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Orginal Article

Examining the Challenges, Obstacles, Motivations and Success Factors in Remarriage Based on the Lived Experience of Divorced Women with a History of Remarriage

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Abstract

The aim of the present study was to identify the challenges, obstacles, motivations, and success factors in remarriage based on the lived experience of divorced women with a history of remarriage. The present research design is applied in terms of purpose and qualitative research in terms of data collection methods. The qualitative part of the research was phenomenological, and data analysis was conducted using content analysis and coding using Collaizi's seven-step method. The statistical population of the qualitative section included all divorced women from Yazd or residing in the city of Yazd in 2023 who had a history of remarriage of at least 6 months. It was conducted using purposive sampling and a semi-structured interview method. The number of participants was selected based on the saturation criterion, which we reached after interviewing 15 people. The interview texts were analyzed using coding, and finally 232 concepts, 30 primary codes, 15 main themes, and 48 subthemes were extracted from the lived experiences of divorced women with a history of remarriage. The pre-

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remarriage counseling model was developed in 11 sessions. To validate the designed counseling package, the package was provided to 10 professors and experts in the field of marriage and family psychology and analyzed through content and validity. And the test result in all items related to content and validity was higher than 0.7, indicating the suitability of the package. Therefore, the results confirmed the validity of the developed counseling package.

Keywords: Remarriage, divorced women, pre-remarriage counseling.

Extended Abstract

Introduction

The purpose of the current research was to identify the challenges, obstacles, motivations, and success factors in remarriage based on the lived experience of women with a history of remarriage and compiling and validating a native counseling package before remarriage for divorced women in Yazd .Following the increasing number of divorces in societies and the transformation of families, remarriage is gaining meaning as a justified and logical method, and the rate of remarriage will increase in accordance with the increase in the rate of divorce and widowhood. The remarriage ratio of divorced Iranian men is 6% higher than that of Western men, and the remarriage ratio of divorced Iranian women is 25% lower than that of Western women. In Iran, research has reported a high level of willingness to remarry among female heads of households. But this statistic shows the fact that a significant part of women after divorce and the death of their spouse, despite their desire to remarry, are less likely to remarry compared to men, and we see a gender difference in remarrying. The number of unmarried women who are left alone due to the death of their spouses is 6 times more than men whose spouses died, and the number of divorced women is 2 times more than separated men.

Method

The current research design is practical in terms of purpose, and in terms of data collection method, it is exploratory mixed research. The stage of formulating the model is the qualitative part of the research, and it is of the "lived experience of experts", "theme analysis" and

"contextual" type. The statistical population of the qualitative part includes all divorced women from Yazd or living in Yazd who have a history of remarriage for at least 6 months. Fayaz Bakhsh, Bulurian, and Rasta were selected and answered the researcher's questions with a semi-structured interview method. The number of participants was selected based on the saturation criterion, and after interviewing 15 people, we reached the saturation stage.

Results

In the end, 232 concepts, 30 primary codes, 15 main themes (themes), and 48 sub-themes (categories) were extracted from the lived experiences of divorced women with a history of remarriage. The main categories include issues related to children, ex-wives, conditions of suitors, fear of failure again, re-parenting, cultural issues, stereotypical views of divorced women, marriage background, premarital dating, similarities, skills, determining the boundaries of relationships, freedom from social pressures, fulfilling needs, and mental health. Also, psychological theories, theories related to marriage and divorce, counseling methods used by domestic and foreign counselors and experts, and religious teachings related to marriage were examined, and a pre-remarriage counseling model was compiled in 11 sessions (45 to 60 minutes).

Discussion

The results confirmed the validity of the compiled consultation package. One of the vulnerable sections of society is women heads of households who are responsible for their lives and children due to divorce or the death of their husbands. No matter how much social support is provided to this group, there remains an unfulfilled need that can only be solved through successful remarriage. In this research, an attempt was made to investigate the lived experience of divorced women regarding remarriage. According to the results obtained from the interviews with women with a history of remarriage, cases related to remarriage fall into 4 general categories: remarriage challenges, remarriage obstacles, remarriage success factors, and remarriage motivation. Raising and maintaining children, different financial perspectives, re-parenting, and one of the most important challenges of remarriage, stereotypical views of married women, and previous marriage background are among the most important obstacles to remarriage and marital skills, and during the time of getting to know one another, the most important success factors in remarriage are economic security, satisfying emotional-sexual needs, and reducing social vulnerability.

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