CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 Summary

Human gets education and training to become a social being. Further, to meet the natural need and to observe the social discipline, human gets married and live peacefully. In fact, marriage is basically a personal and social obligation, it is not compulsory. Man and woman must have freedom either to get married or to remain single. Nobody in this world would say that marriage is bad and there is no religion which is against marriage.

In marriage, each partner develops a complementary role, giving strength and moral courage to one another, each manifesting a supportive and appreciative recognition of the other’s skill in caring and providing for a family. There must be no thought of either man or woman being superior – each is complementary to the other; marriage is a partnership of equality, gentleness, generosity, clam and dedication. Unfortunately, nowadays,
sometimes the above commitments in marriage are diverted from its proper
direction and modern life is fraught with all kinds of tension and stress.
Doubtless, very often it is tension and stress that creates problems in many
marriages even leading to divorce or separation. Actually, intensive stress
starts after such separation of husband and wife. In fact, generally, a
divorced wife suffers a lot as compared to the husband.

Literature reveals that one of the important ways to relieve the stress
is yogic practices. Yoga, in fact, is a systematically scientific discipline for
enriching healthy life in human. Yoga is beyond any religion. It was,
therefore, thought Yoga might be a great reliever of stress especially for the
divorced women and hence this study. This study was conducted with the
following objectives:

- To study the psychological stress syndrome of women after
divorce in the context of Iranian society.

- To develop yoga education program for divorce related stress
  management of Iranian women.

- To study the effects of yoga education program on management
  of divorce related stress of Iranian women.
With the available review of research it was hypothesized that:

H$_1$: The divorced women would suffer from stress mediated mento-physical and behavioural problems.

H$_2$: The divorced women, who have higher level of stress, would show different reaction at physical, behavioural and mental levels.

H$_3$: There would be a significant effect of yoga education for management of divorce related stress of Iranian women.

A survey method followed by an experiment was conducted in this study. Further the experiment was conducted considering a parallel group design. Three hundred (n=300) female subjects from Tehran, Capital city of Iran who were divorced for the first time, were surveyed to assess the level of stress. Out of 300 subjects, 100 having high level of stress were finally retained as the sample for the experimental study. They were randomly assigned into two groups viz., experimental and control. Suitable yoga training for the divorced women was developed as a training intervention, which was imparted three days in a week in the evening for a total period of three months.
The result of percentage-wise analysis, Chi-square test, and t-test revealed that:

- The result revealed that level of stress as experienced by the divorced women was very high at mental, behavioural and physical levels and their percentages were 73, 68 and 57 respectively. Similarly, in case of average level of stress, the reactions at mental, behavioural and physical levels were 22, 23, and 31, whereas low level stress reactions were 5, 9, and 12 respectively.

- The result further indicates that there was no significant impact on reaction to stress among the divorced women especially who have average stress ($X^2=16, p>0.05$) or low stress ($X^2=10, p>0.05$).

- Further, the divorced women, who had higher level of stress, could show different reaction at physical, behavioural and mental levels ($X^2=36, p<0.01$). This result indicates that the mental reaction of the divorced women was severe than the behavioural and physical reactions. Thus, the divorced women were mostly affected mentally that has an adverse impact on their behavior and ultimately on the physical body.

- The result of the experiment was summarized herein as under:
• “Yoga training” showed significant superiority over the “Control” in reducing Physical reaction to stress \( (t= 7.32, p<0.01) \) (Fig. 4.1).

• “Yoga training” showed significant superiority over the “Control” in reducing Behavioural reaction to stress \( (t= 2.31, p<0.05) \) (Fig. 4.2).

• “Yoga training” showed significant superiority over the “Control” in reducing Mental reaction to stress \( (t= 2.26, p<0.05) \) (Fig. 4.3).

5.2 Conclusion

This study warrants the following conclusions:

• The divorced women suffer from a higher state of stress leading tremendously towards high mental pressure.

• Higher level of stress drastically affected the mental states of the women divorcees and their behavior too.

• Ultimate impact of high level of stress was reflected in terms of psychosomatic ailments and severe health complaints.

• Yoga training was found appropriate for stress management among the divorcees and could help to reduce significantly the stress reaction at physical, behavioural and mental levels.
5.3 Recommendations

On the basis of the result and conclusion, this study recommends that -

- Divorced women are to be properly guided in such a way so that they must not be victimized of high level of stress.

- Since yoga was found beneficial for reduction excessive stress and diminishing trend in other associated psychosomatic and health complaints, it may be strongly recommended especially for divorced women.

- Further studies on large number of female as well as male divorcees, in this direction, have also been suggested.

5.4 Contribution to the Knowledge

This study contributed to the literature of education regarding the rehabilitation of divorced women by managing associated stress and stress mediated health hazards. This investigation also adds quantum of knowledge about utility of a scientifically designed yoga exercises for restoring healthy emotional feelings among the recently divorced females. Now, it will be easy for the clinical counselors to suggest yogic exercise as the best remedy of divorce related stress especially in the Iranian context.