

Rising Divorce Rates: A Study of Muslim Women in District Srinagar

Abstract

In recent years, District Srinagar has witnessed a noticeable increase in divorce cases, despite historically low rates. Divorce, once considered socially unacceptable, is now becoming more common, particularly among younger women. This shift reflects changing social patterns, including marital conflicts, the transition to nuclear families, and increased awareness of women's rights.

This study focuses on the impact of divorce on Muslim women in District Srinagar, regardless of their socio-economic background. The findings suggest that divorced women often face emotional distress, financial difficulties, and social stigma. Many also take on the full responsibility of raising children without support from their former spouses.

The study highlights the need for social and institutional support to improve the lives of divorced women in Srinagar.

Introduction

Traditionally, divorce was rare in District Srinagar and was strongly discouraged within society. Marriage was viewed as a lifelong bond, and separation often led to social criticism, especially for women. However, over time, there has been a gradual increase in divorce cases in the district.

This change is influenced by several factors, such as increasing marital disputes, reduced tolerance for unhappy marriages, and the shift from joint family systems to nuclear families. Women today are more aware of their rights and are more willing to leave relationships that are abusive or unsatisfactory. [1,2]

While this reflects a positive shift towards independence, it also creates new challenges. Divorced women often face financial insecurity, emotional stress, and social isolation. This study aims to examine these issues in the specific context of District Srinagar. [3]

Research Article

Fizana Ashraf Malik^{1*}, Huma Akhtar Malik²

¹Gd Goenka University, Haryana, India

²Bhagwant university, Rajasthan, India

*Correspondence: Ashraf Malik F. Gd Goenka University, Haryana, India.

Email: mfiza4230@gmail.com

Received: 10 May, 2026; Accepted: 29 May, 2026;

Published: 05 June, 2026.

Copyright: © 2026 Ashraf Malik F. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Objectives of the Study

1. To study the rising trend of divorce in District Srinagar.
2. To identify the major causes of divorce among Muslim women.
3. To analyze the social, emotional, and economic impact of divorce.
4. To examine the challenges faced by divorced women, particularly single mothers.

Research Methodology

The study is based on a descriptive research design.

- Primary Data: Collected through interviews and questionnaires with divorced Muslim women in District Srinagar.
- Secondary Data: Collected from books, journals, and previous research studies.

Sampling Technique

A combination of purposive sampling and convenience sampling was used.

- **Purposive Sampling:** Respondents were selected based on the specific criterion of being divorced Muslim women.

- **Convenience Sampling:** Participants who were accessible and willing to share their experiences were included.
- **Sample Size:** 50 respondents
- **Study Area:** District Srinagar
- **Criteria:** Divorced Muslim women of different age groups and backgrounds

Data Presentation and Analysis

Age Group	Number	Percentage
21-30	20	40%
31-40	15	30%
41-50	10	20%
51+	5	10%
Total	50	100%

Table 1. Age Distribution of Respondents

Analysis

The data shows that most divorced women belong to the younger age group, indicating a shift in attitudes towards marriage among younger generations in Srinagar.

Status	Number	Percentage
Employed	18	36%
Unemployed	32	64%
Total.	50	100%

Table 2. Employment Status

Analysis

A majority of respondents are unemployed, which increases their dependence on family members after divorce.

Category	Number	Percentage
Mother responsible	35	70%
Shared responsibility	5	10%
Father responsible	2	4%
No children	8	16%
Total	50	100%

Table 3. Responsibility of Children

Analysis

Most women take full responsibility for their children,

reflecting the challenges of single parenthood in Srinagar.

Level of Stress	Number	Percentage
High.	28	56%
Moderate	15	30%
Low.	7	14%
Total	50	100%

Table 4. Emotional Impact

Analysis

The majority of respondents experience high emotional stress, highlighting the psychological impact of divorce.

Discussion

The findings of the study indicate that divorce in District Srinagar is increasing, particularly among younger women. The reasons include marital conflicts, lack of understanding between partners, and interference from extended family members. [4,5]

Although divorce allows women to leave difficult marriages, it often leads to new struggles. Financial problems are common, especially among unemployed women. Social stigma continues to affect their acceptance in society.

Single parenthood is another major challenge, as most women are solely responsible for their children. Despite these difficulties, many women show strength and attempt to rebuild their lives, reflecting gradual social change in Srinagar.

Conclusion

The study concludes that divorce has a significant impact on Muslim women in District Srinagar. While increasing divorce rates indicate growing awareness and independence among women, they also reveal serious social and economic challenges. [6]

Divorced women often face emotional stress, financial hardship, and social stigma. The responsibility of raising children alone further adds to their difficulties.

There is a strong need for better support systems, including employment opportunities, counseling services, and social acceptance, to help divorced women lead stable and respectful lives.

References

1. Baum, N., G. Rahav, and D. Sharon. 2005. "Changes in the Self-concepts of Divorced Women." *Journal of Divorce and Remarriage* 43 (1-2): 47–67.
2. BBC News. 2010. "India Moves to Make It Easier to Divorce." June 10, 2010.
3. Rina, Chandran. "An Easier End to Unhappy Marriages in India? India Insight." Blogs. (2010).
4. Lorenz, Frederick O., K. A. S. Wickrama, Rand D. Conger, and Glen H. Elder Jr. "The short-term and decade-long effects of divorce on women's midlife health." *Journal of health and social behavior* 47, no. 2 (2006): 111-125.
5. Rodgers, Kathleen Boyce, and Hilary A. Rose. "Personal, family, and school factors related to adolescent academic performance: A comparison by family structure." *Marriage & family review* 33, no. 4 (2001): 47-61.
6. Santrock, J. W. 2003. *Adolescence*. New York: Tata McGraw Hill.

Citation: Ashraf, Malik F, Akhtar Malik H "Rising Divorce Rates: A Study of Muslim Women in District Srinagar." *J Glob Entrep Manage* (2026): 153. DOI: [10.59462/3068-174X.4.4.153](https://doi.org/10.59462/3068-174X.4.4.153).