



Relationship Dissatisfaction and Other Risk Factors for Divorce on the Example of Norway

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ABSTRACT

Over the past 50 years, there has been a marked increase in the number of divorces in most Western societies. The breakdown of relationships is associated with negative consequences for both adults and children, so it is important to understand the factors that help maintain family stability. Prospective studies conducted in Norway in over 18,000 thousand couples experiencing relationship difficulties were reviewed, and the effects of interaction between relationship dissatisfaction and other predictors of marriage breakup were also considered. At the end of the scientific article, conclusions will be given on the comparison of problems with divorces in Norway with Uzbekistan.

Keywords:

divorce, family, spouses, marriage, trust, crisis, statistics, values, youth

Most Western societies have seen a significant increase in divorce over the last 50 years, peaking in the 1980s. Data for the last 10 years show fluctuating divorce rates in the U.S. and Europe. Regardless of the fluctuations and different trends over the last decade, the divorce rate in 2007 in almost all Western countries is higher than it was in the early 1970's. Divorce rates remain high, and there is little sign of a trend change.

The U.S. now has the highest divorce rate of any Western country. According to the National Center for Health Statistics, the divorce rate in 2009 was 3.5 per 1,000 people. About half of all first marriages in the U.S. end in separation or divorce, with divorce rates for second marriages even higher. Norway, where the study was taken has the lowest divorce rate of the Nordic countries, i.e., 2.1 per 1000 people in 2008 (Eurostat, 2010). In Norway there were

23,600 new marriages in 2010 and 10,300 marriages ended in divorce in the same year (Statistics Norway, 2011). Cohabiting unions are even more likely to break up than marriages. In Norway, cohabiting couples are three times more likely to divorce than married couples, even couples who have children together. It should be noted that there are cultural differences in attitudes toward cohabitation in different countries. For example, cohabitation is more common in Scandinavian countries than in Uzbekistan, where this phenomenon is condemned at the level of universal values and mentality, and is not reflected in the law in any way.

On average, married people have better mental and physical health than unmarried people, and the protective effects of marriage are noticeably stronger for men than for women. Most studies report that creating a

marital union improves mental health, while losing a spouse negatively affects mental health. Compared to married people, divorced and single people tend to have poorer mental and physical health than permanently married people, both in the United States and in European countries, including Norway, Sweden and England. In addition to the emotional and physical health consequences, there are also serious social and financial consequences for divorcing and separating couples. Despite the small average consequences, the high prevalence of divorce leads to a significant number of children with various adjustment problems. Thus, divorce and the dissolution of relationships affect a significant portion of the population and are an important public health issue. Which is not unimportant for Uzbekistan given the prevalence of divorce among young partners. Consequently, identifying risk factors for divorce and relationship dissolution is an important task for the study of this issue. Knowledge of such factors can, among other things, enable social workers to conduct targeted prevention activities for those couples who are at increased risk of marital dissolution.

There is ample evidence of a cross-correlation between mental health problems such as depression and divorce/divorce. Depression is associated with an increased risk of divorce in both men and women, but nevertheless, the connection is probably bidirectional. Not only is depression associated with subsequent divorce, suggesting that depression (or its consequences) can worsen relationships to the point of divorce, but loss of personal relationships also creates a significant risk of depression. Interestingly, in some cases depression can be associated with being in an unhappy marriage. The main picture that emerges, however, is that higher levels of anxiety and depression symptoms are associated with the breakdown of personal relationships, which can subsequently lead to divorce.

It can be hypothesized that socio-demographic events such as getting married as a teenager, not having children from a current marriage, having children from a previous union, being in a second or higher order

marriage, living together before marriage, not having a religious affiliation, not having the same religion as the spouse, living in an urban area and growing up in a family without two continuously married parents, have a significant impact on marriage.

Relationship dissatisfaction, especially in women, and low levels of education in men are important predictors of relationship breakdown, although other factors are also associated with marriage breakdown.

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