**TRIBHUWAN UNIVERSITY**

**INSTITUTE OF MEDICINE**

**POKHARA NURSING CAMPUS**

**RAMGHAT-12, POKHARA**

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**Lesson Plan on: divorce and unmarried mother**

**Submitted to: Submitted by:**

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Pokhara Nursing Campus Pokhara Nursing Campus

TU IOM TU IOM

Date of submission: 2080/11/11

**Lesson plan on divorce and unmarried mother**

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| --- |
| Area of Practicum: Teaching Learning practicum  Subject: Adult Health Nursing I  Unit: 4 (Common Health Problems of young adult )  Topic: Psychosocial problem (divorce and unmarried mother)  Level of learners: BNS 1st Year  No of learners: 36  Place: BNS 1st Year classroom  Date: 2080/11/11  Time: 2-3 pm  Duration: 60 minutes  Name of student teacher: Himali Thapa, BNS 2nd year  Name of supervisor: Respected Ma’am  Bishnu Gurung  lecturer  Pokhara Nursing Campus  TU IOM |

**General Objective:**

At the end of teaching session, BNS 1st year student will be able to explain about divorce and unmarried mother.

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| --- | --- | --- | --- | --- | --- | --- |
| **SN** | **Specific objectives** | **content** | **Time** | **Teaching/learning method** | **Teaching /Learning media** | **Evaluation** |
| 1.  2.  3.  4. | At the end of teaching session, BNS 1st year students will be able to:  define divorce  state the reasons of divorce    enlist the consequences of divorce  state the conditions to file for divorce | Greetings  Review of previous class  Introduction   * self * topic * objectives * pre-test   Definition of divorce  Reasons of divorce  Consequences of divorce  Condition to file divorce | 3 min  2 min  10 min  5 min  10 min | Brainstorming  Question answer  Interactive lecture  Interactive lecture  Interactive lecture  Interactive lecture | PowerPoint (Picture)  PowerPoint  Meta cards  newsprint  powerpoint | What is Divorce?  What is divorce?  What are the reasons of divorce?  What are the consequences of divorce?  What are the conditions to file for divorce? |
| 6.  7.  8.  9.  10. | define unmarried mother  state the reasons of unmarried mother  enlist the consequences of unmarried mother  state the prevention of unmarried mother | Definition of unmarried mother  Reasons of unmarried mother  Consequences of unmarried mother  Prevention of unmarried mother  summarization  Question  Referances  Home assignment  Plan for next class | 2 min  10 min  5 min  5 min  3 min  2 min  1 min  1min | Interactive lecture  Interactive lecture  Interactive lecture  Interactive lecture | PowerPoint  metacard  PowerPoint  Newsprint | What is unmarried mother?  What are the reasons of unmarried mother?  What are the consequences of unmarried mother?  What are the prevention of unmarried mother? |

**Divorce**

* **Definition**
* It is an action or an instance of legally dissolving a marriage.

(**Merriam Webster)**

* It is a final termination of a marital union, canceling the legal duties and responsibilities of marriage and dissolving the bonds of matrimony between the parties.
* **Incidence**

The number of women who reported they divorced in the past year increased from 948,862 in 2021 (Marino, 2022) to 989,518 in 2022.

U.S. Adjusted Divorce Rate, 2022

**In Nepal**

According to data maintained by Divorce Nepal,

Between 2018 to 2020, the Kathmandu District Court looked over 200 divorce cases.

Also consulting with Divorce Nepal

**(Published on: January 25, 2023 by Rajendra Prasad Koirala)**

* **Reasons for Divorce**
* Monotony (lack of variety and interest)
* Lack of commitment
* Lack of intimacy
* Different opinions
* Abuse
* Infidelity (the action or state of being [unfaithful](https://www.google.com/search?client=firefox-b-d&sca_esv=a2fe021a8e3ee580&sxsrf=ACQVn099MsbdC7aujIoBe91CNjpvPatBig:1708607301045&q=unfaithful&si=AKbGX_pt4UlL1m2gNC94R_NJDj6SqbROLDuZuyHMBXPf2n8BDTKscYZM-DzU-KRdni6036YVAp6EBOsRfTSKaTPr8plNA9JaafteSfUXK8UMr_dbW04YaYA=&expnd=1) to a spouse or other sexual partner)
* Early marriages
* Economical reason
* Unrealistic expectations
* Children

**Consequences of divorce**

**Parents**

* Health consequences
* Financial problems
* Social problems: Substance abuse, Violent behaviours, more susceptible to violence, stigma

**Child**

It is essential for couples to discuss the potential effects of divorce on the child

* Short term effect:

When parents behave immaturely during a divorce and try to one up each other, children who witness a contentious(causing an argument) relationship between their parents may sometimes have the following short-term effects.

* Anxiety, constant stress: The aftermath of a divorce causes the child to become tense, nervous, and anxious. Young children are more prone to it than the older ones since they are heavily dependent on both the parents.

An [anxious child](https://www.momjunction.com/articles/games-activities-for-kids-with-anxiety_00773034/) will find it difficult to concentrate on his studies and may lose interest in activities .

* Mood swing and irritability: young children may suffer from mood swings and become irritable even when interacting with familiar people. Some children will go into a withdrawal mode, where they stop talking to anyone and shut themselves away. The child will become quiet and prefer spending time alone.
* Intense sadness: Divorce may push children into depression and sadness.
* Disillusion and Distress: Children of divorce may feel hopeless and disillusioned because they do not have the comprehensive emotional support from their parents. This situation can worsen if the child is raised in a single-parent household with no access to the other parent.

* Long term effect:

Things can get rough for a child, who sees his parents separate. They can easily get affected by the events happening around them. Following are the long-term effects of divorce on children:

* Behavioural and social problem:A child is at a greater risk of developing violent and antisocial behaviourwhen the parents divorce**.** He or she may lose temper and show no hesitation assaulting someone. In the long run, it may lead to the development of a criminal mindset, especially during the adolescent years
* Trouble with relationship: When children grow up seeing a [marriage fail](https://www.momjunction.com/articles/signs-your-marriage-is-over_00400371/), they develop doubts about love and harmony in a relationship. They may have **trust and attachment issues** and find it challenging to resolve conflicts in any interpersonal relationships. Such children, as adults, will **start** any **relationship** with a **negative mindset**.
* Prone to substance abuse**:** Drugs and alcohol become the avenues for adolescents to vent out their frustration and anxiety**.** Research has shown a higher incidence of substance abuse in teens whose parents are divorced**.**

### Depression:The feeling of heartbreak caused by parents’ divorce can make a child slip into depression. children who witness divorce have a higher incidence of depression, social withdrawal, and self-esteem issues. Researchers note that divorce can be a contributing factor in cases of **bipolar disorder**

### Poor education and socio-economic position:The adverse psychological impacts of divorce diminish a child’s interest in education.. A stunted progress in education hampers career prospects of the child as an adult, which makes it difficult to elude(escape) economic hardships in the future.

* Conditions to file for divorce in Nepal
* In marriage, the wife always plays a vital role. Similarly, in divorce also the wife plays an important role. Both the Civil Code and the current civil law have given the wife the right to file for divorce. If the wife files for divorce in the court, then the court also grants the divorce easily. If the wife has filed for divorce in the court and the husband has not agreed to divorce, the court will take the initiative to reconcile them. So the court gives them a time period of 1 year so they can reach to an agreement. If there is no reconciliation between the husband and wife even after one year, the court decides to provide the final judgment for divorce after one year. The four grounds for divorce apply equally to both husband and wife. However, there are another two grounds on which a wife can file for divorce in Nepal. They are if the husband remarries and if the husband forcefully makes the sexual relationship with the wife without her consent.

#### Condition ****for a husband**** to file for a divorce

There are four conditions on which the husband can file for a divorce. The conditions are as specified below:

* In case the wife has taken her share in the property and is living separately from the husband without informing him for three consecutive years.
* If the wife throws the husband out of the house.
* If the wife perpetrates physical and mental torture against the husband.
* If the wife indulges in a sexual relationship with another man.

#### ****condition to file for a divorce for a wi****fe

* If the husband abandons the wife and is not aware of her whereabouts.
* If the husband is living on his own for three consecutive years without his wife knowing it.
* If the husband indulges in a sexual relationship with a woman other than his wife.
* If the husband inflicts physical and mental torture against the wife.
* If the husband remarries without the consent of the wife
* If the husband forces sex on the wife without her consent.

**Unmarried Mother**

**Definition**

* Unmarried mother is a lady who has become pregnant without legal justification of physical intimacy between man and women.

* A woman who has a baby while she is not [married](https://www.collinsdictionary.com/dictionary/english/married" \o "Definition of married)

-**Collins English Dictionary.**

**Incidence**

**According to WHO 2020**

At least 10 million unintended pregnancies occurs each year among adolescent girls aged 15-19 years in developing countries.

**In U.S**

This statistic depicts the percentage of births to unmarried women in the United States from 1980 to 2021. In 1980, some 18 percent of all women in the United States who gave birth were unmarried. As of 2021, the percentage of births to unmarried women has increased to 40 percent.

**(Statica Research service 2023)**

**Reasons for being unmarried mother**

* Poverty

It is well known that very unfortune parents sell their daughter due to financial problem, many of this girls end result is unmarred mother.

* Being raped

Some girls especially who are mentally ill and are of small age group are compelled to give birth to child as they don’t even know that what happened to them, likely some girls stay silent for the shake of the family reputation, some for being threatened by the rapist and some for being unable to express their condition to the family members that results in unmarried mother

* Prostitution

It is an individual who for sake of some reward engage in illegal sexual act with various individuals. The tragedy of these situation leads to unmarried mother.

* Teenage mistakes

Many of teenage girls due to inefficient decision making make a mistake that make them an unfortunate unwanted mother.

* Improper sex education

Due to lack of improper sex education among teenager and adolescent the unwanted pregnancy is a emerging issue.

* Contraceptive failure

It can also be a reason of unwanted mother. If sexual relationship before marriage is made but used contraceptive doesn’t work then it result in unwanted pregnancy leading to unmarried mother.

* Adoption of child

Many of female nowadays are willing to adopt child and not get married, this is also the one of the facts behind unmarried mother.

* Living together

Couple live together without being married. They are often involved in a romantic and sexually intimate relationship and it may bring the unwanted pregnancy.

**Consequences of being unmarried mother**

**For mother and child:**

* Not easily accepted in our society.
* Has to face too much stigma
* living become hard
* Psychologically-stress, anxiety, depression
* Suicidal risk is comparatively high.
* Very difficult to start her conjugal life.

**For family:**

* Being boycott from society being parents of unmarried mother
* Loss of relationship with society leading to isolation
* Difficult to marry others children
* Health problems:
* Postpartum depression
* Depressive symptoms
* Daily smoking and alcohol consumption
* Lack of emotional and nutritional support
* Unsafe delivery practices
* Improper guidance of rearing children.

**Prevention:**

* Peer education

Peer education should be given to those girls who are not able to go school. Education regarding sexual and reproductive health can be provided to forming a group of peers.

* Sex education

Well designed and well implemented sexual and reproductive health education can be provided to young people so that they can engage in a safe and responsible sexual behaviour.

* Supply of contraceptives

Government has made easy access to contraceptives so should take benefit of it and must take necessary steps to prevent the occurrence of unwed mother.

* Abolition of Prostitution

In order to prevent such condition, prostitution must be banned or must be explain about the proper use of contraceptives.

* Friendly home environment

Family must provide an healthy and supportive environment so that she can express what’s going with her before any incident happens.

**Summary:**

* Divorce, and unmarried mothers are the psychosocial problems that may prevails in young adulthood. Divorce is an action or an instance of legally dissolving a marriage. Consequences of divorce and unmarried mother occurs to own self, children, family and society. Unmarried mother is a lady who has become pregnant without legal justification of physical intimacy between man and woman. Preventive measures of such psychosocial problems can be peer education, proper sex education, friendly home environment, sex education, etc.

* **Question**
* **Choose the correct one**
* Divorce is \_\_\_\_\_
  1. legally dissolving of marriage.
  2. a marital union.
  3. is mutual sharing of property.

**Fill in the blank:**

* Unmarried mother become pregnant \_\_\_\_ legal justification of physical intimacy.

(with/without)

* **References**
* <https://divorcenepal.com/causes-of-divorce-in-nepal/>
* <https://www.momjunction.com/articles/side-effects-divorced-parents-children_0022338/>
* <https://divorceandyourmoney.com/blogs/grounds-for-divorce/>
* <https://www.pewresearch.org/social-trends/2018/04/25/the-changing-profile-of-unmarried-parents/>
* <https://ourworldindata.org/marriages-and-divorces>
* <https://worldpopulationreview.com/country-rankings/divorce-rates-by-country>
* <https://news.gallup.com/poll/286433/women-worldwide-single-moms.aspx>

* **Home assignment**
* Define divorce. list any six common reasons for divorce.
* Define unmarried mother. Write down any eight consequences of being unmarried mother.

**Plan for next class:**

* We will discuss about homicide in our next class.

**THE END**