

Neuroscience and Neurological Disorders

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Mental Health status of divorcees from different cultural backgrounds in Kathmandu

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Divorcees have different psychological impacts because of their different caste/ethnicity, gender and socio-cultural backgrounds. This study is about cultural psychological factors of divorce and its different psychological impacts on different cultural groups. This research is designed in the mixed method research to understand the "Mental Health Status of Divorcees from Different Cultural Backgrounds in Kathmandu". The total number of participants was 48 and was selected by the purposive sampling lead by snowball methods. The qualitative data is analyzed through narrative techniques. Among the total population, it is found that the psychological issues are significantly higher among females than males. The prevalence of stress, anxiety and depression is higher in less educated females in comparison to highly educated females. Similarly, it has been found that differences in cultural practices including

language, food, festivals, and family role lead to divorce. Data show that one-third of the informants have a severe level of anxiety and depression respectively after they had divorced but nearly fifty per cent.

Speaker Biography

Nabin Prasad Joshi who had completed master degree in Counseling Psychology in 2020 has been lecturing at Tribhuvan University and working as a founder CEO of PICS NEPAL (Psychotherapy and Integrated Counseling Services Nepal) a non-profit organization. He is equally contributing his effort in the field of mental health research. In the beginning, he had struggled a lot to handle all three jobs, however, his dedication, passion, and interest in the respected field have had helped him to made it comfortable. His main approach of doing counseling is holistic, whereas his main area of expertise is in solution focused brief therapy and behavior therapy. Above that he is highly aspiring research scholar who loves to share his knowledge to everyone and every corner of the world.

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