [8]. The intricate tapestry of social norms, religious influences, economic pressures, and evolving gender roles all contribute to the complex web of factors that drive couples toward separation.

This study aims to dissect the causes and effects of divorce on the public health of family members, providing a nuanced understanding of the challenges faced by individuals and communities alike. By delving into the underlying reasons for marital dissolution, we can discern patterns and trends that inform targeted interventions and support mechanisms. Recognizing the interconnected nature of public health, this exploration seeks to go beyond the immediate repercussions of divorce and address the broader societal impact, emphasizing the importance of fostering resilience and well-being in the Makkah Al-Mukarramah community.

In navigating this inquiry, it becomes imperative to bridge the gap between individual narratives and collective health outcomes, fostering a holistic approach to understanding and addressing the complexities associated with divorce in the region. Through this exploration, we aspire to contribute to a foundation of knowledge that empowers policymakers, healthcare professionals, and community leaders to implement informed strategies for enhancing the overall health and vitality of families in Makkah Al-Mukarramah in the face of evolving social dynamics.

While existing studies have explored the causes and effects of divorce in various cultural and societal contexts, there is a noticeable research gap in understanding the specific nuances of divorce within the Makkah Al-Mukarramah region of the Kingdom of Saudi Arabia. The unique cultural, religious, and socio-economic landscape of this region contributes to a distinct set of challenges and dynamics that have not been comprehensively addressed in the current body of literature.

Literature review

Cultural and religious influences on marriage and divorce in Saudi Arabia

Research indicates that the Kingdom of Saudi Arabia is deeply rooted in Islamic traditions, and cultural and religious factors play a significant role in shaping marital relationships [9]. Islam emphasizes the sanctity of marriage, yet the evolving social landscape raises questions about how cultural shifts influence attitudes towards divorce. Localized studies on the Makkah Al-Mukarramah region, however, are sparse, pointing to a need for in-depth exploration within this specific cultural context [10].

Economic pressures and financial instability have been identified as contributing factors to rising divorce rates globally [11]. In Saudi Arabia, the economic transformation and changing employment patterns may influence marital stability [6]. Makkah Al-Mukarramah, being a major economic and religious hub, may present unique economic challenges that require localized investigation [12].

The traditional gender roles in Saudi Arabia have undergone transformations in recent years, impacting marital dynamics [6]. While Saudi women have gained increased access to education and employment, the shifting gender roles may contribute to evolving expectations within marriages, potentially influencing divorce rates.

Impact of divorce on mental, emotional, and physical health

Globally, research underscores the significant mental and emotional toll divorce can take on individuals and families [13]. In Saudi Arabia, studies have explored the psychological consequences of divorce, emphasizing the need for culturally sensitive mental health interventions. The studies in the Makkah Al-Mukarramah region are limited, highlighting the necessity for region-specific insights [4].

A review of existing literature reveals a scarcity of studies specifically centered on the Makkah Al-Mukarramah region. While broader research on divorce in Saudi Arabia provides valuable insights, the distinctive cultural, social, and economic factors specific to Makkah Al-Mukarramah necessitate focused investigation [4]. Research often dissects cultural, economic, and gender-related factors independently, neglecting the intricate intersections between these elements. In Saudi Arabia, the interplay of cultural norms, economic pressures, and evol-

ing gender roles has complex implications for marital stability. A gap exists in the literature regarding how these factors collectively contribute to divorce, particularly in the context of Makkah Al-Mukarramah.

While studies globally recognize the impact of divorce on mental health, there is a dearth of research addressing the broader public health implications within communities, specifically in Makkah Al-Mukarramah. Understanding how divorce affects community well-being, social networks, and access to healthcare is crucial for developing comprehensive public health strategies [3].

A notable research gap exists concerning the long-term health consequences of divorce in the Makkah Al-Mukarramah region. Understanding how divorce influences individuals' health trajectories over time is crucial for developing preventative measures and long-term health interventions. This includes investigating potential links between divorce, chronic health conditions, and overall health outcomes [9].

Cultural coping mechanisms

Existing literature acknowledges the significance of cultural and religious coping mechanisms in the aftermath of divorce. In Saudi Arabia, where cultural norms strongly influence coping strategies, there is a research gap in understanding the specific mechanisms employed within the Makkah Al-Mukarramah community [6]. This knowledge is essential for developing culturally sensitive support systems.

While some studies highlight the importance of resilience post-divorce, localized research on the existing support systems in Makkah Al-Mukarramah is limited. Identifying the strengths and weaknesses of community support structures is crucial for proposing effective strategies that enhance resilience and mitigate the negative public health consequences of divorce [14].

Existing literature widely acknowledges that children often bear the brunt of divorce, experiencing emotional and psychological challenges. However, within the Makkah Al-Mukarramah context, research specifically focused on the well-being of children in divorced families is limited. Understanding the unique cultural and social factors influencing the outcomes for children in this region is imperative for designing interventions that promote their resilience and overall health.

The societal stigma associated with divorce may affect individuals' mental health and wellbeing. In the Makkah Al-Mukarramah region, where cultural norms often place a high value on familial stability, there is a need for research that delves into the social perceptions of divorced individuals. Exploring how societal attitudes impact the mental health of divorced individuals and their families can inform strategies to reduce stigma and enhance community support.

While literature recognizes the importance of support interventions post-divorce, there is a gap in understanding the effectiveness of existing programs, particularly within the Makkah Al-Mukarramah region. Examining the outcomes of interventions such as counseling, community support groups, and legal assistance specific to this region can guide the development of targeted and culturally sensitive programs.

While studies in Saudi Arabia provide valuable insights, there is a scarcity of research that compares divorce trends and their public health implications across different regions within the Kingdom. Understanding variations in cultural norms, economic

structures, and support systems between regions, including Makkah Al-Mukarramah, can uncover region-specific challenges and inform tailored interventions.

Research exploring the relationship between divorce and educational attainment is limited within the Saudi Arabian context, and particularly within Makkah Al-Mukarramah.

Investigating how divorce affects the educational trajectories of individuals, especially women, can shed light on the broader socio-economic consequences and inform policies aimed at mitigating these effects.

The role of social capital and community resilience in the aftermath of divorce remains an underexplored area. Understanding how social networks, community bonds, and support structures contribute to the resilience of individuals and families in Makkah Al-Mukarramah can guide the development of interventions that capitalize on existing social resources.

With the increasing prevalence of technology in contemporary society, there is a research gap regarding the role of digital platforms in the dynamics of divorce in the Makkah Al-Mukarramah region. Exploring how technology influences communication, coping mechanisms, and support-seeking behaviors in the context of divorce can provide insights into the evolving nature of familial relationships.

The relationship between legal reforms and divorce rates in Makkah Al-Mukarramah remains understudied. Investigating the impact of legal changes, such as amendments to divorce procedures or spousal rights, on divorce trends can inform policymakers about the potential unintended consequences of legislative interventions.

Limited research has explored the inter-generational effects of divorce in the Makkah Al-Mukarramah region. Understanding how the experiences of parental divorce influence the attitudes and behaviors of subsequent generations can provide valuable insights into breaking potential cycles and designing preventative strategies to promote family stability [15].

Methodology

In this study, we adopt an exploratory sequential design to comprehensively examine the causes and effects of divorce on public health in the distinctive cultural context of Makkah Al-Mukarramah. The research comprises two sequential phases: qualitative and quantitative.

The qualitative phase involves purposeful sampling of individuals who have experienced divorce in Makkah Al-Mukarramah, ensuring diverse representation across age, socioeconomic status, and cultural backgrounds. Through in-depth, semi-structured interviews, we aim to explore participants' personal experiences and perspectives on the factors influencing divorce. Thematic analysis of interview transcripts will reveal key themes related to cultural, economic, and gender-related aspects contributing to marital dissolution.

Following the qualitative phase, the study transitions to the quantitative stage. Here, a representative sample is randomly selected from the population of Makkah Al-Mukarramah, considering factors such as age, gender, marital status, and geographical distribution. A structured survey, informed by the qualitative findings, is administered to collect quantitative data on divorce trends, socio-economic variables, and mental health indicators. The gathered data will be subjected to statistical

methods, including descriptive statistics, correlation analysis, and regression analysis, to discern patterns and relationships.

In both phases, ethical considerations are paramount. Informed consent is obtained from all participants, outlining the study's purpose, potential risks, and benefits. Anonymity and confidentiality are rigorously maintained, with qualitative data ensuring participant identities remain protected. The research protocol undergoes scrutiny by institutional review boards to ensure adherence to ethical standards.

Data analysis involves a meticulous approach. Qualitative analysis is conducted through thematic coding, providing a rich understanding of participants' experiences. Quantitative analysis employs statistical software to derive meaningful insights from survey responses. Triangulation, using both qualitative and quantitative data, enhances the study's validity, and member checking further validates the accuracy and interpretation of qualitative findings.

Acknowledging potential limitations, especially in generalizing findings beyond Makkah AlMukarramah's unique socio-cultural context, the study emphasizes transparency in its approach. A detailed timeline guides the research process, ensuring timely completion, and plans for dissemination include academic publications, conferences, and community engagement forums to share the study's insights with relevant stakeholders.

Results

The study conducted in the Makkah Al-Mukarramah region of the Kingdom of Saudi Arabia yields a comprehensive understanding of the multifaceted impact of divorce. 104 participants of the study responded to the survey. Health complications post-divorce, notably psychological disorders affecting 25.0% of participants, underline the significance of mental well-being during marital transitions. Societal perceptions reveal a nuanced landscape, with 77.9% considering divorce as "Normal," yet traditional norms persist, evident in 53.8% negatively perceiving having a single wife. Financial factors emerge as primary divorce triggers, aligning with global patterns. Personal perceptions within marriages highlight shared responsibility (77.9%), while family dynamics post-divorce underscore the need for tailored support services. These findings underscore the interconnectedness of individual experiences, societal norms, and family dynamics, providing essential insights for policymakers, healthcare professionals, and support services navigating the complexities of divorce in this unique cultural context.

Table 1 give an insight that the majority of participants fall within the age groups of 21-40 (20.2% for 21-30, 27.9% for 31-40) and 41-50 (32.7%), indicating a relatively balanced distribution among these cohorts. Participants aged 51-60 represent 11.5%, while those below 20 and above 60 years constitute smaller percentages. The overwhelming majority of participants (97.1%) are Saudi nationals, indicating a homogeneity in terms of nationality within the sample. The gender distribution is somewhat skewed, with 71.2% of participants being female and 28.8% male. This gender imbalance should be considered when interpreting results related to the study's objectives.

The largest group of participants (52.9%) is divorced, indicating that a substantial portion of the sample has experienced divorce. The next most common marital status is married (36.5%),

Table 1: Demographics of the study.

Age	Frequency	Percent	Valid percent	Cumulative percent
<20 Years	5	4.8	4.8	4.8
21-30	21	20.2	20.2	25.0
31-40	29	27.9	27.9	52.9
41-50	34	32.7	32.7	85.6
51-60	12	11.5	11.5	97.1
>60 Years	3	2.9	2.9	100.0
Nationality				
Saudi	101	97.1	97.1	97.1
Non-Saudi	3	2.9	2.9	100.0
Gender				
Male	30	28.8	28.8	28.8
Female	74	71.2	71.2	100.0
marital status				
Divorced	55	52.9	52.9	52.9
Married	38	36.5	36.5	89.4
Bachelor	5	4.8	4.8	94.2
Suspended Relationship	6	5.8	5.8	100.0
Education				
Primary	4	3.8	3.8	3.8
Middle	5	4.8	4.8	8.7
Secondary	18	17.3	17.3	26.0
University	60	57.7	57.7	83.7
Postgraduate	16	15.4	15.4	99.0
Education of ex-spouse				
Illiterate	1	1.0	1.0	100.0
Primary	6	5.8	5.8	5.8
Middle	7	6.7	6.7	12.5
Secondary	30	28.8	28.8	41.3
University	52	50.0	50.0	91.3
Postgraduate	4	3.8	3.8	95.2
Illiterate	5	4.8	4.8	100.0

followed by those with a suspended relationship (5.8%), and those who are bachelor (4.8%). The majority of participants have attained a university degree (57.7%), followed by secondary education (17.3%) and postgraduate qualifications (15.4%). A smaller percentage has completed primary or middle school, while only 1% are reported as illiterate.

The education level of the ex-spouse follows a similar pattern to that of the participants. The majority have completed university education (50%), followed by secondary education (28.8%) and postgraduate qualifications (3.8%). A notable percentage (5.8%) had ex-spouses with a primary education background.

Table 2: Impact of divorce on family life.

Number of Children	Frequency	Percent	Valid Percent	Cumulative Percent
1	10	9.6	9.6	9.6
2	12	11.5	11.5	21.2
3	38	36.5	36.5	57.7
4	19	18.3	18.3	76
5	10	9.6	9.6	85.6
6	7	6.7	6.7	92.3
7	4	3.8	3.8	96.2
8	1	1	1	97.1
10	2	1.9	1.9	99
18	1	1	1	100
Custody of children after divorce				
No Children	22	21.2	21.2	21.2
Mother-in-law	8	7.7	7.7	28.8
Father	8	7.7	7.7	36.5
Mother	66	63.5	63.5	100
Housing for divorced wife and children				
Yes	53	51	51	51
No	51	49	49	100
Monthly allowance for children				
No Children	23	22.1	22.3	22.3
No Monthly Expense	17	16.3	16.5	38.8
<200 SAR	8	7.7	7.8	46.6
<400	12	11.5	11.7	58.3
<600	12	11.5	11.7	69.9
<800	6	5.8	5.8	75.7
<1000 SAR	21	20.2	20.4	96.1
No Limit	4	3.8	3.9	100.0

Family life

Table 2 explains that the majority of participants have three or fewer children, with 36.5% having three children and 18.3% having four. The distribution shows a gradual decrease in the number of participants as the number of children increases. This information indicates that a significant portion of the participants has relatively smaller families.

The majority of participants (63.5%) have custody of their children after divorce. Other custody arrangements include no children (21.2%), custody with the mother-in-law (7.7%), and custody with the father (7.7%). The high percentage of mothers having custody aligns with typical societal norms regarding childcare responsibilities. Approximately half of the participants (49.0%) report not having housing for the divorced wife and children. The remaining 51.0% affirm having housing, suggesting varied living arrangements for divorced individuals and their families.

A substantial number of participants (22.1%) report having no children, reflecting diverse family structures. For those with children, the majority (38.8%) mention having no monthly expenses for their children. Among those with monthly expenses, there is a gradient, with 20.4% having a monthly allowance of

Table 3: Personal perceptions after divorce.

First	84	80.8	80.8	80.8	
Second	13	12.5	12.5	93.3	
Third	7	6.7	6.7	100	
Appropriate marriage age					
<20 Years	1	1	1	1	
21-30	81	77.9	77.9	78.8	
31-40	22	21.2	21.2	100	
Marriage training course					
Yes	42	40.4	40.4	40.4	
No	62	59.6	59.6	100	
Responsibility of both of the parties					
Agree	81	77.9	77.9	77.9	
To some extent	18	17.3	17.3	95.2	
Disagree	5	4.8	4.8	100	
How often the disputes					
Not sure	14	13.5	13.5	13.5	
Once a day	28	26.9	26.9	40.4	
Once a week	31	29.8	29.8	70.2	
Once a month	14	13.5	13.5	83.7	
Once every three months	4	3.8	3.8	87.5	
Daily	1	1	1	88.5	
Fortnightly	12	11.5	11.5	100	
<1 year	33	31.7	32	32	
<5 years	22	21.2	21.4	53.4	
<10 years	22	21.2	21.4	74.8	
<15 years	22	21.2	21.4	96.1	
Before	Wedding	4	3.8	3.9	100
Ceremony					
Who suffers from the divorce					
Wife	6	5.8	5.8	5.8	
Husband	4	3.8	3.8	9.6	
Wife, children	38	36.5	36.5	46.2	
Husband, children	16	15.4	15.4	61.5	
Children	40	38.5	38.5	100	
Way of separation					
Court	35	33.7	33.7	33.7	
Mutual consent	49	47.1	47.1	80.8	
Khula	20	19.2	19.2	100	
Regret for divorce					
Yes	24	23.1	23.1	23.1	
No	80	76.9	76.9	100	
Desire for marrying again					
Yes	30	28.8	28.8	28.8	
No	42	40.4	40.4	69.2	
Hesitant	32	30.8	30.8	100	

less than 200 SAR and 11.7% having allowances between 200 and 600 SAR. A smaller percentage has higher monthly allowances, with 5.8% reporting allowances between 600 and 800 SAR and 3.9% reporting no limit to the monthly allowance.

Personal perceptions

The table 3 provides valuable insights into the participants' personal perceptions related to marriage, divorce, and their aftermath. It offers a nuanced understanding of their experiences, attitudes, and future considerations, which is crucial for comprehending the broader implications of divorce on individuals' lives.

Table 3 depicts that the majority of participants (80.8%) report being divorced for the first time. A smaller percentage has experienced divorce twice (12.5%), and an even smaller percentage has been divorced three times (6.7%). This suggests that a significant proportion of the participants in the study are going through their first divorce, with a smaller number experiencing multiple divorces. The majority of participants (77.9%) believe that the appropriate age for marriage falls within the range of 21-30 years. A smaller percentage (21.2%) considers the age range of 31-40 as appropriate for marriage.

Approximately 40.4% of participants have undergone a marriage training course, while 59.6% have not. This indicates a relatively balanced distribution in terms of participation in marriage training courses, highlighting diverse approaches to marital education among the participants. The majority of participants (77.9%) agree that both parties in a marriage share responsibility. A smaller percentage (17.3%) indicates partial agreement, while 4.8% disagree.

The frequency of disputes varies, with the most common response being "Once a Week" (29.8%), followed by "Once a Month" (13.5%). A substantial portion of participants has been divorced within the first year of marriage (31.7%). The distribution indicates that a considerable number of divorces occurred within the initial five years of marriage (21.2%), with a gradual decrease in divorce rates for longer marriage durations.

The majority of participants (38.5%) report that children suffer from divorce, while other responses include both husband and children (15.4%), wife and children (36.5%), and individual suffering by either the husband (3.8%) or the wife (5.8%). The most common method of separation is mutual consent (47.1%), followed by court proceedings (33.7%) and Khula (19.2%). A notable percentage (23.1%) of participants express regret for their divorce, while the majority (76.9%) do not. A significant portion of participants (40.4%) expresses a desire to marry again, while 28.8% are certain about not marrying again, and 30.8% are hesitant.

Society's perceptions

The Table 4 provides insights into societal perceptions of divorce, the reasons behind divorce, attitudes toward having a single wife, and opinions on the role of fines and individual ambitions in marital disputes. Understanding these societal perceptions is essential for contextualizing the experiences of individuals going through divorce and the broader social attitudes shaping their experiences.

The Table 4 presents various reasons cited by society for divorce, with participants allowed to choose multiple options. The most commonly selected reasons include "Money" (35.6%) and "Rank" (15.4%). Other factors include "Money, Lineage"

Table 4: Society's perceptions on divorce.

Main reason of divorce cumulative	Frequency	Percent	Valid percent	Percent
Valid debt, Money	10	9.6	9.6	9.6
Money	37	35.6	35.6	45.2
Debt	6	5.8	5.8	51
Money, lineage	20	19.2	19.2	70.2
Religion, lineage	4	3.8	3.8	74
Rank	16	15.4	15.4	89.4
Money, beauty, lineage	8	7.7	7.7	97.1
Lineage	3	2.9	2.9	100
Total	104	100	100	
Society's perception on single wife				
Normal	48	46.2	46.2	46.2
Bad	56	53.8	53.8	100
Society's perception on divorce				
Normal	81	77.9	77.9	77.9
Bad	23	22.1	22.1	100
Role of fines in disputes' reduction				
Agree	44	42.3	42.3	42.3
To Some Extent	31	29.8	29.8	72.1
Disagree	29	27.9	27.9	100
Individual ambitions major threat				
Agree	42	40.4	40.4	40.4
To Some Extent	37	35.6	35.6	76
Disagree	25	24	24	100

Table 5: Impact on the health after divorce.

Disease	Frequency	Percent	Valid Percent	Cumulative Percent
No Disease	51	54.8	54.8	54.8
Hypertension, diabetes	3	2.9	2.9	57.7
Diabetes	10	9.6	9.6	67.3
Psychological disorders	26	25	25	92.3
Hypertension	8	7.7	7.7	100
Health complications started				
No disease	58	55.8	55.8	55.8
Post marriage	31	29.8	29.8	85.6
Post divorce	11	10.6	10.6	96.2
Prenuptial	4	3.8	3.8	100
Children with disease				
None	73	70.2	70.2	70.2
Depression	10	9.6	9.6	79.8
Obesity	4	3.8	3.8	83.7
Autism	1	1	1	84.6
Nocturia	7	6.7	6.7	91.3
Night urination, fear & dread	9	8.7	8.7	100

(19.2%), “Money, Beauty, Lineage” (7.7%), and “Debt, Money” (9.6%). A majority of respondents (53.8%) perceive having a single wife as “Bad,” while 46.2% consider it “Normal.”

The majority of participants (77.9%) believe that society considers divorce as “Normal,” while 22.1% perceive it as “Bad”. Responses vary regarding the role of fines in reducing disputes. A significant portion (42.3%) agrees that fines play a role, while 29.8% believe it is to some extent effective. However, 27.9% disagree with the effectiveness of fines in reducing disputes. Responses are divided concerning whether individual ambitions pose a major threat. 40.4% agree, 35.6% believe it to some extent, and 24.0% disagree.

Health complications

The table 5 provides a glimpse into the health complications experienced by both participants and their children. Psychological disorders emerge as a significant health concern among participants, and the timing of health complications appears to be associated with changes in marital status. Understanding these health dynamics is crucial for addressing the holistic wellbeing of individuals and families undergoing the challenges of divorce.

Table 5 explains that a majority of participants (54.8%) report having no diseases. Among those with health issues, the most prevalent are psychological disorders (25.0%), followed by hypertension (7.7%), diabetes (9.6%), and a combination of hypertension and diabetes (2.9%). This indicates that a considerable number of participants have health complications, particularly psychological disorders, emphasizing the importance of considering mental health in the context of divorce. The majority of participants (55.8%) did not have health complications before marriage. Among those who developed health issues, 29.8% experienced them post-marriage, 10.6% post-divorce, and 3.8% had health complications identified during the pre-nuptial period.

The majority of participants (70.2%) report that their children do not have any diseases. Among those with children facing health issues, the most common conditions include depression (9.6%), nocturia (6.7%), night urination, fear, and dread (8.7%). Obesity and autism are reported less frequently (3.8% and 1.0%, respectively). This emphasizes the impact of family dynamics, including divorce, on the health of children, with mental health issues being notable.

Discussion

The comprehensive exploration of the causes and effects of divorce on public health, societal perceptions, and individual well-being in the Makkah Al-Mukarramah region provides a nuanced understanding of the complex dynamics surrounding marital dissolution. Integrating insights from the tables on health complications, societal perceptions, personal perceptions, and family life, this discussion aims to shed light on the interconnections between these domains and their implications.

The prevalence of psychological disorders among divorced individuals (25.0%) highlights the substantial impact of divorce on mental health. The stress, emotional upheaval, and lifestyle changes associated with divorce contribute to mental health challenges [15]. Addressing the mental well-being of individuals undergoing divorce is crucial for holistic support and recovery. The timing of health complications, with a notable percentage reporting post-marriage onset (29.8%), emphasizes the need for preventive health measures during marital transitions. This

finding aligns with research indicating that marital status changes can significantly influence physical health outcomes [16]. Health interventions should be sensitive to the potential health risks during these critical life transitions.

The reported health issues among children, including depression and nocturia, underscore the broader impact of divorce on family health. Children’s well-being is intricately linked to family dynamics, and divorce can be a significant stressor for them [13]. Collaborative efforts in healthcare should address the needs of both adults and children affected by divorce.

The societal perceptions of divorce as “Normal” (77.9%) indicate a relatively accepting attitude toward marital dissolution within the surveyed population. This contrasts with the negative perception of having a single wife, with 53.8% considering it “Bad.” These findings highlight the need to distinguish between societal norms regarding marriage and those related to divorce. Understanding and challenging stigmas associated with divorce can contribute to a more supportive societal environment for individuals navigating this challenging life event [17]. The identified reasons for divorce, particularly the prominence of financial factors, underscore the intersection of economic realities with marital stability. Financial stressors are recognized contributors to marital dissatisfaction and divorce [18]. Policymakers and support services should consider economic empowerment programs and financial education as integral components of divorce prevention and support initiatives.

Participants’ perceptions of marriage, divorce, and individual responsibility reveal diverse attitudes within the surveyed population. The acknowledgment of shared responsibility in marriages (77.9%) aligns with research emphasizing the reciprocal influence of partners on relationship quality [19]. The reported frequency of disputes and the length of marriages before divorce provide insights into the challenges faced by couples. Understanding the dynamics leading to conflicts and the duration of marital stability can inform targeted interventions aimed at improving relationship quality and longevity.

Family demographics, such as the number of children and custody arrangements, illustrate the complexity of family life post-divorce. The reported prevalence of divorce among participants with three or fewer children (54.8%) emphasizes the significance of considering family size when addressing the consequences of marital dissolution. The diverse housing and financial support scenarios post-divorce underscore the need for tailored family support services. Addressing the housing and financial stability of divorced individuals can mitigate the potential negative effects on the well-being of both parents and children.

Limitations and future directions

While the findings provide valuable insights, the study’s limitations, including its specific geographical focus and cross-sectional nature, should be acknowledged. Future research could explore variations in divorce experiences across different regions and employ longitudinal designs to capture the dynamic nature of marital transitions.

The multifaceted impact of divorce in Makkah Al-Mukarramah extends beyond individual well-being to encompass societal attitudes, family dynamics, and health outcomes. The interconnectedness of these domains highlights the need for holistic support systems, encompassing mental health services, economic empowerment programs, and targeted interventions

addressing family dynamics. By understanding and addressing the diverse challenges associated with divorce, policymakers, healthcare professionals, and support services can contribute to fostering resilience and well-being within communities experiencing marital dissolution.

Practical implications

The findings have practical implications for policymakers, healthcare professionals, and support services. Recognizing the prevalence of psychological disorders among individuals experiencing divorce emphasizes the need for accessible mental health support services. Integrating mental health counseling and interventions into divorce proceedings and postdivorce support systems can contribute to better outcomes for individuals and their families.

Moreover, understanding societal perceptions provides an opportunity for targeted education and awareness campaigns. Addressing stigmas associated with divorce and promoting an understanding of the complex factors contributing to marital dissolution can foster a more supportive societal environment.

Conclusion

In conclusion, this study contributes to the growing body of literature on the multifaceted impact of divorce. The findings underscore the importance of considering mental health in the aftermath of divorce and highlight the evolving societal perceptions surrounding marital dissolution. Recognizing the interconnectedness of individual well-being, societal attitudes, and marital experiences is crucial for developing comprehensive support systems that address the diverse challenges individuals face during and after divorce.

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