

ABSTRACT

The present study investigated the effect of resilience, spirituality and perceived family support on divorce adjustment among females. The correlational research design was used and study sample was taken through snowball sampling, comprised of 100 divorced females from different rural areas of Gujrat city of Punjab. The instruments used were Indigenous Resilience Scale (Naz et al.2010), Spirituality Assessment Inventory (Hall & Edwards, 2001), Perceived social support from family scale (Heller & Kenneth, 1983) and Fisher Divorce Adjustment Scale (Fisher et al.1978). Statistical analyses were carried out on the data by Pearson Product Moment Correlation and Multiple Regression Analysis. A significant positive relationship was observed between resilience, spirituality, perceived family support and divorce adjustment. The results also revealed demographic such as income had a significant positive relationship with divorce adjustment. Moreover, the subscales of resilience and spirituality had a significant positive correlation with divorce adjustment. In addition, resilience was the strong predictor of divorce adjustment. The findings may have implicated in divorce adjustment on women who experienced divorce and issues after divorce.

Keywords: Divorced Females, Resilience, Spirituality, Perceived Family Support and Divorce Adjustment.