

# Divorce: A Taboo in Kashmiri Society

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**Abstract**—*The present study is an attempt to analyse the repercussions of divorce among Women in Kashmir, across all categories irrespective of their education, residence, work, status and income. The study primarily aims at finding out how divorce affects the psyche of women, since it is considered offensive and distasteful. The work is theoretical in nature and the facts were assembled after going through literature, comprising articles both from journals and newspapers, and other analogous studies. The study brought into focus that once divorce is finalized maximum Kashmiri women go into a phase of depression, with confidence dropping to an all-time low. It has a specific and long term impact on the mental health of women, they built walls around themselves, avoid socializing and neglect their own health both mental and physical. The burden of looking after the children, if any, mostly falls on women as fathers shirk this responsibility after the divorce. In rare cases fathers' provide a meagre maintenance and are mostly in a hurry to marry again. Thus divorce in the Kashmiri context is a taboo and a divorcee has to face a tough time in coping with its after effects.*