

## **DIVORCED WOMEN COMBATING LONELINESS BY RELATING TO POSITIVE SELF IMAGE**

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### **Abstract**

Women plays significant role in building the life of husbands and children. Women are more committed in taking extra mile for the progress of the family in spite of many social, cultural and psychological challenges. Women need support and care but many women today are struggling in marriage life, and even came out when she is not able to tolerate her tribulations. Loneliness depression and anxiety are common due to the loss of companionship and societal pressure. To overcome all hurdles women must boost her inner strength by developing positive self-image. The study brought the benefits of positive self image which motivates divorced women towards self improvement, and help her to have stable mind which is very important in. Life. Transformation should begin within the attitude of women which will empower them to a greater height.

**Key Words:** Women, Divorce, Psychosocial, Positive Self-Image

### **Introduction**

Self-image is yet another “self” concepts essential to understand in positive psychology. Self concept is understandings all about one self in all walks of life. It helps us to put our self in the right place or help us to lead one’s own self in right direction. Basically, being completely aware about the attitude, behaviour emotions and every aspect of one’s own personality. On many occasions individual landed in a difficulty situation because of not aware about themselves. Self image is a concept helps the individual to know more about oneself in relation to his life situation. responsibilities and wish and dreams. Individuals know only their strength not their weakness. but it is very important to understand both of their positive and negative features. As a result of it they take hasty decision and make their life very miserable one. When self awareness increases it leads to personal growth on all sides. Most of the time individuals get struck in problems because of lack in self awareness so it is essential at least during the time of crisis it is necessary for every one of us to analyse and realize about one’s own self and take steps to grow. Women in Indian context especially always expect to take more roles and responsibilities than men. Challenges are also more for women need more perceptual understanding about herself in total life situation in order to prove herself and escape from labelling and all sorts of trauma. When women happen to fight the life challenges alone on herself due to divorce or became a widow. She even more conscious and aware about everything Right perception on” self-image” will help her to navigate societal expectations and challenges with greater confidence.

Although related to the others, it is a distinct concept that has its own place and its own importance. Self-image means what we see when we look in a mirror however it goes deeper than that Self-image refers to how we see ourselves on a more global level both internally and externally random House Dictionary defines self-image as “the idea, conception, or mental image one has of oneself.

### **Related concepts of ‘self-image’**

Self concept is a broader, more comprehensive and understanding of who we are, encompassing our thoughts in which self-image is an important component. Both are very much strongly associated. Similarly Self –Esteem is also related concept but it is very deeper than self image. Having a negative self-image can certainly influence self-esteem, and having low self-esteem is likely to be accompanied by a negative self-image, but they are at least somewhat independent “self” aspects.

Self Identity is also a closely related concept but is also a larger and more comprehensive one than self-image. Identity is our overall idea of who we are.

*“The term ‘identity’ refers to the definitions that are created for and superimposed on the self”*

In other words, identity is the whole picture of who we believe we are—and who we tell ourselves and others that we are—while self-image is one piece of that picture since then, interest has remained steady in “self” constructs, but most of the attention has been aimed at self-image’s cousins: self-esteem, self-concept, self-worth, self-efficacy, self-confidence, etc. As such, there isn’t really one unifying theory of self-image. However, we do know that self-image is based on our perceptions of reality, that it is built over a lifetime and continues to change as we do, and that it’s something we have some influence over.

The three elements of a person’s self-image are:

- 1.The way a person perceives or thinks of him/herself.
- 2.The way a person interprets others’ perceptions (or what he thinks others think) of him/herself.
- 3.The way a person would like to be (his ideal self).

The six dimensions of a person’s self-image are:

- 1.Physical dimension: how a person evaluates his or her appearance
- 2.Psychological dimension: how a person evaluates his or her personality
- 3.Intellectual dimension: how a person evaluates his or her intelligence
- 4.Skills dimension: how a person evaluates his or her social and technical skills
- 5.Moral dimension: how a person evaluates his or her values and principles
- 6.Sexual dimension: how a person feels he or she fits into society’s masculine/feminine norms

These elements and dimensions offer a framework through which to view self-image, but remember that this is not a known and widely accepted framework; rather, it is one possible way of thinking about self-image.

### **Positive and Negative Self-Image**

It's pretty easy to distinguish between positive and negative self-image.

A positive self-image is having a good view of our self; for example: seeing our self as an attractive, intelligent, & healthy person and believing one's own self as an ideal version of our self. Negative self image is considering our self as undesirable, not smart enough man and not a happy person

Negative self-image can also be a driving factor and/or a product of depression. When we feel bad about ourselves, it's natural that our perception of ourselves can suffer. Similarly, when our self-image takes bright, it makes us to feel pretty, happier and healthier.

As we know that divorced women are already labelled by our society in a negative way. It is difficult for them to have positives self image. Psychological challenges are high, Loneliness, depression, anxiety, frustration are present in the life of divorced women. Divorced women must build their self image in a more positive and powerful way to remove all the psychic factors which in no way helping them. Today women achieve greater things for her children ,family and for herself alone when she relived from the turmoil of her marriage life. As much as she develops her self-image she can progress in her personal and social life.

But in developing countries like India there were many cultural and social challenges for divorced women After divorce women are more into physical, psychological economical and sociological problems Women have to depend on her father and brother before marriage and after marriage she depends on her husband She has been seen as weaker section so the society always expect women have the dependency throughout her life. As long as in the dependent life women become more vulnerable. To break the bondage of dependency and all other misconception about women hood Women must equip herself with all capabilities and achieve greater things in life. Women should develop positive self-image which is very essential for her to develop resistance to social stigma Aim and objective of the study

### **Benefits of positive self image**

A positive self-image is especially important for women who divorce. It is a time of emotion upheaval self-doubt and identity shift positive self-image can be incredibly healing and transformative.

It reduces self blame, guilt and shame. It builds emotional resilience It gives inner peace and acceptance of the past It helps women to redefine her identity beyond the role as wife it encourages assertiveness and setting healthy boundaries, it boosts self-esteem for pursuing new goals and opportunities. Positive self-image lowers the risk of depression anxiety and emotional burnout, encourage self-care and motivates healthy habits. It gives space for reflection, healing and self discovery opens door for learning evolving and thriving in her next chapter

### Mastering in positive self-image

There are many ways to develop positive self image

1. Take care of body and mind
2. Reflecting inner strengths
3. Practice self compassion
4. Challenge negative thought
5. Forgive and accept mistakes
6. Use affirmations
7. Celebrate progress
8. Surround with positivity
9. Set boundaries and seek support when needed

### Conclusion:

Positive self image is an important coping element which includes self-awareness, self-confident, Self-esteem and overall, it improves self-understanding which is more essential to lead the life in a peaceful manner. Women who came separated and divorced have psychosocial problem which again makes her situation worst. It is very essential for women to have positive self-image so that she can encourage herself to restart her life with new perspective and have a greater opportunity to thrive her new venture.

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