The Quality of Life of Women Divorced due to Domestic Violence

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Keywords	Abstract
_____ Quality of life, Divorced women, Domestic violence _____	_____ The Indonesian government defines domestic violence as any act of violence against a person, particularly women, that results in physical, sexual, psychological, or economic harm or suffering within the home. This encompasses threats of violence, coercion, and the deprivation of freedom. The high prevalence of domestic violence and the negative impacts that occur on victims of domestic violence make problems related to domestic violence a significant problem that affects the quality of life. This research employs a qualitative research method with a case study approach, with the objective of elucidating the quality of life of women who are divorced as a result of domestic violence. The findings of this study indicate that the participants' physical condition deteriorated following divorce, increasing their susceptibility to disease. Furthermore, the psychological condition of the participants was found to be poor, their spiritual quality was low, and their social relationships declined. However, following the commencement of employment, women who were divorced due to domestic violence were ultimately able to enhance their quality of life, including attaining greater financial stability and psychological well-being. This was characterized by a lack of fear and depression. Furthermore, there was a discernible improvement in their quality of life in social relationships, manifested in the form of numerous interpersonal connections.

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INTRODUCTION

Specifically, the definition of domestic violence is explained in Article 1 of Law Number 23 of 2004, which states that domestic violence is any act against a person, especially a woman, that results in physical, sexual, psychological suffering or distress, and/or household neglect, including threats to commit acts, coercion, or deprivation of liberty unlawfully within the household (Peraturan Pemerintahan RI, 2004). One of the consequences of domestic violence is that it can lead to household breakdown or divorce (Maghfiroh, 2019).

In Indonesia, the causes of divorce are specifically regulated in Article 39 paragraph (2) of Law Number 1 of 1974 concerning Marriage, namely: 1) One of the parties commits adultery or becomes a drunkard, addict, gambler, and so on that is difficult to cure; 2) One of the parties abandons the other for 2 (two) consecutive years without the permission of the other party and without a valid reason or due to other reasons beyond his or her control; 3) One of the parties is sentenced to imprisonment for 5 (five) years or more after the marriage takes place, one of the parties commits cruelty or severe mistreatment that endangers the other party; 4) One of the parties has a physical disability or illness that prevents him or her from carrying out his or her duties as a wife; 5) There is continuous disagreement and quarreling between husband and wife and there is no hope of living harmoniously in the household anymore.

The high prevalence of domestic violence (DV) and the negative impacts it has on victims make DV a serious issue. In a seven-month period from January to July 2023, there were 12,359 reported cases of DV, according to the website of the Ministry of Women's Empowerment and Child Protection (KEMENPPA), with 11,092 of the victims being women. This number continues to increase over time (Sari, 2020) Women who divorce due to DV face specific challenges. The phenomenon of domestic violence has serious physical and psychological consequences. The psychological effects of DV can include loss of self-esteem, trauma from witnessing events similar to those experienced, and fear of engaging in daily activities (Maisah & Yenti, 2016). Many people have come to understand DV as being limited to physical violence, but it is more than that, including psychological, sexual, and neglectful abuse. DV causes serious trauma to victims (Slamet, 2021)

Quality of life can be measured based on physical, psychological (cognitive and emotional), and social conditions. When all three conditions are better, the quality of life will also be better (Jacob & Sandjaya, 2018). However, in reality, there are still individuals who experience low quality of life, both physically, mentally, and socially. The study by Peña-Longobardo et al. (2021) shows that widows have a lower quality of life, especially with negative impacts on physical and mental health that are worse than married women. According to Perkins et al. (2016), divorced women have poor physical health quality, such as being more susceptible to chronic diseases, and lower mental health quality, such as giving low self-esteem, stress, and

psychological pressure, compared to married women. In addition, the study by (Sirait & Minauli, 2015) found that divorced women have more difficulty dealing with social environmental problems, especially for women who have been divorced. These individuals are not only ostracized from social activities but even worse, such as losing old friends, which can affect their quality of life.

Researchers conducted preliminary interviews with three women who divorced due to domestic violence using the aspects of the Indonesian Quality of Life Measurement (KHI) developed by Laratmase (2016) on August 10, 2023, September 14, and September 17, 2023. It was found from the three participants that all three participants had lower health aspects after divorcing due to domestic violence. This is indicated by being more susceptible to illness when there is too much pressure, such as thinking too much about problems. Then, in the psychological aspect, the three participants stated that there was a fear of the negative stigma of widows in the eyes of society. Konstam et al., (2016) described that when a woman divorces, society places various stigmas on her. A divorced woman will face problems caused by divorce, one of which is hostility (Widiastuti, 2021).

In the social relations aspect, the three participants felt uncomfortable and tended to limit activities related to the environment. One of the participants, said that the community's view of her was very low because the participant had failed to build her marriage for the second time.

> *"...fear of what other people will see, sis... that is what I am most afraid*
> *of even though we are not that bad, right? The image of widows is*
> *very negative in the eyes of society." **(P-03, W1,7-11-23,500-505)***

In the religious and spiritual aspect, two of the three participants were low because both participants felt that God was unfair and felt far from God. From the results of the interview, it can be concluded that the quality of life of the participants viewed from the aspects of the Indonesian Quality of Life Measurement developed by Laratmase (2016) still experiences various problems where these problems can have an impact on the low quality of life of women who divorce due to domestic violence.

The quality of life of each individual is different depending on how each individual deals with the problems that occur in their lives. If they face it positively, then their quality of life will be good, but on the other hand, if they face it negatively, then their quality of life will be bad (Larasati, 2015). In the phenomenon of women who divorce due to domestic violence (DV), individuals will experience the double impact of problems, namely from divorce and social stigma. DV occurs in a personal sphere full of emotional relations, and its resolution is not as easy as criminal cases in the public context. The voices of women or victims of violence tend to be silenced. There are several reasons that cause acts of DV, like an iceberg phenomenon where

the surface looks small but if examined further, it will be seen that violence against women is not only physical, psychological, sexual, but also economic, so that it will leave trauma for the victim and affect the victim's quality of life in the future (Holy, 2022). Therefore, research on the picture of quality of life in women who divorce because they experience DV is considered quite important to be studied.

METHOD
Design

The method in this research uses qualitative methods, i.e. research based on postpositivism or interpretative philosophy, or constructive and used to study natural objects (Sugiyono & Lestari, 2021). Sugiyono (2017) This research will be studied using a case study approach. This study will describe in the form of a description of something as clearly as possible without any treatment to the object of the study, that is, how the quality of life in women who divorced because of domestic violence (Ruslan, 2013).

Participants

The subject of this study is a woman who has divorced three individuals. The objective of this study is to examine the quality of life in women who have divorced as a result of domestic violence. Additionally, the study employed three informants who were closely related to the participants. The data on the participants and informants can be found in Tables 1 and 2 below.

Table 1
Participant Profile

Identity	Participant 1	Participant 2	Participant 3
Name (initials)	P-01	P-02	P-03
Age	27	25	28
Last education	Bachelor	High School	High School
Work	Nurse	Private employee	Unemployee
Maritial Status	Divorce	Divorce	Divorce
Number of Children	-	1 (one)	1 (one)
Marriage Duration	2	3	1
Year of Divorce	2022	2022	2022
Address	Central Java	West Java	Lampung

Tabel 2
Significant Others Profile

Identity	Informan 1	Informan 2	Informan 3
Name (Initials)	I-01	I-02	I-03
Age	25	28	23
Job	Teacher	Housewife	Undergraduate

Relationship with the participant	Cousin	Sibling	Sibling

Instruments

This research uses the in-depth interview technique, which is the data collection technique performed by the researcher to obtain information orally through questions and answers that are directly faced with a number of informants who can provide information related to the research problem (Sugiyono, 2017). In-depth interviews can dig up information more deeply, openly, and freely (Moelong, 2005). Women who are divorced due to domestic violence are less open in providing information because of the stigma. Therefore, in-depth interviews are necessary, apart from being able to construct meaning from an event provided by participants (Esterberg, 2002).

Procedure

Before conducting the interview, the researcher prepares the guidelines for the interview in the form of a list of questions asked to the participants. After creating the interview guide, researchers then conduct a professional judgement process to test the validity of the questions in the interview guideline. The researchers will conduct the interview process after obtaining the approval of the judgement professional. In the process of interviews, researchers used supporting tools such as cell phones that were useful for recording voices, writing tools and books to further facilitate data collection. In the process, the interview was conducted via a video call.

The researchers had conducted pre-research with prospective participants on August until September 2023. This pre-research interview aims to build a report so that the prospective participants are prepared to become research participants. The researchers began conducting interviews to collect research data in November 2023. Retrieval of research data with participants was done via a video call according to the participants' agreement because the participant's domicile was different from the researcher's. After conducting interviews with the participants, the researchers continued to interview the research informants in November 2023. The collection of research data with the informants was also done online via whatsapp according to the informant's agreement.

Table 3
Schedule Interviews with Research Participants and Informants

No	Research Participants/Informant	Frequency and Duration of Interview
1	P-01	Twice; each 50 minutes
2	P-02	Twice; each 48 minutes
3	P-03	Twice; each 65 minutes
4	I-01	Once; 46 minutes

5	I-02	Once; 40 minutes
6	I-03	Once; 40 minutes

Data Analysis

In this study data analysis uses descriptive analysis with the latest 4 stages of interactive model from Miles et al., (2014), namely data collection, data condensation, data display, and the final step is conclusion drawing and verification. (conclusion drawing and verification).

RESULT

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Table 4
The Result of the Coding

Themes	P-01	P-02	P-03
Experiences of violence that are the reason for divorce	Domestic Violence caused by online gambling problems	Domestic Violence occurs because of infidelity	Domestic Violence occurs because of economic problems
Divorce decision making	Talking to parents, discussing divorce, feeling better divorced than continuing to get abused.	Considering divorce as the best way out and unable to endure the ongoing abuse.	The husband's physical abuse and slander towards his children instilled in her the courage to divorce.
	Physical violence: Slap, Kick, Strangle	Physical violence: Beating Involving Punches, Kicks and Strangulation	Physical violence: Beating Involving Punches, Kicks and Strangulation
The act of divorcing	Medical report, assisted in filing a divorce lawsuit by a parent's friend	Medical report, evicted husband from home and filed for divorce	Left the house with the marriage certificate to file for divorce
Physical condition	Susceptible to illness: Fever	Susceptible to illness: Migraine, headache, fever	Susceptible to illness: Headache, dizziness, fever, stomach upset
	Causes: Stress	Causes: Stress	Causes: Stress, infrequent eating
Poor psychological state after divorce	Thoughts: There are those who blame the decision to divorce	Thoughts: Many considerations for remarrying	Thoughts: Child is being bullied
	Emotions: Trauma, regret, sadness, worry, fear of	Emotions: Trauma, fear of future	Emotions: Trauma, sadness, devastated,

	marital failure, despair, pressure, stress, fear of leaving the house	partner's violence, sadness, anxiety, fear of child being bullied, fear of societal stigma, depression	anxious, ashamed, stressed, afraid of societal stigma
	Actions: Silence, smoking as an outlet, withdrawing from social circles	Actions: Positive affirmations	Actions: Self-blame, self-isolation, inability to forgive oneself
Social relationships	Thoughts: Societal judgment and belittlement Emotions: Fear of being looked down upon Actions: Limiting interactions with neighbors and staying at home	Thoughts: Positive relationships with society Emotions: Fear of being looked down upon Actions: Positive affirmation that not all divorced women are bad	Thoughts: Shifting societal perceptions Emotions: Fear of societal stigma Actions: Rarely going out of the house
Relationship with God	Thoughts: To think that God is unfair Emotions: Sad Actions: Seldom prays, blames God	Thoughts: Doubting God's path Emotions: Disappointed Actions: Continues to introduce God to their child through religious practices	Thoughts: Being grateful and drawing closer to God, seeing their divorce as a test Emotions: Happy Actions: Pray and supplicate
Work	Emerging thought: Income helps personal development, don't want to be a burden to parents Actions: Work	Emerging thoughts: Working is the way to meet daily needs and children's education expenses, there is societal pressure that having a job will be much more respected Actions: Work	Emerging thoughts: Needs increased after the divorce, so decided to look for a job Action: looking for work
Positive benefits of working after a divorce	Psychological: No longer feeling afraid due to improved financial situation	Psychological: No longer feeling pressured due to significantly improved financial and work situation	

DISCUSSION

In this study, several themes have been acquired: experiences of violence that are the reason for divorce, decision-making to get divorced, divorce action, post-divorce physical condition, poor psychological condition after divorce, social relationships, relationships with God, work, and positive benefits after work. First of all, we will discuss the experiences of violence and divorce experienced by the participants. Participant (P-01), 27-year-old, divorced in 2022, the reason for the divorce was because of domestic violence. After the divorce, Participant (P-01) decided to work. The violence experienced by Participant (P-01) was caused by the fact that participant a was angry with her husband playing online gambling.

The Participants (P-02), 25-years-old, have a job and have a three-year-old daughter. Participant (P-02) was divorced in 2022. The experience of violence that Participant (P-02) experienced was caused by the anger to her husband for playing online dating apps and cheating on her. The third, Participant (P-03), 28-years-old and has a 7-year-old daughter. Divorce became a choice for the three participants because of the violence she experienced, divorce was the best attempt to be free from the violence committed by her husband (Sukeri & Man, 2017). Next was the decision to divorce from the three participants namely the presence of support from the parents such as help to take care of the divorce by the parent partner and moral support as well as the courage that emerged to apply for divorce after the husband dared to commit violence against his child. The findings are in line with Sari (2020) findings about a woman's decision to divorce based on perceptions and beliefs about her husband's bad nature and behavior that her wife believes is not appropriate to her role and function.

After experiencing a series of divorce decisions, the participant finally filed for divorce from her husband and left the house with a marriage certificate. The divorce arrangements were supported by her parents. This finding is also in line with Santoso (2023), the participant examines the injury or suffering experienced in order to obtain a medical result (visum) that will later be used as evidence required in the divorce trial.

Life after a divorce for a woman gets a lot of difficulties that can affect her quality of life such as physical, psychological and other conditions of social relationships. (Saputri et al., 2023). It was felt by the three participants who felt there was a decrease in the physical condition where the participants became more susceptible to illness caused by the post-divorce mental burden. Three participants felt pain such as fever, migraine, headache, dizziness, and stomach caused due to irregular eating so that it would affect the quality of life of the participants.

In addition to physical condition there are also psychological conditions experienced by the three participants caused by the minds of the party that blames the participant for his decision to divorce, the consideration of remarriage, and the child participant who gets bully behavior. It then provokes a reaction of trauma,

regret, sadness, ruin, depression, fear, anxiety, inability to forgive oneself and feelings of shame. According to a study by Maisah & Yenti (2016) that divorce caused by domestic violence affects a decrease in quality of life due to psychological stresses such as loss of self-confidence, trauma when seeing violence experienced, and fear of everyday activities (Yuliati, 2011). The actions performed by the participants on such psychological stresses are silent, smoking, giving positive affirmations, blaming themselves and wiithdrawl themselves. The findings are consistent with (Vildayanti et al., 2018) study where poor psychological conditions such as emotional sadness, shame, depression, fear, despair and anxiety make participants withdraw from the environment by spending more time indoors (Vildayanti et al., 2018).

There was a thought about the public's bad view of divorced women making both participants, Participant (P-01) and Participant (P-03), restrict interaction with social and choose home alone because of the fear of the participant about the bad stigma of society about divorcing women. Negative views of divorced women often lead society to give negative stigma such as harassment of husbands, poor women's personality and so on (Nurlian et al., 2019). The inability to adapt to the changing new situation can reduce the quality of life of a woman who has been divorced especially in the single mother because of the loss of her well-being (Moniex, 2020).

However, in Participant (P-02)'s case, although he feels afraid of being underestimated by the public about his divorced status, the participants feel that his relationship with the public is quite good because of the positive affirmation that participant 2 makes to him that not all divorced women are bad. Sherman & Hartson (2011) revealed that making positive affirmations would help participants fight stress or threatening circumstances and enable individuals to look at themselves from a broader perspective and would affect a much better quality of life.

The experience of violence and divorce makes both Participants (P-01) and (P-02) feel distant from God and feel that God is unjust in their lives so it makes the participants rarely worship and there is a feeling of doubt about God. The influence of the stress burden experienced affects the quality of poor religiousness on post-divorce adjustment (Muhammad et al., 2019). The efforts undertaken by participants are consistent with the findings of Farhanindya & Rista (2019) that when the participants multiply worship then will help the participants in emotional recovery.

There's work making participants can improve their quality of life. The quality of life of a working woman has a positive relationship with the social support she receives (Siregar, 2018). Working participants felt that the financial improvement affected their social and psychological relationship like no longer feeling afraid or depressed. This is in line with the study of Anwar et al. (2022) that working women would not experience difficulties in life because they already had a job and could help them improve their careers. One of the weaknesses of this study is that the

interviews were conducted online, so the researcher had no direct observations that could be the basis for meaning.

CONCLUSION

From the results of this research, it can be concluded that the dynamics after the decision to divorce led to a physical decline in the quality of life of the participants. Divorced women are more prone to illnesses such as fever, headaches and ulcers caused by the problems they face. However, this makes divorced women feel closer to God. After the dissolution of their marriage, the participants began to perceive income as a crucial factor in their self-development and social standing. The results of the study showed that there were positive financial benefits for the participants, which led to a reduction in feelings of anxiety and depression. In addition, there are positive social relationship benefits that participants experience when they have numerous relationships. This suggests an improvement in quality of life in the psychological domain.

Theoretical suggestions for future researchers are to be able to describe in more detail how the lives of women who divorce due to violence have a spiritual meaning in their lives. Practical advice for women experiencing domestic violence is that they can become empowered women by setting priorities such as work and children. Accept, forgive, and focus on maintaining psychological health.

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