

Assisting divorced women in society

Sociology



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Assisting Divorced Women in Society al Affiliation Assisting Divorced Women in Society Women face numerous challenges in contrast to their male counterparts, especially in regards to divorce, according to Hetherington (1993). Some of these problems are financially related, emotional, as well as legal. Legally speaking, divorced women face problems related to child custody and the stigmatization within the society owing to the divorce. This discussion focuses on the special needs of this group of women in a bid to find strategies to assist them.

Problems associated to divorced women are not unique to the modern world. In this light, some of the relevant data on this subject may be decades old. As accented to by Hetherington (1993), for instance, a divorce subsequent to a long marriage results to emotional distress on the part of the woman. Essentially, parents are the source of strength and support for their children. In the case of a distressed woman, the children lack this kind of assistance from their parents. To address emotional distress, Hetherington (1993) posits counseling sessions, peer meetings, and online support to include some of the best approaches to help these women overcome these emotional distress.

Hetherington (1993) also adduces that women who are separated from their husbands are likely to experience financial problems more than their male counterparts. As a consequence, the woman may be denied the custody of their children due to financial constraints. Programs that assist these women financially or those that teach them how to manage their money are a good way to help them tackle this issue. A sound financial base will lead to the overall happiness of the family and will foster the recovery process (Hetherington, 1993).

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Legal issues may also arise, for instance, the women may not afford the best attorneys to represent them in the court. The women may also not understand the legal requirements of the divorce process. To address these legal problems, Hetherington (1993) proposes that the offering of legal assistance and education may be a way that these mothers can be helped to ease the separation process.

Concisely, the separation of two married individuals presents challenges that affect the female more than it may on a male. Divorced women are more likely to experience emotional distress, financial problems, and experience lack of adequate legal information. Support groups could help mitigate emotional distress, provision of necessary legal information, and implementing programs to assist them raise the necessary finances are some of the methods to address these problems.

References

Hetherington, M. (1993), An overview of the Virginia Longitudinal Study of Divorce and Remarriage with a focus on early adolescence, *Journal of Family Psychology*, 7(1), 39