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Post-divorced experiences, Scale construction.

## Development and Validation of Post-Divorced Personal Experiences of Women Scale

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**ABSTRACT:** Divorce, which ends the marital association, is defined as the dissolution of a marriage allowing them to remarry someone else (Christopher, 1999). Divorce does not occur quickly. There are various stressors that people experience during the pre-divorce period that badly affect the mental and physical health of adults as well as offspring. At the end, some persons experience short-term or long-term stress according to their situations. Numerous studies disclose divorce as a traumatic experience revealing the social, emotional and mental vulnerability of the divorced females. The present study aimed at developing reliable and valid measure of post-divorced personal experiences of women. The research has three studies: Query study the researcher developed an item pool of 50 items based on previous literature, interviews, of divorce women and expert opinion. The item pool was administered to a purposive sample of 250 divorced women with children. As a outcome of exploratory factor analysis demonstrated three-dimensional factor solution. Confirmatory factor analysis established the obtained three-dimensional factor solution in study II of the study with an excellent model fit. All the fit indices yielded acceptable range. The values of factor loading and Cronbach alpha reliability confirmed the internal consistency and psychometric properties of post divorced personal experiences of women. This scales would be helpful to measure the post-divorced personal experiences of women. The limitation of the study along with suggestions and implications were also discussed.

## INTRODUCTION

Marriage is a vital relationship between a male and a female. A strong corporeal and emotive association between a married couples makes a necessary contribution to the common good for the household and the larger society in a particular culture (Hashmi et al., 2007). Divorce, which ends the marital relationship, is defined as the end of a marriage allowing them to remarry someone else (Christopher, 1999). The Arabic word for divorce is *talaq* which means "releasing the knot" (Imam Raghīb). In the terminology of the jurists. Talaq denotes the ends of marriage, or the dissolution of its legality by the announcement of certain words.

Divorce is seen as a negative experience of life related with depression and anxiety (Fincham & Beach, 1999). Numerous studies reveal divorce as a stressful experience exposing the societal, emotive and mental vulnerability of the divorced woman. Divorce is a taboo for women and the trials of a single mother. Blaming a divorced female is another way of burdening her for bearing the accountability of marital bonding through compliance to husband and in-laws. People were showing their sympathy in an

unsympathetic way to divorced women. This behavior was triggering a sense of guilt, vulnerability, and pity in the divorced women, and eventually, they were separating themselves socially and mentally (Qamar & Faizan, 2021). Divorce's mental health indicators are associated with depression, anger, low self-esteem, and anxiety (Panah & Mustaffa, 2019). Zafeer et al., (2022) conducted study to find out social and psychological causes which negatively influence among married and divorced females. Khalid, et al. (2023) revealed in their study that during the post-divorce period, divorced mothers revealed a high level of stress in providing the right place to their offspring in society.

Review of literature suggested that Fisher Divorce Adjustment Scale (FDAS; Fisher, 1978) was developed to assess level of adjustment after divorce; in this scale he also discussed feelings and experiences of divorced people and also discussed their adjustment after divorce but the current scale specifically design for divorced women with children and their personal experiences after divorce, because in Pakistan women face lot of challenges with children after divorce. Pertinent to Pakistani perspective, most of the time father snatch the children from mother so she may face many issues and financial crisis after divorce so this may help to study their personal post-divorced experiences of women in Pakistani culture. Hung (2020) conducted study on the experiences of married and divorce women. The results revealed about a gradual shift towards attitudes of divorce women. Though, concerns about offspring's well-being and persistent societal stigma continue to make divorce a problematic and emotionally challenging decision for many women.

Existing indigenous literature witness to the fact that there is no valid instrument for post-divorce personal experiences of women is available in Pakistan. It is assumed that there is need to develop a reliable and valid instrument to measure of post-divorced personal experiences of women. The rationale behind construction of scale was that divorced women frequently experience unique psychosocial challenges, including emotional distress, reduced self-efficacy, and societal stigma which were assessed by other psychological constructs, such as depression and anxiety. It is justified to have an instrument that specifically measure post-divorced personal experiences of women. So the present scales provides a psychometrically sound measure for assessing post-divorced personal experiences of women which help to measure depression, reduce self-efficacy and perceived societal blaming in divorced women. This scale will be valuable tool for future research, clinical assessment, and intervention planning of divorced women.

The present study has the following objectives

1. To develop an indigenous scale for the measurement of the Post-Divorced Personal Experiences of Women Scale.
2. To determine the psychometric properties of the Post-Divorced Personal Experiences of Women Scale.

The present research employed a mixed-method approach, comprising three interconnected studies. **Study I** utilized a qualitative design to explore the psychological and social dimensions of women's post-divorce experiences through in-depth interviews. Themes were developed from participants' narratives and the existing literature.

**Study II** adopted a quantitative approach and involved three phases: (i) scale development through Exploratory Factor Analysis (EFA), (ii) translation and validation of scales, and (iii) Confirmatory Factor Analysis (CFA) to establish construct validity.

## METHOD

This section describes the systematic procedures, measures, and sample characteristics of the entire study used to develop and validate the scales for post-divorced personal experiences of women.

## RESEARCH PLAN

The current research employs a mixed-methods approach comprising three studies. Study I was a qualitative study, while Study II covered the quantitative part. Moreover, it comprised the following three phases: Study 1 was completed in two phases. In Phase I, semi-structured interviews were conducted with divorced women. The sample of five divorced women was approached through a purposive snowball sampling technique. Phase II involved the development of themes labeling the antecedents and consequences of women's post-divorce personal experiences by integrating qualitative findings with relevant theoretical and empirical literature. While study II comprised three phases, phase I involved developing scales by applying the initial item pool to a normative sample and analyzing the data using EFA. Phase II is also entangled with the translation of the scale used for validation, and phase III involves confirmation of the scale through confirmatory analysis, CFA, and validation.

## QUALITATIVE STUDY

The aim of the study was to identify the problems and challenges they faced after divorce. This study focused only on women's post-divorce personal experiences. Empirical literature shows that women with children face a lot of issues, such as custody matters, adjustment of children, and financial crises after divorce, and the current interviews were conducted based on relevant literature. The collected data were studied using qualitative methods, comprising content analysis, which helped identify key themes and constructs for scale development.

This phase includes a comprehensive literature review to measure the construct and verbatim of Post-Divorced Personal Experiences of Women. The purpose of this step is to avoid replicating the measure and to provide a comprehensive review of the construct. The item pool was generated from statements obtained interviews with post-divorced women.

The details of this phase for the construct are as follows:

### Phase I

To develop the scale, the concise, comprehensive seven-step procedure outlined by Hinkin et al. (1997) was followed. This approach includes the following key steps: generation of an item pool, evaluation of internal consistency, administration of the questionnaire, factor analysis, re-assessment of internal consistency, assessment of construct validity, and replication. A brief overview of each of these phases is provided below:

### Post-Divorced Personal Experiences of Women

It refers to the emotive, mental, societal, and practical changes and challenges that females face after divorce. These experiences can vary widely depending on individual, cultural, and contextual factors. It also triggers many health issues, such as loneliness, sadness, and fear about the future.

### Step II: Assessment of Content Accuracy

This stage emphasizes evaluating whether each item's content is appropriate and relevant to the intended scales. It serves as a resource for establishing construct validity before administering the test to a larger sample. Among the various procedures suggested in the literature, one key method is the qualitative assessment of items by subject matter experts (Hinkin et al., 1997). After these processes, a preliminary item pool of 70 items was developed, covering numerous dimensions of the Post-Divorced Personal Experiences of Women Scale. Items were developed in Urdu following interviews with divorced women. A total of 50 items were generated after interviews. The item pool for the Post-Divorced Personal Experiences of Women Scale was reviewed by a committee comprising 2 PhD faculty members, a lecturer, and 2 assistant professors from the Department of Psychology at the University of Sargodha to identify any redundant, socially biased, or poorly worded items. After this expert review, some items were removed from the scale, and some were rephrased. Hence, an initial draft of the Post-Divorced Personal Experiences of Women Scale, containing 50 items, was developed.

The committee also suggested a five-point Likert-type scale (strongly agree=5, agree=4, neutral=3, disagree=2, strongly disagree=1, ). The Likert-type format is considered balanced on both sides of neutral; furthermore, it provides respondents with sufficient choices to select the most suitable option (Likert et al. 1993).

### Step III: Scale Administration

After ensuring the scale was appropriate for the selected items, the items were administered to divorced women, and data were collected primarily from those in a family court in Sargodha, with the court's permission.

The purposive sample of study II, phase I, comprised 250 divorced women with children. The data were collected from divorced women appearing in the family court of Sargodha, aged 18 to 60. As exclusion criteria, women who had taken *khula* and divorced women without children were excluded from the study. The women who took *khula* and divorced women without children were not included in the study. Participants were assured that all information collected would remain confidential, in accordance with ethical principles and proper informed consent, and would be used only for research purposes. They were also informed that their participation would not expose them to any emotional or psychological harm and that they must respond honestly to the data collection. Their information, such as, age, residence and occupation, was carefully recorded.

The demographic characteristics were described as follows

**Table 1:** Demographic characteristics of the sample for Exploratory Factor Analysis and Confirmatory Factor Analysis

| Variable     | Category    | EFA=250      | CFA=150      |
|--------------|-------------|--------------|--------------|
|              |             | <i>f</i> (%) | <i>f</i> (%) |
| Age (years)  | 18–25       | 85 (34%)     | 33 (22%)     |
|              | 26–33       | 85 (34%)     | 53 (35%)     |
|              | 34–60       | 80 (32%)     | 64 (43%)     |
| Residence    | Rural       | 125 (50%)    | 75 (50%)     |
|              | Urban       | 125 (50%)    | 73 (48.7%)   |
|              | No Response | —            | 2 (1.3%)     |
| House Status | Rent        | 68 (27%)     | 19 (12.7%)   |
|              | Own         | 134 (53%)    | 104 (69.3%)  |
|              | Refugee     | 48 (20%)     | 27 (18%)     |
| Occupation   | Yes         | 109 (43.6%)  | 92 (61.3%)   |
|              | No          | 141 (56.4%)  | 58 (38.7%)   |

The Table 1 demonstrates the frequency and percentage of divorced women.

## Step IV: Exploratory Factor Analysis

### FACTOR ANALYSIS

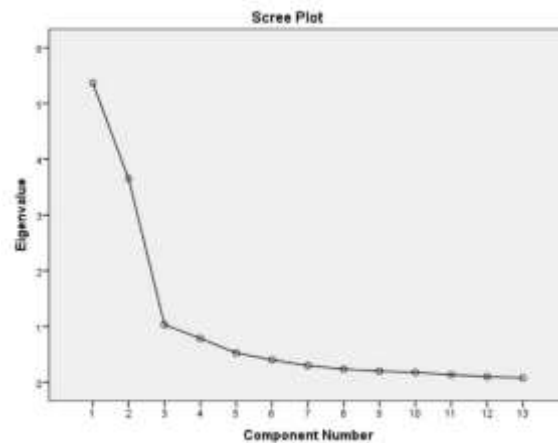
To confirm the factor structure, the responses were analyzed using SPSS 28 and AMOS. The results of EFA and CFA are summarized here:

#### Exploratory Factor Analysis of Post-Divorced Personal Experiences of Women Scale

The finalized 50 items on post-divorce personal experiences of women were exposed to EFA using the maximum likelihood extraction method with promax rotation in SPSS version 28. Initially, factors were not fixed. The Kaiser–Meyer–Olkin (KMO) sampling adequacy measure was 0.80. A KMO value between 0.70 and 1.00 is considered adequate (Glen, 2016). The significant Bartlett’s test of Sphericity ( $\chi^2 (78) = 1670.02, p=.000$ ) established that the correlation matrix differed significantly from an identity matrix, and the items showed sufficient common variance to be analyzed through factor analyses. The range of commonalities of all the items ranged from 0.70 to 0.94. This displays that every Scree plot of post-divorced personal experiences for women illustrates the eigenvalues of the three factors that emerged from the data. It is evident from the figure that the scale contains 3 distinct factors after which the eigenvalues “values off”.

The items have been sharing variance, and they are interrelated. The determinant was 9.068E-06, indicating that the data did not exhibit multicollinearity. A three-factor solution was finalized based on the Kaiser criterion (eigenvalues > 1) and the scree plot. The eigenvalues of the extracted factors ranged from 21.84 to 1.95. The scree plot (see Fig. 1) also showed that the curve’s slope was leveling across three factors. The three-factor solution explained 67.78% variance. In addition, the three factors were easily interpretable, as they aligned with the existing literature and the qualitative data findings. Out of the total 50 items subjected to EFA, 13 items were retained on three subscales of post-divorce personal experiences of women; the rest of the 37 items were discarded because some items had cross-loadings on more than one factor; some items had very low factor loadings (below 0.70), while some had very low communalities after extraction (below 0.50).

**Figure 1:** Scree Plot of Post-Divorced Personal Experiences of Women Scale (N=250)



The Figure 1 scree plot of the Post-Divorce Personal Experiences of Women Scale illustrates the three factors that emerged from the data. It is evident from the figure that the scale contains 3 distinct factors after which the eigenvalues “values off”.

**Table 2:** Factor Loadings of Exploratory and Confirmatory Factor analysis of Post-Divorced Personal Experiences Scales of Women

| Factor                        | Item | EFA Loading<br>(N=250) | CFA Loading<br>(N=150) |
|-------------------------------|------|------------------------|------------------------|
| 1. Depression                 | 20   | .87                    | .76                    |
|                               | 21   | .92                    | .76                    |
|                               | 22   | .96                    | .93                    |
|                               | 23   | .73                    | -                      |
|                               | 25   | .90                    | -                      |
| 2. Reduced Self-Efficacy      | 5    | .80                    | -                      |
|                               | 33   | .73                    | .85                    |
|                               | 34   | .90                    | .79                    |
|                               | 35   | .80                    | .81                    |
| 3. Perceived Societal Blaming | 45   | .81                    | .80                    |
|                               | 45   | .84                    | .86                    |
|                               | 46   | .79                    | .86                    |
|                               | 50   | .88                    | .76                    |
| % of variance explained       |      | 77.34                  |                        |
| Eigen Value                   |      | 5.83                   |                        |

*Note.* Factor loadings in bold case denotes to the item excluded because of low values in CFA

The Table 2 explains the Exploratory Factor Analysis (EFA) conducted on a 13-item scale using principal component analysis with varimax rotation. A three-factor solution was extracted. Items 1 through 5 loaded highly on Factor 1 (ranging from .73 to .94), Items 6 through .80 loaded on Factor 2 (range .79 to .84), and Items 10 through 13 loaded on Factor 3 (.88 to .90). The three factors explained 77.34% of the total variance, with Factor 1 having an eigenvalue of 5.83. All factor loadings exceeded the .70 threshold, indicating strong item representation on their respective factors.

## CONFIRMATORY FACTOR ANALYSIS (CFA)

After obtaining factor structure through EFA, the retained items were administered on a sample of divorced women (N=150). This phase served many purposes, including CFA to ensure the scales' internal consistency and convergent validity, and translation.

### Confirmatory analysis of Post-Divorced Personal Experiences of Women Scale:

Confirmatory Factor Analysis (CFA) was directed using AMOS Version 20.0 to endorse the three-factor structure identified through Exploratory Factor Analysis (EFA). The dimension model for the newly established scale was examined by applying a minimum threshold of 0.40 for item factor loadings. The CFA results demonstrated excellent model fit, supporting the three-dimensional solution derived from the EFA.

The goodness-of-fit indices indicated strong model adequacy: the chi-square test was non-significant ( $\chi^2=0.64$ ,  $df=29$ ,  $p>0.05$ ), suggesting no significant difference between the observed and expected covariance matrices. Additional fit indices further confirmed the model's appropriateness, with CFI = .96, GFI = .96, and TLI = .95 all exceeding the recommended threshold of .95. The error measures were also within acceptable ranges, with RMR = .005 and RMSEA = .02, both indicating minimal model misspecification. As a consequence of CFA, a 10-item, three-factor solution with acceptable model fit values was finalized. The obtained scale with 10 items carried acceptable and sustainable factor loadings (.09, .50, .15, .23, .35, .15, .30, .08, and .08) (Fig. 2). The retained 10 items did not cross-load; they had very good factor loadings (.08 to .50).

The brief description of the factors was as follows:

**Table 3:** Stepwise Model Fit for Confirmatory Factor Analysis of Post Divorced Personal Experiences Scale for Women (N=150)

| Indexes |                                      | Chi square | Df | CFI | RFI | TLI | PCLOSE | RMSEA |
|---------|--------------------------------------|------------|----|-----|-----|-----|--------|-------|
| Model 1 | (13items, Independent errors)        | 147.65     | 32 | .90 | .82 | .85 | .00    | .15   |
| Model 2 | (10items, Error covariances allowed) | 64.31      | 29 | .96 | .91 | .95 | .01    | .02   |

The Table 3 represents the model fit indices for the CFA of the Post-Divorced Personal Experiences Scale for women. The first model showed an unacceptable chi-square-to-df ratio of 147.65 and poor fit indices, including GFI, CFI, IFI, RMSEA, and Standardized RMR. Subsequently, the model was revised to allow co-variation of error variances among specific indicators. The choice of indicators to be co-varied was based on the modification indices.

**Figure 2:** Path diagram of the Post-Divorce Personal Experience of Women Scale

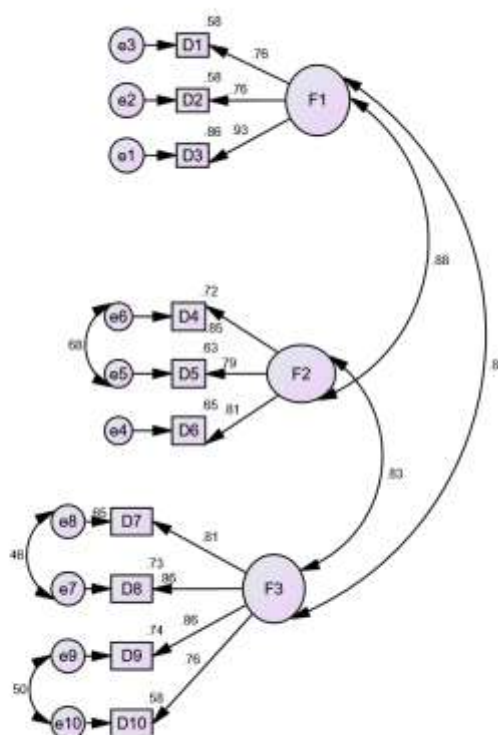


**Figure 2** shows the second-order factor structure of the Post-Divorced Personal Experiences of Women Scale.

The brief description of the factor is as follows:

**Perceived Societal Blaming.** Divorce is increasing day by day, and females face lots of labelling and negative comments in social gatherings, which decreases their performance in daily lives. (Razzaq et al., 2024). They may face blame or stigma from society; as a result, they distance themselves and feel lonely. Items no.7, 8, 9, and 10 were included in the Perceived Societal Blaming of Post-Divorced Personal Experiences of Women Scale, which assesses society's perceived blaming of divorced women.

**Depression.** Depression is defined as a mood disorder categorized by a feeling of sadness, loss of interest and difficulty in daily functioning. Females faced severe stigma after divorce, which influences their mental health, and as a result, they experience distress leading towards depression (Hald et al., 2022). Items no. 1, 2, and 3, which were loaded on factor 1, were included in the depression subscale of the Post-Divorce Personal Experiences of Women Scale as they depict the notion of depression felt by the divorced women.

**Reduced Self-Efficacy.** According to Haerazi and Irawan (2020), self-efficacy is a mental tendency that depends on an individual's beliefs about their ability to perform and complete an action. Varzaneh (2023) reported that higher levels of psychological well-being are related with greater self-efficacy. In contrast, lower levels of psychological well-being are related with lower levels of self-efficacy among divorced females. In the current study, Items no. 4, 5, and 6 loaded on factor 2 and were included in the reduced self-efficacy Subscale of the Post-Divorced Personal Experiences Of Women Scale, as they truly capture the construct.

**Table 4:** Reliability, Mean, and Standard Deviations for Post-Divorced Personal Experiences of Women Scale (N = 150)

| Scale and Sub Scales                                      | Items | <i>M</i> | <i>SD</i> | $\alpha$ | Range |
|-----------------------------------------------------------|-------|----------|-----------|----------|-------|
| Depression                                                | 3     | 6.36     | 3.16      | .91      | 1-15  |
| Reduced self-efficacy                                     | 3     | 6.17     | 2.77      | .85      | 1-15  |
| Perceived societal blaming                                | 4     | 7.52     | 3.79      | .91      | 1-20  |
| Overall post-divorced personal experiences of women scale | 10    | 20.06    | 8.98      | .87      | 1-50  |

*Note.* Dep = Depression; RSE = Reduced Self-Efficacy; PSB = Perceived Societal Blaming; PDPE = Post-Divorced Personal Experiences of Women.

The Table 4 shows the mean, standard deviation, and good  $\alpha$  reliability of the sub-scales of the Post-Divorced Personal Experiences of Women Scale. The outcomes showed that all scales in the current study are internally consistent, as their alpha coefficients were satisfactory. None of the skewness values were contrarily high, indicating that the distributions of all scales were normally distributed.

### Study III Construct validity of Personal post-divorce experiences of women

Construct validity is the extent to which a tool measures what is supposed to measure (Lambert and Newman, 2023). Construct validity can be measured in another way in which identical measures can be measured differently. For example, the new construct is compared with the already available psychometric construct. There are two types of convergent validity and divergent validity.

### PARTICIPANT AND PROCEDURE

Study III was administered on a new sample to validate the post-divorced experiences of women. Participants were approached through purposive sampling techniques in the family court Sargodha. All required information was stated on the biodata form. They were assured that their information would remain confidential.

### CONVERGENT VALIDITY

It refers to how closely a similar construct is associated; measuring a similar behavior, attitude, or concept, particularly one that is not directly observable (Nikolopoulou, 2023). In the current study; 10 items of the Warwick Well-being scale (2006) were used to measure convergent validity, and 7 items of the Depression Anxiety Stress scale were used to measure depression in post-divorced personal experiences of women.

### INSTRUMENTS

#### Psychological Well-Being

It refers to an individual's subjective experience of happiness, positive emotions, and a generally positive state of mental health (Diener, 1984). In the current study, the Warwick-Well-Being Scale was used to measure mental health among divorced women, and this construct was also used to assess convergent validity. This scale measured life satisfaction, happiness and self-esteem of an individual. The Urdu version of the Warwick wellbeing scales by Arif (2020) was used in the current study. It was a 5-point Likert response format, where higher scores show higher psychological wellbeing, and vice versa. 8 Items were reverse coded.

#### DEPRESSION

According to WHO (2013), depression refers to low mood, guilt, loss of pleasure and interest in daily activities, and sleep difficulties. The Urdu version of the depression subscales of DASS scales by Aslam and Kamal (2018) was used in the present study. In the current study, it was measured through the Depression subscale of DASS, where a higher score represents a

higher degree of depression among divorced women. This construct was also utilized to measure the convergent validity of the Depression subscale of Post-Divorced Personal Experiences of Women.

## DISCRIMINATION

Discrimination is defined as the negative attitudes, behaviors, or societal exclusion and stigmatization experienced by divorced women. In this phase, the scale measured perceived discrimination, with higher scores indicating greater discrimination against divorced women and it measured convergent validity of perceived societal blaming subscale of post-divorced experiences of women scale (Noshaba, 2024).

**Table 5:** Convergent and Discriminant Validity of Post-divorced Personal Experiences of Women Scale and its Sub-construct

| Variable                       | 1  | 2     | 3     | 4     | 5     | 6     | 7      |
|--------------------------------|----|-------|-------|-------|-------|-------|--------|
| 1. Post-Divorce Experiences    | -- | .91** | .91** | .91** | .28** | .13** | -.58** |
| 2. Depression                  |    | --    | .80** | .72** | .31** | .19** | -.58** |
| 3. Reduced Self-Efficacy       |    |       | --    | .76** | .28** | .16** | -.51** |
| 4. Perceived Societal Blaming  |    |       |       | --    | .22** | .04   | -.52** |
| 5. Discrimination              |    |       |       |       | --    | .50** | -.46** |
| 6. Depression subscale of DASS |    |       |       |       |       | --    | -.30** |
| 7. Psychological well being    |    |       |       |       |       |       | --     |

\*\* $p < .01$ .

To measure the convergent validity of the scale. The total score and sub-scales of post-divorce personal experiences of women were correlated with constructs based on theoretical backgrounds, such as Depression (sub-scale of DASS), discrimination, and psychological well-being.

The findings revealed that post-divorce experiences were significantly and positively correlated with depression, reduced self-efficacy and perceived societal blaming showed that higher levels of hostile post-divorce experiences were related with higher levels of depression, reduced self-efficacy, and perceived societal blaming. Post-divorce experiences also showed significant positive correlations with discrimination and depression subscale of DASS. In contrast, post-divorce experiences were significantly and negatively correlated with psychological well-being suggesting that women reporting more adverse post-divorced personal experiences tended to report lower levels of psychological well-being. Depression was positively associated with reduced self-efficacy, perceived societal blaming, discrimination, and depression (subscale of DASS). Depression was also significantly and negatively correlated with psychological well-being indicating that higher depressive symptoms were related to lower psychological well-being. Reduced self-efficacy established significant positive correlations with perceived societal blaming, discrimination and depression (subscale of DASS). Furthermore, reduced self-efficacy was negatively associated with psychological well-being, indicating that greater feelings of reduced self-efficacy were related to lower psychological well-being. Perceived societal blaming was significantly and positively correlated with discrimination whereas its relationship with depression (subscale of DASS) was not statistically significant. Perceived societal blaming was significantly and negatively associated with psychological wellbeing. Discrimination showed a moderate positive correlation with depression (subscale of DASS) suggesting that women who experienced greater discrimination also reported higher levels of depression. Discrimination was also significantly and negatively correlated with psychological well-being. Finally, depression (subscale of DASS) scores were significantly and negatively associated with mental well-being indicating that higher levels of depression were related to lower psychological well-being.

## DISCUSSION

Present study aimed to develop a scale of post-divorced personal experiences for women. Post-divorced personal experiences of women were measured, which emphasizes women's personal experiences after divorce. It focuses on the challenges and

personal experiences of women after divorce. The current study aims to determine the domains of post-divorced personal experiences among women and to examine the psychometric properties of this scale. Many studies focus on antecedents and consequences of divorce. However, they did not focus on women's personal experiences of divorce, so the current study focuses on women's personal experiences of divorce. The 50 items were constructed based on interviews and previous studies of divorced women. Exploratory factor analysis was performed to identify the underlying dimensions of post-divorced personal experiences among women. Initially, the factors were not decided for the scale, but when EFA was performed, the KMO value was acceptable, and Bartlett's Test of Sphericity (Bartlett, 1954) was also statistically significant. The scree plot shows three factors in women's post-divorced personal experiences. 13 items were retained in EFA based on three factors named as depression, reduced self-efficacy and perceived societal blaming. The three-dimensional solution was tested through CFA while keeping the item loadings  $> 0.40$  as initial, which exposed that the three-factor structure attained through EFA was a good fit to the data, wherein the Chi-square value  $0.64 (df = 29) > .05$ ,  $CFI = .96$ ,  $GFI = .96$ ,  $TLI = .95$ ,  $RMR = 0.005$ , and  $RMSEA = .02$ . The model suggesting fit indices (Hooper, et al., 2008). Furthermore, these sub-scales are significantly positively correlated with one another, indicating the construct validity of the subscales. The maintained 10 items did not cross-load; they had very good factor loadings (ranged .08 to .50). The results also showed that the good internal consistency and alpha reliability of post-divorced personal experiences of women and its sub-scales, such as depression, reduced self-efficacy and perceived societal blaming of divorced women. Previous studies explain emotional and psychological distress in divorced women. Odis (2021) explained in their study that divorced females experience societal isolation, which leads them toward loneliness, sadness and lowers their self-esteem. However, females also faced some mental and emotional issues, such as physical pain and loss of appetite. Qamar and Faizan (2021) reported in their study that a higher rate of divorce badly affected females and children of Pakistani families. They explained that females faced social stigma, financial issues and psychological problems after divorce. Psychological pain may occur immediately after divorce (Hope, Rodgers, & Power, 1999). In distressing, divorce is rated among the most stressful life events, which generally influences individuals' lives (Dohrenwend et al., 1978; Holmes & Rahe, 1967). Divorced people suffer with anxiety, sadness and loneliness (Gahler, 2006; Kendlar et al., 2003). In conclusion current study was an attempt to construct and validate post-divorced personal experiences of women scale. This scale consist of 10 items, anchored on Likert type response format, which are categorized into 3 main factors such as depression, reduce self-efficacy and perceived social blaming which influence mental health of women. Finally, the correlations of the factors of are also consistent with Depression (subscale of DASS), psychological wellbeing and discrimination scales favoring the convergent and discriminant validities of the post-divorce personal experiences of women.

## Limitation, suggestion and Implication

Despite constructing a reliable construct of post-divorced personal experiences of women. The current study focus only on post-divorced personal experiences of women. The current research did not included divorced women without children. It only focused on women with children; this study also ignored males because males also suffered stressors after divorce. So this study can also be studied on men that how they cope up in a life after divorce and without children even after second marriage; either society blame them for divorced so future studied can be conducted on men that what type of stressors they faced after 1<sup>st</sup> divorced. The current study is novel so that no previous study has yet constructed a scale on post-divorced personal experiences of women in Pakistan. Previous studied conducted interview on reason of divorced or adjustment after divorce but no one developed a scale on this construct (post-divorced personal experiences of women). The post-divorced personal experiences of women is a valid and reliable tool to measure psychological wellbeing in a woman after divorced. How these women cope up with patience and gratitude after divorce. This study brief studied what type of psychological stressors they faced after divorce; which type of coping strategies they used to cope up with these stressors.

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