

Violence and Self- Esteem among Divorced Women in The Health Sector: An Assessment Study

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Abstract

Violence can affect on women's health negatively. A psychiatric nurse has an important role for improving self-esteem. **The study aims to:** assess violence and self –esteem among divorced women. **Design:** A descriptive research design used. **Setting:** The study was conducted at Ain Shams University Hospitals. **Subjects:** A convenient sample of (70) women were included in the study. **Tools:** Data was collected by using two tools; **Tool (1)** Socio demographic sheet **Tool (2)** Domestic violence questionnaire & **Tool (3)** Self-esteem index. **Results:** The study revealed that more than three fifths of the studied women exposed to moderate violence and one quarter of women exposed to severe violence while only minority of women exposed to mild violence. Also, three fifths of the studied women had low self-esteem. One quarter of women had high self-esteem. **Conclusion:** This study concluded that there was a negative correlation between total levels of violence and total levels of self-esteem among the studied women. **Recommendation:** Conducting programs, seminars and workshops to enhance self-esteem for divorced women.

Key words: *Divorced Women, Self- Esteem, Violence.*

Introduction

Divorce is known as dissolution of marriage. Divorce is the process of terminating a marriage or marital union. Divorce usually entails the canceling or reorganizing of the legal duties and responsibilities of marriage, thus dissolving the bonds of matrimony between a married couple under the rule of law of the particular country or state. (Thadathil & Sriram, 2020). In addition, violence against women is one of the world's most prevalent human rights violations, taking place every day, many times over, in every corner of the globe. Violence has serious short- and long-term physical, economic and psychological consequences on women preventing full and equal participation in society (Miles et al., 2022).

Violence has five types among divorced women include physical sexual, emotional, psychological, and economic violence. The most common type is physical violence involves hurting or trying to hurt a partner by hitting, kicking, burning, grabbing, pinching, shoving, slapping, hair-pulling, biting, or using other physical force (Golfieri & Andrian, 2020). Violence against women can cause long-term physical and mental health problems. The effect of Violence not just the women involved but also children, families, and communities. The effects include harm to an individual's health, possibly long-term harm to children, and harm to communities such as lost work and homelessness (Campbell, 2020).

Women self-esteem might change suddenly or might have had low self-esteem for a while. There are lots of things in life that may contribute to low self-esteem. For example; Being bullied or abuse, experiencing prejudice, discrimination or stigma, including racism, losing the job or difficulty finding employment, problems at work or while studying, physical

health problems, and mental health problems, relationship problems, separation or divorce, and feeling pressure to meet unrealistic expectations (Stolier & Topino, 2023).

Psychiatric mental health nurse role toward violence is very valuable to prevent the negative impact on self-esteem resulting from violence. A professional mental health nurse can help divorced women cope with emotional concerns. As a counselor can work with women to deal with emotions in healthy ways, build the self-esteem, and help women develop coping skills (Patrick & Jackson, 2022). Psychiatric nurse encourages women for use positive self-talk, practice reciting positive affirmations, practice self-compassion, forgive self for past mistakes and move forward by accepting all parts of self and talk to self positively and to be supportive, kind and understanding don't be hard on self when make a mistake, challenge negative 'self-talk' – every time criticize self, stop and look for objective evidence that the criticism is true (Langford, 2022).

Significance of the study: -

Violence is a major public health problem and a violation of women's rights. Worldwide, almost one third of women aged 15-49 years who have been in a relationship report that women have been subjected to some form of violence by intimate partner. According to the World Health Organization, the Eastern Mediterranean region is in second place worldwide for cases of domestic violence, reaching 37% of total global. In Egypt based on National Council for Women statistics, around eight million Egyptian women are at risk of domestic violence each year (Naguib, 2021).

In Egypt, according to the report of the Central Agency for Public mobilization and Statistics, Egypt ranks the first among countries in divorce, with more than 250 divorces per day. More than 4 million divorced women and 9 million children have become victims of family separation. Cairo comes to the front with the highest percentage of divorce in the family courts followed by Giza, Fayoum, Assiut, Qalyubia, Alexandria, EL-Menya and Kafr-elsheikh (Ahmed, 2019).

From the investigator's point of view, divorce is representing a negative phenomenon in most Arabic communities not only in Egypt and violence is strongly one of the leading factors to divorce. Violence affects not only on women's self-esteem but also physical, sexual and reproductive health of the women. In addition to violence is a worrying problem that affects all family members.

Subjects and Methods

Aim of the study:

This study was aimed to assess violence and self-esteem among divorced women in health sector.

Research questions: -

1. What are types of violence among divorced women in health sector?
2. What are levels of self-esteem among divorced women in health sector?
3. Is there a relationship between violence and self-esteem among divorced women in health sector?

The subject and methods for this study have been portrayed under the four main items as follows:

- I- Technical item.
- II- Operational item.
- III- Administrative item.
- IV- Statistical item.

I- Technical item:

The technical design included research design, setting, subjects and tools of data collection.

Research Design:

A descriptive research design was utilized to achieve the aim of this study.

Research Setting:

The study was conducted at Ain Shams University hospitals which is a group of hospitals affiliated with Ain Shams University in Cairo city that consists of six hospitals including Internal medicine hospital, Surgery hospital, Gynecology and Obstetrics hospital, Oncology center, Okasha psychiatric center, and Pediatric hospital.

Study Subjects:

A convenience sample was utilized in this study. Sample was included 70 divorced women from the pre mentioned setting after the ethics committee approved that the sample be inclusive of women in the health sector to avoid the stigma of nurses according to the following:

- 1- Aged from 20 to ≥ 50 .
- 2- Women who are divorced.
- 3- Women who are exposed to partner violence.
- 4- Women who are free from physical illness or mental disorders.

Tools for data collection

Data was collected by using three tools;

Tool (I): Socio- demographic characteristics sheet:

This sheet was developed by investigator based on reviewing the national and international related literature and this sheet was designed in a simple Arabic language to suit all levels of understanding of women, this sheet consisted of 12 items covering age, educational status, shift patterns, types of work, number of years of marriage, number of divorces, consanguinity relation between ex-husband and wife relative degree, financial status, choosing a life partner and by whom and children from ex-husband and their numbers).

Tool (II) Domestic violence questionnaire (World Health Organization 2005)

This questionnaire developed by (WHO 2005) and modified by the investigator through adding the part of economic violence after reviewing from the jury committee. This questionnaire was used to assess types of domestic violence consisting of 25 items under 5 subscales physical violence, emotional violence, sexual violence, behavioral violence and economic violence. The physical part of subscale contains 6 items (1-6), emotional part of subscale contains 4 items (7-10), sexual part of subscale contains 3 items (11-13), behavioral part of subscale contains 7 items (14-20), and economic part of subscale contains 5 items (21-25).

Scoring system

Responses of participants were measured on a 3-points Likert scale ranged from 1=rarely, 2=sometimes, 3=always. These scores were summed and were converted into a percent score.

Mild	$\leq 33.3\%$ (≤ 25).
Moderate	33.4% - 66.6% (26-50)

Sever	66.7% -100% (51-75)
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Tool (III): Self-esteem Index (El Desouky 2004):

This index was developed by (EL-Desouky 2004) used to measure the problems related to the individual's self-esteem, the Index of self-esteem consists of 25 statements.

Scoring system:

The subject's responses were scored in 3-point Likert scale agree, to somewhat agree, and disagree. The responses of positive statements (3-4-5-6-7-14-15-18-21-22-23-25) was scored as follows 3=agree 2= somewhat agree 1= disagree. The responses of negative statements (1-2-8-9-10-11-12-13-16-17-19-20-24) was scored as follows 1=agree 2= somewhat agree 3= disagree.

High self esteem	(25-37)
Low self esteem	(38-75)

Content Validity and Reliability:

The used study tools were revised for clarity, relevance, comprehensiveness, understanding, and applicability by a panel of 5 nursing experts from the Faculty of Nursing, Helwan University, to assess the content validity of the study tools. Internal consistency and reliability were measured by using Cronbach's alpha- coefficient test.

Tools	Alpha Cronbach	F	P-value
Domestic violence	0.87	24.652	<0.001**
Self esteem	0.89	21.751	<0.001**

II-Operational

item:

Pilot Study: -

A pilot study was carried out with 10% of the sample (7 divorced women). It carried out before data collection to evaluate the feasibility, time, cost, adverse events, and improve upon the study design before the performance of a full-scale research study. The necessary modifications were accordingly done. Participants in the pilot study were excluded from the sample.

Field Work: -

Data was collected after obtaining an official agreement from the managers of Ain Shams University hospitals. Data collection extended over a period of six months from the beginning of February until the end of September. The investigator was available in the morning, twice every Monday and Thursday of the week from 10:00 am to 12:00 pm for data collection. The investigator started by introducing the self to participant, explaining purpose and nature of the study and the researcher inform the participant that all information is confidential and used only for purpose of the study. A written approval obtained from each participant after explaining the aim of the study. Each participant took about 25-35 minutes to answer the questionnaires after explaining by investigator. Finally, the filled questionnaires were handed back to investigator to check for its completeness.

III- Administrative item:

An official letter was issued from Dean of faculty of Nursing, Helwan University to the appropriate authorities in the selected setting to take permission for carrying out the study. Written consent to conduct were obtained from hospitals

mangers of the previously mentioned setting. To conduct the study, aim of study was discussed and time of data collection determined to gain approval and cooperation.

Ethical Considerations

An approval was obtained from (6) managers of Ain Shams hospitals individually and scientific ethical committee of faculty of nursing at Helwan University using a written informed consent obtained from each participant prior to data collection. It was assured that anonymity and confidentiality would be guaranteed and the right to withdraw from the study at any time. Ethics, values, culture and beliefs were respected.

Statistical Design:

The collected data were organized, categorized, tabulated and statistically analyzed using the statistical package for social science (SPSS) version 26 and Microsoft Excel version 2010. Quantitative data were presented as mean and standard deviation (SD) while qualitative data were expressed as frequency and percentage. Chi-square test and Fisher exact test (FET) were used to test the significance of relationship between categorical variables as the variables were not normally distributed. Spearman's test was used to measure the strength and direction of the correlation between two continuous variables. The observed differences and associations were considered as $P > 0.05$ was considered non-significant (NS), & $P \leq 0.05$ was considered Significant (S). R test for correlation 0.563.

Results: -

Table (1) shows that 41.4% of the studied women are in age group $25 \geq 35$ with mean age 33.91 ± 9.22 and 78.6% of women had diploma and 54.2% of women in professional working. Also, 82.8% of women are working in the morning shift. Additionally, 34.3% of women are married for 1-4 years and 65.7% of women are divorced only one time from the same husband. In addition, there is no consanguinity relationship between husband and wife among 75.7% of the studied women and 84.3% of women report that choosing ex-husband was free choice. Moreover, 61.4% of women report inadequate financial status. 80.0% of women have children from ex-husband.

Table (2) shows that, 58.5% of the studied divorced women in the health sector exposed to mild sexual violence. Also, 45.8% and 42.9% of studied divorced women exposed to moderate economic violence and emotional violence respectively. While, 40.0 and 38.5% of studied divorced women exposed to behavioral violence and physical violence respectively.

Table (3) presents that 75.7% of the studied women report agree regarding "I feel that I suffer from psychological pressure more than others". Also, 82.9% of women reported somewhat agree regarding "I feel like an unloved person". Additionally, 64.3% of women reported always regarding "I feel like a person who is accepted by others".

Table (4) presents that there is a significant statistical relationship between total levels of violence among the studied women and their age, consanguinity and financial status. While, there is no significant statistical relationship between total levels of violence among the studied women and their educational level, type of work, number of years of marriage, number of divorces for the same husband, choosing an ex-husband and have children from ex-husband.

Table (5) shows that there was no significant statistical relationship between total levels of self-esteem of the studied women and their socio-demographic characteristics except educational level that had a significant statistical relationship with total levels of self-esteem at P -value = 0.048.

Table (6) shows that there was a significant statistical negative correlation between total levels of violence and total levels of self-esteem among the studied women at P value = 0.007.

Figure (1) presents 62.9% of the studied divorced women exposed to moderate violence and 25.7% of women exposed to severe violence while only 11.4% of women exposed to mild violence.

Figure (2) presents that 68.6% of the studied divorced women had low self-esteem while 31.4% of women had high self-esteem.

Table (1): Frequency and distribution of the studied women in the health sector according to socio-demographic characteristics (n=70).

Items	N	%
Age (in years)		
20 ≥ 25	16	22.9
25 ≥ 35	29	41.4
35 ≥ 50	25	35.7
<i>Mean ± SD</i>	9.22±33.91	
Educational level		
Diploma	55	78.6
University	13	18.6
Post graduate	2	2.9
Type of work		
Professional	38	54.2
Non professional	32	45.8
Shift patterns		
Morning	58	82.8
Afternoon	34	48.5
Night	14	20.0
Long shift	4	5.7
Number of years of marriage		
Less than 1 year	8	11.4
1-4	24	34.3
5-9	17	24.3
≤ 10years	21	30.0
Number of divorces for the same husband		
Once	46	65.7
Twice	18	25.7
Three times	6	8.6
+++++		
Consanguinity Relationship between husband and wife		
First degree	7	10.0
Second degree	10	14.3
None	53	75.7
Financial status		
Adequate	27	38.6
Inadequate	43	61.4
Choosing an ex-husband was		
My Choice	59	84.3
Mandatory	11	15.7
The choice of your ex-husband was made by whom		
Father	6	8.6
Mother	7	10.0
Grandparents	1	1.4
Others	56	80.0
Have Children from Your ex-husband		
Yes	56	80.0
No	14	20.0

If yes mention number of children (n=56)		
One	17	24.3
Two	22	31.4
Three	11	15.7
≥Four	6	8.6

Table (2): Frequency and percentage distribution of the studied women in the health sector according to total level of violence domains (n= 70).

Domains	Mild		Moderate		Severe		Mean ± SD
	N	%	N	%	N	%	
Physical violence	19	27.2	24	34.3	27	38.5	11.21+3.22
Emotional violence	23	32.8	30	42.9	17	24.3	8.34+2.05
Sexual violence	41	58.5	25	35.7	4	5.8	4.33+1.29
Behavioral violence	18	25.8	24	34.2	28	40.0	11.70+3.72
Economic violence	22	31.4	32	45.8	16	22.8	9.37+2.32

Table (3): Frequency and distribution of the studied women according to self-esteem (n= 70).

Items	Agree		Somewhat agree		Disagree		Mean ± SD
	N	%	N	%	N	%	
1- I feel that other people will not like me if they realize or know the truth about me.	19	27.1	21	30.0	30	42.9	2.16±0.82
2- I feel that others are able to interact or communicate with others better than I am.	26	37.1	27	38.6	17	24.3	1.87±0.77
3- I feel like a lovable person.	4	5.1	27	38.6	39	55.7	2.33±0.58
4- When I am with others, I feel that they are happy to be among them.	5	7.1	41	58.6	24	34.3	2.27±0.58
5- I feel that others want to talk to me.	6	8.6	38	54.3	26	37.1	2.29±0.61
6- I feel that I am a very competent (excellent) person.	49	70.0	4	5.7	17	24.3	2.19±0.51
7- I think I make a good impression on others.	2	2.9	22	31.4	46	56.7	2.29±0.51
8- I feel that I need more self-confidence.	37	52.9	28	40.0	5	7.1	1.54±0.63
9- When I am with strangers, I feel very nervous.	19	27.1	35	50.0	16	22.9	1.96±0.71
10- I feel like a boring person.	50	71.4	11	15.7	9	12.9	2.59±0.71
11- I feel like an unloved person.	6	8.6	58	82.9	6	8.6	2.74±0.60

12- I feel that other people are enjoying their lives more than me.	45	64.3	18	25.7	7	10.0	1.46±0.67
13- I feel like I'm getting bored of others.	6	8.6	50	71.4	14	20.0	2.63±0.64
14- I think my friends think I'm a fun person.	4	5.7	41	58.6	25	35.7	2.30±0.57
15- I feel like I have a great sense of humor.	5	7.1	37	52.9	28	40.0	2.33±0.60
16- I am very attentive when I am with strangers.	38	54.3	27	38.6	5	7.1	1.53±0.63
17- If I were like everyone else, my life would be much better.	14	20.0	52	74.3	4	5.7	1.31±0.57
18- I feel that other people are having a good time when they are with me.	5	7.1	33	47.1	32	45.7	2.39±0.62
19- I feel unwanted when I interact with others.	7	10.0	50	71.4	13	18.6	2.61±0.66
20- I feel that I suffer from psychological pressure more than others.	53	75.7	15	21.4	2	2.9	1.27±0.50
21- I feel like a nice person.	5	7.1	32	45.7	33	47.1	2.40±0.62
22- I feel that others love me very much.	6	8.6	22	31.4	42	60.0	22.3±0.59
23- I feel like a person who is accepted by others.	4	5.7	21	30.0	45	64.3	2.24±0.55
24- I am afraid of feeling foolish when confronting others.	11	15.7	36	51.4	23	32.9	2.17±0.68
25- My friends appreciate me well.	5	7.1	33	47.1	32	45.7	2.39±0.62

Table (4): Relation between socio-demographic characteristics of the studied women and violence levels (n=70).

Socio-demographic characteristics		Total Violence level						χ ²	P-value
		Mild		Moderate		Severe			
		N	%	N	%	N	%		
Age (in years)	20 ≥ 25	1	1.4	8	11.4	7	10.0	9.655	*0.047 (S)
	25 ≥ 35	5	7.1	15	21.4	9	12.9		
	35 ≥ 50	2	2.9	21	30.0	2	2.9		
Educational level	Diploma	4	5.7	35	50.0	16	22.9	7.224	0.124 (NS)
	University	4	5.7	7	10.0	2	2.9		
	Post graduate	0	0.0	2	2.9	0	0.0		
Type of work	Professional	5	7.1	25	35.7	8	11.4	1.043	0.594 (NS)
	Non professional	3	4.3	19	27.1	10	14.3		
Number of years of marriage	Less than one year	0	0.0	4	5.7	4	5.7	8.589	0.198 (NS)
	1-4	4	5.7	14	20.0	6	8.6		
	5-9	3	4.3	13	18.6	1	1.4		
	≤10years	1	1.4	13	18.6	7	10.0		
Number of divorces for the same husband	Once	7	10.0	28	40.0	11	15.7	3.674	0.439 (NS)
	Twice	1	1.4	13	18.6	4	5.7		
	Three times	0	0.0	3	4.3	3	4.3		
Consanguinity	Yes	2	2.9	13	18.6	3	4.3	0.904	0.024* (S)
	No	6	8.6	32	45.7	15	21.4		

Financial status	Adequate	5	7.1	19	27.1	3	4.3	5.973	0.050* (S)
	Inadequate	3	4.3	25	35.7	15	21.4		
Choosing an ex-husband	My Choice	7	10.0	38	54.3	14	20.0	0.781	0.677 (NS)
	Mandatory	1	1.4	6	8.6	4	5.7		
Have children from your ex-husband	Yes	7	10.0	35	50.0	14	20.0	0.342	0.843 (NS)
	No	1	1.4	9	12.9	4	5.7		

χ²=Chi-square test of independence, P-value > 0.05= Non-significant (NS) *P-value ≤ 0.05= Significant (S)

Table (5): Relation between socio-demographic characteristics of the studied women and total levels of self-esteem (n=70).

Socio-demographic characteristics		Total self-esteem level				χ ²	P-value
		Low		High			
		N	%	N	%		
Age (in years)	20 ≥ 25	10	14.3	6	8.6	0.412	0.814 (NS)
	25 ≥ 35	20	28.6	9	12.9		
	35 ≥ 50	18	25.7	7	10.0		
Educational level	Diploma	38	54.3	17	24.3	0.330	*0.048 (S)
	University	9	12.9	4	5.7		
	Post graduate	1	1.4	1	1.4		
Type of work	Professional	26	37.1	12	17.1	1.976	0.691 (NS)
	Non professional	22	31.4	10	14.3		
Number of years of marriage	Less than one year	5	7.1	3	4.3	2.159	0.540 (NS)
	1-4	15	21.4	9	12.9		
	5-9	11	15.7	6	8.6		
	≤ 10 years	17	24.3	4	5.7		
Number of divorces for the same husband	Once	34	48.6	12	17.1	2.034	0.362 (NS)
	Twice	10	14.3	8	11.4		
	Three times	4	5.7	2	2.9		
Consanguinity	Yes	9	12.9	8	11.4	3.107	0.212 (NS)
	No	39	55.7	14	20.0		
Financial status	Adequate	17	24.3	10	14.3	0.642 ^{FET}	0.423 (NS)
	Inadequate	31	44.3	12	17.1		
Choosing an ex-husband	My choice	41	58.6	18	25.7	0.154 ^{FET}	0.731 (NS)
	Mandatory	7	10.0	4	5.7		
Have children from your ex-husband	Yes	37	52.9	19	27.1	0.812 ^{FET}	0.524 (NS)
	No	11	15.7	3	4.3		

χ²=Chi-square test of independence, FET= Fisher Exact Test was used P-value > 0.05= Non-significant (NS) *P-value ≤ 0.05= Significant (S)

Table (6): Correlation between total levels of violence and levels of self-esteem among the studied women.

Variables	Total level of violence	
	R	P-value
Total level of self-esteem	- 0.563	0.007* (S)

* P-value ≤ 0.05 Significant (S).

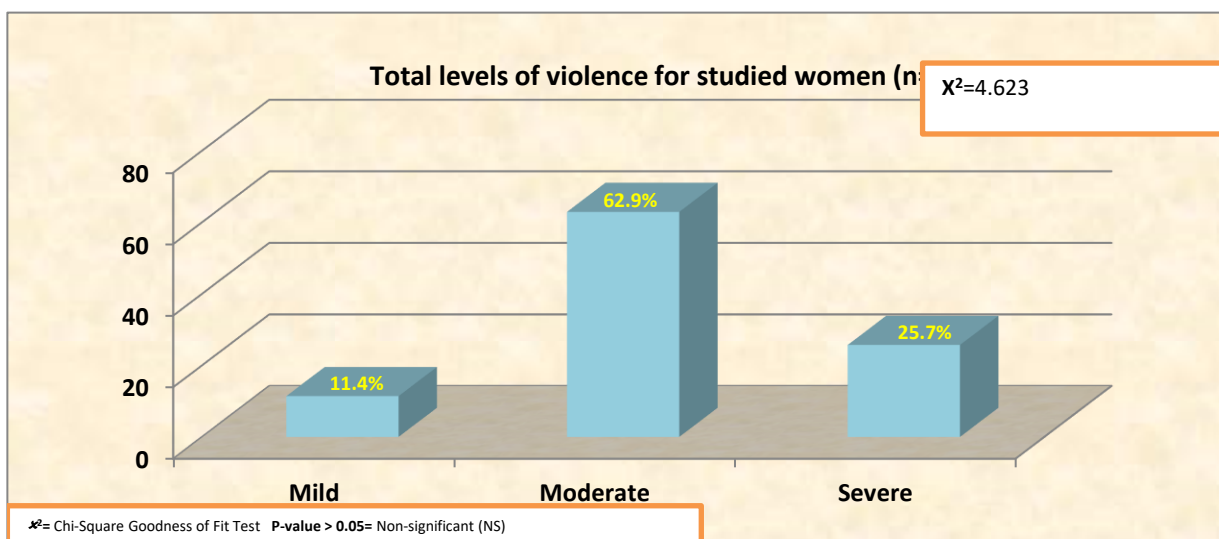


Figure (1): Frequency and distribution of the studied women according to total levels of violence (n= 70).

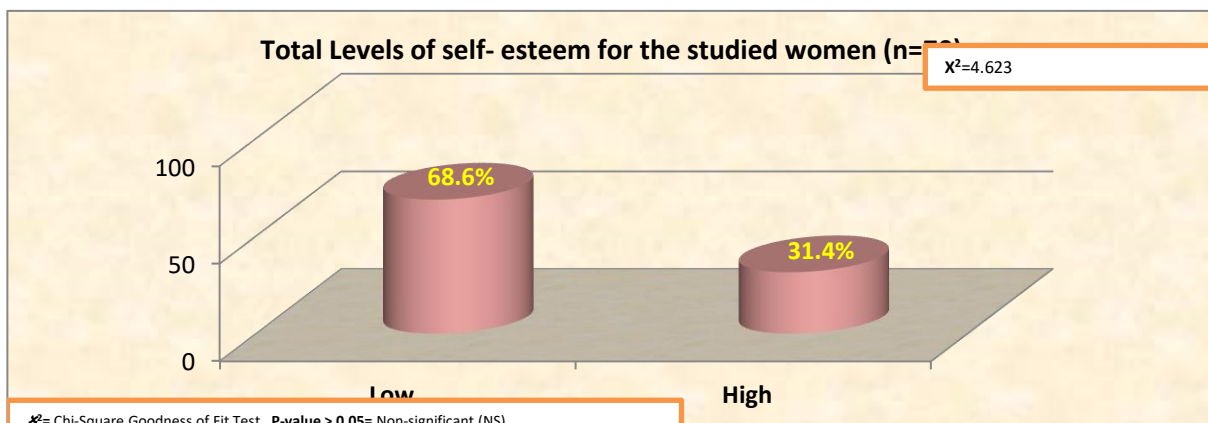


Figure (2): Frequency and distribution of the studied women according to total levels of self-esteem (n= 70).

Discussion: -

Regarding socio-demographic characteristics of the studied women in the health sector, the current study results revealed that two fifths of the studied women in the health sector were in age group $25 \geq 35$ and more than three quarters of women had diploma and nearly two quarters of studied women in professional working. Also, majority of women were working in the morning shift. Additionally, one third of women were married for 1-4 years and more than three fifths of women were divorced only one time from the same husband.

Additionally, there was no consanguinity relationship between husband and wife among three quarters of the studied women in the health sector and majority of women reported that choosing ex-husband was free choose. Moreover, three fifths of women reported inadequate financial status. Finally, majority of women had children from their ex-husband. The current study results agreed with **Campbell (2020)** who studied "An Increasing Risk of Family Violence during the Covid-19 Pandemic" which carried out in Canada and found that more than half of women were divorced only one time from the same husband and reported inadequate financial status.

Also, on the same line with **Winking & Koster (2021)** who studied "Timing, Initiators, and Causes of Divorce" in a Mayangna, Miskito community in Nicaraguan and found that two fifths of the studied sample were in age group $25 \geq 35$ and majority of women had average educational degree. But incongruent with **Alshammari et al. (2018)** who studied "Domestic violence increases in France during COVID-19 lockdown" which carried out in France and found that more than three quarter of women reported that choosing ex-husband was not free choose.

Additionally, the current study result disagreed with **Alhalal (2020)** who studied "Nurses Knowledge, Attitudes and Preparedness to Manage Women with Intimate Partner Violence" which carried out in Saudi Arabian and found majority of women had children from their ex-husband, and majority of women were married for 1-4 years. This finding might be due variation of studied sample and different environment.

Regarding violence types, the current study result revealed that more than half of the studied divorced women exposed to mild sexual violence. Also, more than two fifths of women exposed to moderate economic violence and emotional violence. While, two fifths and more than one third of women exposed to behavioral violence and physical violence.

The current study result was in agreement with **El-Nimr et al. (2020)** who studied "Violence against Women in a Slum Area in Helwan, Cairo, Egypt" and found that two fifths of the studied women exposed to psychological or emotional violence, and about one third of the studied women exposed to physical violence in the past year. While, about half of studied women exposed to sexual violence, more two fifths of the studied women exposed to economic violence and social violence.

But, this result was incongruent with **Godin (2020)** who studied "As Cities Around the World Go on Lockdown, Victims of Domestic Violence Look for A Way Out" which carried out in United states and reported that majority of studied women exposed to sever behavioral violence. Also, more than half of studied sample exposed to physical violence. This finding is might be due to increase the life demands with low income is likely to generate stress, frustration, and sense of inadequacy which leads to economic violence.

Regarding levels of violence, the current study results revealed that more than three fifths of the studied divorced women exposed to moderate violence and one quarter of women exposed to severe violence while only minority of women exposed to mild violence. The current study result is in agreement with **Taylor & Shrive (2021)** who studied "I Thought It Was Just a Part of Life: Understanding the Scale of Violence Committed against Women in The UK" and reported that more than three fifths of the studied divorced women exposed to moderate violence

But, this result is incongruent with **Kim et al. (2023)** who studied "Self Stigma and Mental Health in Divorced Single Parent Women: Mediating Effect of Self Esteem" which carried out in Korean and reported that highest score of studied samples exposed to sever violence. This finding is might be due to increase family responsibilities and life requirements decrease the time of couples for talking and understanding each other, and cause stress in the family leading to disagreements and physical violence

Regarding self-esteem, the study results revealed that slightly more than three quarter of the studied women reported agree regarding "I feel that I suffer from psychological pressure more than others". Also, more than two thirds of women

reported somewhat agree regarding "I feel like an unloved person". Additionally, more than two fifth of women reported always regarding "I feel like a person who is accepted by others".

This result was in the same line with **Mendoza et al., (2020)** who studied "Strengthening Marriage in Egypt: Impact of Divorce on Women" which carried out in Egypt and found that more than two thirds of women reported somewhat regarding "I feel like an unloved person". On the other hand, this current result disagreed with **Hooker et al., (2020)** who studied "Differences in Help-Seeking Behaviors and Perceived Helpfulness of Services between Abused and Non-Abused Women" which carried in Australian and found that majority of studied sample reported "I feel that other people will not like me if they realize or know the truth about me".

Regarding level of self-esteem, the study results revealed that more than two thirds of the studied divorced women had low self-esteem while more than one quarter of women had high self-esteem. This result was in the same line with **Doherty et al., (2021)** who studied "Divorce ambivalence and reasons for divorce in Iran" and found that the majority of studied divorced women had low self-esteem.

Also, this finding was in agreement with **Dufner et al., (2019)** who studied "Self-Enhancement and Psychological Adjustment: A Meta-Analytic Review" which carried out in Japan and found that the highest mean score of studied samples had a low level of self-esteem. This finding might be due to divorced women are facing many problems such as inadequate financial resources, stigma resulting divorce and social pressure which cause impairment in psychological status and lead to destroy in self-worth and decrease curve of self-esteem.

Regarding relation between socio-demographic characteristics of the studied women and violence levels, the results revealed that there was a statistically significant relationship between total levels of violence among the studied women and age, consanguinity and financial status. While, there was no a statistically significant relationship between total levels of violence among the studied women and educational level, number of years of marriage, number of divorces for the same husband, choosing an ex-husband and have children from ex-husband.

This result was supported by **Bleidorn et al., (2021)** who studied "Charting Self Esteem during Marital Dissolution" which carried out in Iraq found that wasn't significant associations of exposure to violence with age, education or marital status. On the other hand, this result was disagreed with **Rowan et al., (2018)** who studied "Is Women's Empowerment Associated with Help-Seeking for Spousal Violence in India?" and found that two factors affected women's perspectives, namely: type of residence and level of education of women.

Regarding relation between socio-demographic characteristics of the studied women and total levels of self-esteem, the results revealed that there was no a statistically significant relationship between total levels of self-esteem of the studied women and socio-demographic characteristics except educational level that had a statistically significant relationship with total levels of self-esteem. This result was in agreement with **Langford (2022)** who studied "A Cognitive Behavioral Intervention for Low Self-Esteem in Young People Who Have Experienced Stigma, Prejudice, or Discrimination: An Uncontrolled Acceptability and Feasibility Study" which carried out in London and found that there was no significant statistical relationship between total levels of self-esteem of the studied women and socio-demographic.

While, this result was disagreed with **Mlawer et al., (2021)** who studied "Levels and Instability of Daily Self-Esteem in Adolescents: Relations to Depressive and Anxious Symptoms" which carried out in USA and found that four factors affected women's perspectives, namely number of divorces of women, choosing ex-husband, age, and financial status. This finding might be due to understanding of a highly educated women about how to overcome difficult circumstances in life and move forward.



Regarding correlation between total levels of violence and levels of self-esteem among the studied women, the results revealed that there was a significant statistical negative correlation between total levels of violence and total levels of self-esteem among the studied women. This result was supported by **Wilson & McGuire (2021)** who studied "They'd Already Made Their Minds Up': Understanding The Impact of Stigma on Parental Engagement" which carried out in Australia and found that a significant negative relation between dimensions of violence and self-esteem, along these lines, studies had suggested that there was a significant negative relation between self-esteem and aggression.

Conclusion

The present study concluded that, more than three fifths of the studied women exposed to moderate violence and one quarter of women exposed to severe violence a while only minority of women exposed to mild violence. Also, more than three fifths of the studied women had low self-esteem while one quarter of women had high self-esteem. There was a significant statistical negative correlation between total levels of violence and total levels of self-esteem among the studied women .

Recommendation

Based on the previous findings, the following recommendations are suggested :

- Implementing programs, seminars and workshops to enhance self-esteem and increase sense of fulfillment for divorced women in the health sector.
- Training nurses about early identification of women who are exposed to violence and providing psychosocial support.
- Psychosocial support for divorced women to gain communication skills and conflict resolution.
- Further research should be done with a larger sample size in a several and boarded geographical area.

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