

PSYCHOSOCIAL CONSEQUENCES OF POLYGAMY ON WOMEN AND  
CHILDREN: THE CASE OF BENISHANGUL GUMUZ REGION,  
MANDURA WOREDA.



JIMMA UNIVERSITY

COLLEGE OF EDUCATION AND BEHAVIORAL SCIENCES,  
DEPARTMENT OF PSYCHOLOGY

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A THESIS SUBMITTED TO PSYCHOLOGY DEPARTMENT IN PARTIAL  
FULFILLMENT OF THE REQUIREMENTS FOR MASTERS OF ART  
DEGREE THE DEGREE OF THE MASTERS IN COUNSELING  
PSYCHOLOGY (MA)

NOVEMBER 2021

JIMMA, ETHIOPIA

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**APPROVAL SHEET OF BOARD OF EXAMINERS:**

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ADVISOR SIGNATURE DATE

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EXTERNAL EXAMINER SIGNATURE DATE

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INTERNAL EXAMINER SIGNATURE DATE

## **Acknowledgement**

First my deepest thanks to my advisor, Mr. NegatewaWorku for her advice, and encouragement starting from the development of the proposal up to the end of the thesis work. Secondly, I would like to thank my co-advisor AtoDereje Mekenonfor his valuable comment on the thesis works.ThirdlyI would like to acknowledge the Mandura Woreda women and children affairs office and members of all two Kebeles officials where the data were collected, which their help made the data collection a success.FourthlyI would like to express my heart fill thanks for my family members and my friends for endless help during all research process.At last, but not least my thanks go to the study participants, who devoted their time to giving valuable information.

## **Abbreviations/Acronyms**

**EDHS:** Ethiopian Demographic and Health Survey

**RCPCH:** Royal College of Paediatrics and Child Health

**FDREC:** Federal democratic republic of Ethiopian constitution

**FGD:** Focus group discussion

**SPSS:** Statistical Package for the Social Sciences

**SD:** Standard deviation

## **Abstract**

*This study aimed to examine the psychosocial consequences of polygamy on women and children in Mandura Woreda. A mixed research design was employed. Snowball and purposive sampling were employed to select respondents. A total of 63 participants in the Gumuz community participated in this study. From these 15 women were from polygamy families, 15 women were from monogamy families, 10 children were from polygamy families, 10 children were from monogamy families, and 3 experts from the women and children affairs office 10 elders from the Gumuz community was participated. The data was collected through interviews, FGD, and questionnaires. The collected data was analyzed through statistical software SPSS version 25 and interpreted by descriptive statistics and inferential statistics. Based on finding women in polygamy family have problems in their relationships with husbands and co-wives. Consequently, there is sometimes conflict with wives due to a lack of attention from husbands. Findings show that children in a polygamous family have not that many problems with fathers, stepmothers, and other stepmother children in their relationships. The results show that women in monogamous families scored more on both self-esteem and low in depression and stress. Results shows women in Polygamy families were low in their self-esteem or feel a negative attitude towards themselves than women in monogamy families. Women in polygamous families, in contrast, were found to develop the feeling of depression and unhappiness about themselves. Women in polygamous families were highly stressed and struggle with difficult life situations due to the loss of attention from their husbands. The study also revealed that children from polygamous families have low self-esteem and highly depressed than children in monogamous families. Therefore, finding show that polygamy marriage has negative harm on women and children. Based on the finding we conclude that the polygamy type of marriage has negative psychological and social consequences on women and children in the Gumuz community. It is better than the husband should understand, and share all emotions, take equal responsibility to make life easy, and minimize the psychological burdens of polygamy marriage for women in the Gumuz community. Finally, it needs continued research on psychological impact of polygamy on women to change stereotypic ideas with the specific intention of informing them with adequate, and long-term awareness of the misconceptions about polygamy marriages different approaches.*

**Key words:** Polygamy, psychological, social, consequences

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# Chapter-One

## Introduction

This chapter includes a background of the study, statement of the problem, objectives of the study, Scope of the study, the significance of the study, conceptual framework, and operational definitions of terms.

### 1.1. Background of the Study

Polygamy is define as state or practice of having more than one wife or female mate. However, polygamy marriage and its consequences are a worldwide problem. As a result, the definition and scopes of polygamy marriage, as well as its conception, are socially constructed phenomena. Polygamy is a marriage in which one man has multiple other partners, and it is the most common kind of non-monogamous marriage. Monogamy refers to a man having only one sexual partner. The most prevalent type of polygamy is when a man marries many wives. (Al-Krenawi, 2012 & Lightman, 2000; Al-Krenawi, 2012).

Polygamy marriage is practiced in several societies around the world, and the practice varies depending to various factors; it is allowed on cultural and religious grounds, but it is considered illegal. For example, in Asia, polygamy is based on religious beliefs; in America and Europe, polygamy is legal, but it is frowned upon; and in Africa, polygamy is viewed as a cultural tradition (Duncan, 2008).

It is a socially accepted practice among tribes and groups throughout Africa as a part of the world, notably in the western region. According to Elbe dour (2002), polygamous marriages account for 20% to 50% of all marriages in some parts of Africa. Polygamy is prevalent in Africa due to a variety of circumstances, including diversity in tribes and faiths, as well as economic and societal institutions.

Similarly, numerous researches on polygamy have focused on whether the practice should be acknowledged, prohibited, or outlawed. The perceived competitiveness between co-wives is the first social result of this practice. They have as many children as they can in order to get a larger share of the family's common resources, which are shared when it comes to inheritance (Tabi, Doster & Cheney, 2010).

According to DHSR (2016) reports polygamy is practiced in all parts of Ethiopia. However, the practice varies greatly from one region to the next, as well as from one culture to

the other. As a result, several data imply that polygamy in Ethiopia is based on cultural and religious grounds.

Sofinat Solomon, (2008) conducted research in the Somali region, where the society approved the polygamy marriage system as a customary tradition. This custom is also mentioned in the holy Quran, and it is particularly prevalent in rural areas. Polygamy is popular among the Gumuz society, according to Kalkidan, (2007), in which men are allowed to marry more than one wife solely based on cultural tradition. However, the researcher was interested on the psychological and social consequences of polygamy on women and children in the Gumuz community, the case of Mandura Woreda Genet Mariam, and photo Manjore Kebele.

Polygamy has long been linked to female mental illness and family stress. According to the research done so far, polygamy causes rivalry among co-wives. Competition, jealousy, and unequal resource distribution all contribute to this rivalry. Children and wives have a worried relationship as a result of polygamy (Moosa, Benjamin &Jeenah, 2008).

Children from polygamous families had a higher prevalence of marital conflict, family violence, and family disturbances than children from monogamous families, according to several studies (Al-Krenawi, 1998; Elbe dour, Bart, &Hektner, 2000).

The majority of polygamy study has concentrated on the adults in the household, mainly the wives, rather than the children. Women's mental health has been found to be negatively affected by polygamy, according to research (Abbo, Ekblad, Waako, Okello, Muhwezi& Musisi, 2008; Al-Krenawi and Graham, 2006; Shepard, 2012). Family structure is critical for child and adolescent development, according to research and reviews on children in polygamous families. Polygamous family structures have gotten less research interest from psychologists among the many family types encountered by children.

Marital conflict, marital distress,absence of father, the happiness or distress of the wives in polygamous marriages, financial hardship, and parental education are all family characteristics and suggested risk factors related with polygamy that could influence children's developmental outcomes (Elbe dour, Onwuegbuzie, Caradine& Abu-Saad, 2002).

Polygamy is widely held in Gumuz community, where men are allowed to marry multiple wives. Polygamy is most common in Gumuz society when there are no matured daughters at home who can contribute labor to the household, or when the first wife becomes older,

physically weaker, rich menopause, and is no longer able to bear children, but only in these circumstances is the practice accepted. (WohabieBirhan& Teka.Z.2018. P.54).

Polygamy is a common marriage in Benishangul region, particularly in the Gumuz community, and women and their children who live in this sort of household face a variety of psychological and social issues. Even though the problems of polygamy are visible the practice is still continuing. Hence investigating the psychological and social consequences of polygamy on women and children is an issue that going to be addressed in this study.

## **1.2. Statement of the Problem**

Polygamous marriages are common in several societies. Some women who live a polygamous lifestyle are subjected to emotional abuse in their relationships. Because of the husband's perceived partiality towards one of the wives, family relations are stressed. Children are primarily influenced by co-wife competition and the fact that having more children in a polygamous family means having less time with, attention from, and supervision from their parents, particularly their dads. When their fathers take other women, children from some polygamous marriages suffer psychologically as a result of their fathers' lack of attention.

The study of Aurangzeb Alamgir, (2014) found that the practice of polygamy has caused depression and hardships to the children and wife in Malaysia. Based on this study, in Malaysia, 75 % of polygamous husbands are not capable to fulfil their tasks as providers and protectors. Over 80 % of husbands have poor to continue in providing the required and necessary needs for wives and their children (Othman, 2012).

In a research conducted in Turkey by Nurrohmah (2003), it was revealed that all nine women in polygamous marriages had undergone psychological abuse, with five of them also suffering physical, economic, and sexual violence. However, the majority of them had been subjected to various forms of maltreatment. Feelings that polygamy produces inequality among co-wives because the husband cannot care for and cater to the needs of more than one wife, and that polygamy provides males infinite power and influence are frequently explained (Danger, 2001).

In some societies, the negative implications of co-wife rivalry may be particularly challenging for spouses. For example, (Al-Krenawi et al. 2001, 2008) study on Palestinian numerous wives found that senior wives in polygamous marriages are frequently undervalued by

their husbands. They have lower financial means and receive less support and attention from their husbands than junior spouses. The fact that Palestinian senior wives are frequently married to men through arranged marriages based on exchange, while following, junior wives are chosen by husbands and their marriages are based on love matches (Al-Krenawi et al. 2001, 2008) explains this uneven treatment by husbands.

According to Elbedour (2002), Polygamous marriages constitute for 20% to 50% of all marriages in some parts of Africa. Polygamy thrives in Africa due to a variety of factors, including societal and religious differences, as well as economic and social systems. Despite the fact that many Africans marry Muslims, some non-Muslim males do so for economic, social, or status reasons (Ezra 2003, Madhavan 2002,).

Elbedour et al.'s (2003a) study on teenagers, on the other hand, contradicts one of their previous studies, which looked at the developmental consequences of polygamy on younger, elementary school-aged children in the same community (Elbedour et al. 2003b). Younger children from monogamous homes have higher levels of attention deficit and behavioral disorders, according to the findings of the latter study. Younger children may be more affected by polygamy than teenagers, according to the researchers, because they are more connected to their parents and immediate home environments, and have not yet developed the necessary social networks and mental ability to cope with a stressful home environment (Elbedour et al. 2003).

Polygamy is practiced in the majority of African nations. In these communities, marriages are defined by one guy marrying multiple wives. Polygamy is widely practiced in African nations because to traditional cultures and practices. Polygamy is practiced in North Africa because to customs and culture; Jewish and Islamic beliefs also allow polygamy. In African communities, this is seen as a societal ritual that maintains family continuation from generation to generation (Moosa, Benjamin, & Jeenah, 2008).

Polygamy is prevalent in Ethiopia in all regions, though the prevalence varies. According to the 2016 Ethiopian Demographic and Health Survey (EDHS), 11 percent of married Ethiopian women are in a bigamous marriage, with 9 percent having one co-wife and 2% having two or more. Similarly, 5% of married males in Ethiopia have two or more wives in a bigamous marriage. According to the survey, rural women (12%) are more likely than urban women (5 %) to be in bigamous unions. Furthermore, women in the lowest economic quintile are the most

likely to be in a bigamous union (16%), whereas women in the highest wealth quintile are only 6%.

According to EDHS reports older women are much more likely than younger women to have co-wives. The Somali region has the highest percentage of women who report being in a polygynous union (29%), while the Amhara region has the lowest percentage (1%). Accordingly, the Benishangul Gumuz region is ranked as the second highly practiced area of polygamy. Women with no education are much more likely to have co-wives (14%) than women who have attended school (7% or less).

According to the EDHS, elderly women are far more likely to have co-wives than younger women. The Somali region has the largest percentage of women in polygynous unions (29%) while the Amhara region has the lowest rate (12%). As a result, the Benishangul Gumuz region is ranked as the second most polygamous region in Ethiopia. Women without education are far more likely to have co-wives (14%) than women who have attended school (7% or less).

Sofinat Solomon (2003), found that the Somali clan has been practicing polygamy as a culture and it has been practiced for a long period of time. Women face several challenges because of the polygamy practice, for instance, the jealousy and competition atmosphere over resources amongst the wives. The first wives become more superior to others if their husbands allow them to obtain more economic resources. At the same first wives might face different challenges in economic status and less satisfying relationships with their husband if he is spending more time and investing his resource in his new wife. Different violence (Physical, emotional, and sexual abuse) might also occur in polygamous marriages, yet wives still find themselves competing with each other to get attention from their husbands.

Sofinat Solomon (2003) found that polygamy is a culture practiced by the Somali tribe, and that it has been practiced for a long time. Women challenge a number of issues as a result of polygamy, including jealousy and a competitive environment over resources among the wives. If their husbands allow them to obtain more economic resources, the first wives become more superior to others. If he spends more time and resources on his new wife, first wives may confront different obstacles in terms of economic status and less satisfactory relationships with their husband. In polygamous marriages, several forms of violence (physical, emotional, and sexual abuse) may occur.

According to Kalkidan's (2007) study of the Gumuz community's cultural practices, the Gumuz marital system is polygamous, and some of their cultures support polygamy. A lady in Gumuz society is likely to share a spouse with one or more additional wives. One of the main causes of women subjugation among Gumuz is the polygamous marriage system and marriage arrangements made by parents without the woman's consent (Kalkidan Bekele, 2007. P.48).

As per the knowledge of the researcher, there was no research conducted on the psychosocial consequences of polygamy on women and children in the study area. Here, more generally, this study was focused on the consideration of negative psychological and social consequences of polygamy marriage practice, on women and children among Gumuz community in Mandura Woreda genet Mariyam and photo Manjore Kebele. Hence this study reacted to the following research questions: -

1. What are the psychological consequences of polygamy marriage practice on women in the case of Mandura Woreda?
2. What are the psychological consequences of polygamy marriage practice on children in the case of Mandura Woreda?
3. What are the social consequences of polygamy marriage practice on women in the case of Mandura Woreda?
4. What are the social consequences of polygamy marriage practice on children in the case of Mandura Woreda?
5. Is there any difference between women and children in monogamy and polygamy family structure in the case of Mandura Woreda?



### **1.3. Objective**

This research contains general and specific objectives

#### **1.3.1. General Objective**

The general objective of this study is to investigate the psychosocial consequences of polygamy on women and children among the Gumuz community in the case of Mandura Woreda.

#### **1.3.2. Specific Objective**

1. To identify the psychological consequences of polygamy marriage practice on women in the case of Mandura Woreda.
2. To identify the psychological consequences of polygamy marriage practice on children in the case of Mandura Woreda.
3. To point out the social consequences of polygamy marriage practice on women in the case of Mandura Woreda.
4. To point out the social consequences of polygamy marriage practice on children in the case of Mandura Woreda.
5. To compare the psychological consequences of polygamy family structure with monogamy family structures.

### **1.4. Significance of the Study**

There are different problems and challenges that suffer women and their children in a polygamous family. So, it needs deep investigation on the problem which happens within the polygamous family. In this regard identifying the psychological and social consequences of polygamy that have on women and their children will have the following significance.

This study will help the Gumuz community to change the stereotypical attitude towards polygamy, to understand the negative outcome of polygamy, and use it as a guide for future investigation. Furthermore, it creates awareness about the practice and its negative consequences to the women and children in the Gumuz community.

### **1.5. Scope of the Study**

Due to the broadness of the region, it is difficult to cover all areas. Therefore, this study was delimited to Mandura Woreda Genete Mariam and photo Manjore Kebele, in Metekel zone: focused on psychosocial consequences of polygamy marriage on women and children. The

researcher's focus of attention to conduct at the study area is, due to the real existence of polygamous marriage practice widely in the study site.

## **1.6. Limitation of the Study**

The researcher was challenged during data collection. The current security condition of the region and Metekel zone is a major challenge for the researcher during data collection to get participants and lack of updated literature in the area of the field was another challenge faced during the research process.

## **1.7. Operational Definition of Terms**

**Monogamy:** A type of marriage is a man having one sexual partner.

**Polygamy:** the type of marriage a man has more than one wife.

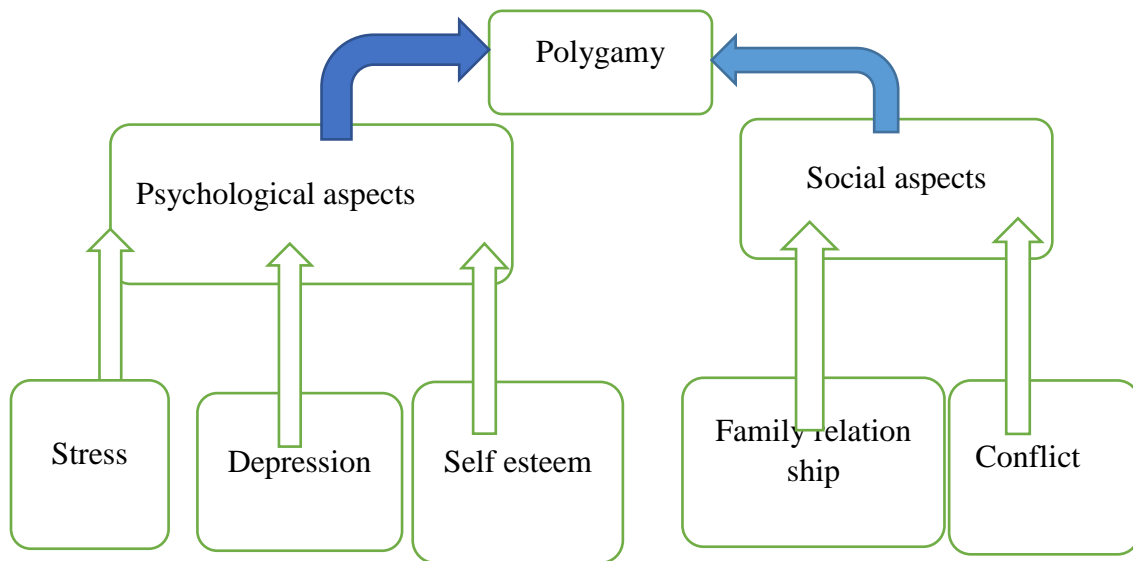
**Marital Conflict:** ideal disagreement between individuals within polygamy family.

**Psychological:** in this study, the researcher's concern was psychological variables such as stress, depression, and self-esteem.

**Social:** the researcher's concern will be only their relationship between wives with each other, wives with children, and wives with husbands.

**Children:** a person between the age of 12-18, this definition of a child was used for this study.

Figure 1: Conceptual Framework



**Source:** Adapted from different reviewed literature documents

## **Chapter-two**

### **Review of Related Literature**

#### **2.1. The Basic Concepts and Definition**

Polygamy comes from the Late Greek word polygamous, which meaning "frequently marrying." Polygamy refers to a husband's simultaneous marriage with numerous spouses or the habit or tradition of having more than one wife at the same time in popular discourse (Oxford Advanced Learners' Dictionary, 2011: 1123). Technically, this interpretation is erroneous. Polygamy refers to a marriage with more than one partner in its accurate and broad sense (Koktevdgaard, 2008).

Polygamy and polyandry are the two most common types. Polygamy is when a man has more than one wife, and polyandry is when a woman has more than one spouse. Several experts in the field use the term polygamy in this technical sense to describe a situation in which a man is married to one or more women at the same time. This is also the meaning of this article. One of the practical reasons why polygamy became synonymous with polygyny is that polygyny is widespread, but polyandry only exists in theory (Chapman, 2001 11).

Polyandry is a religious interest,' according to Cook (2007). Polyandry is justified on the grounds that it is used when the population of men in a society outnumber the population of women. The argument used to refute this claim is that currently in China, there is a shortage of resources.

## **2.2 The Practice of Polygamy**

Polygamy is a very widespread occurrence all throughout the world. It is permitted due to cultural and religious considerations. From a cultural standpoint, the majority of African nations tolerate polygyny practices. In Asia, however, the practice is widespread due to religious beliefs. Although polygyny is practiced to some extent in North America and Europe, it is banned (Duncan, 2008).

Polygamy is practiced in the majority of African nations. In these communities, marriages are defined by one guy marrying multiple wives. Polygamy is widely practiced in African nations because to traditional cultures and practices. (Moosa, Benjamin &Jeenah, 2008).

Polygamy is also supported in North Africa by Jewish and Islamic beliefs, in addition to being practiced as a result of customs and culture. In African communities, this is seen as a societal ritual that maintains family continuation from generation to generation (Moosa, Benjamin, &Jeenah, 2008).

According to Berkowitz (2007), around 83 percent of human societies allow polygamy. Although the number of men who have more than one wife is very small around the world, it is estimated that up to a third of the world's population lives in a community that permits it. When one considers the patriarchal nature of many societies around the world, it is safe to conclude that in polygamous marriages, there is a risk of uneven and discriminatory treatment of wives by their husbands. In light of this, it is critical to address the treatment of women in polygamous relationships, regardless of their social, cultural, religious, or economic circumstances.

In certain situations, wives in polygamous relationships have been harmed. Nurrohmah (2003) found that all nine women in polygamous marriages had undergone psychological abuse, with five of them also suffering physical, economic, and sexual abuse. It would be a mistake, however, to assume that all polygamous marriages are abusive. Feelings that polygamy produces inequity among co-wives because the husband cannot care for and cater to the needs of more than one wife, and that polygamy provides males "boundless power and authority" were widely used to justify these views (Dangor, 2001). Relationships appear to be flourishing where family coexistence appears to be flourishing.

In a research done by Rehman (2011), a 20% percentage of women said they would agree to polygamous marriages if given the opportunity. When a new woman enters the household, women may feel uncomfortable and envious at first, but these feelings normally fade away to maintain peaceful relationships and fair treatment of the wives.

D'Amour and Carmichael (2004) found that many polygamous women accept plural marriage and appear to be happy and satisfied within their family systems. Some women go so far as to encourage their husbands to marry many wives. Several examples show true love and camaraderie amongst polygamous couples and within their entirety.

Polygamous marriages, on the other hand, might have a negative impact on children. In polygamous families, rivalry between co-wives is frequently detrimental to the children. Furthermore, children's thoughts and views are manipulated, allowing them to absorb exclusively polygamist beliefs, effectively "blinding them to the existence of life outside polygamy" (Ward 2004, p.149).

As a sign of their high status, previous African monarchs have been known to have a great number of spouses. King Sobhuza II of the Swazi, like King Solomon, was a wealthy man. Despite conflicting tales, it is estimated that he married upwards of 60 wives (Hansungule, 2003 p.9)

Marital conflict, marital distress, absence of father and suffering happiness of wives in polygynous marriages, financial stress, and parental education are all family characteristics and suspected risk factors connected with polygyny that could influence children's developmental outcomes (Elbe dour, Onwuegbuzie, Caridine, & Abu-Saad, 2002).

Polygamy is more frequent in Africa today than anyplace else in the globe, according to Anderson (2000). In many African countries, particularly those in the western area, it is a socially accepted practice among tribes and groups.

According to Elbe dour (2002), polygamous marriages account for 20% to 50% of all marriages in some parts of Africa. Polygamy is prevalent in Africa due to a variety of circumstances, including diversity in tribes and faiths, as well as economic and societal institutions. Although many Africans in numerous marriages are Muslims, some non-Muslim men do so for economic, social, or status reasons (Ezra 2003 & Madhavan, 2002).

Women's experiences in African polygamous homes differ according on the socio-cultural characteristics of their tribe, community, or area. A patriarchal framework is followed by the majority, if not all. The husband's level of authority, on the other hand, is frequently determined by cultural and social expectations for his behavior (Madhavan 2002, Agadjanian&Ezeh 2000).

Many factors, both internal and external to the family, influence the degree of cooperation or competition among a husband's co-wives, according to Madhavan, (2002). Polygamy is still prevalent in parts of Africa. Their husbands will find a ridiculous pretext to argue with one other. Simultaneously, each wife tries to make the other appear bad.

### **2.3. The Psychological Consequences of Polygamy**

Polygamy has significant negative consequences for both women and children. In polygamous society, children and women are the ones who suffer the most. Opponents say that the practice is morally unethical due to physical and psychological impacts (Moosa, Benjamin &Jeenah, 2008).

Polygamy, according to studies so far, has resulted in competitiveness among co-wives. Competition, jealousy, and unequal resource distribution all contribute to this rivalry. Children and wives have a worried relationship as a result of polygamy (Moosa, Benjamin &Jeenah, 2008).

Children and women experience psychological issues as a result of polygamy. Low self-esteem, loneliness, anxiety, and somatization are all psychiatric disorders that women face. Children suffer from a lack of parental attention as well. They feel as separated from their parents, leading to feelings of nervousness. They also display higher levels of mental tension and worry than children from monogamous families (Moosa, Benjamin &Jeenah, 2008).

Husbands and their wives are both troubled by polygamous marriages. Due to the great obligation of supporting a large family, a women and husbands are depressed. In addition, males spend the majority of their earnings on finding new wives. As a result of being reduced to physical pleasure tools, women are psychologically deprived. As a result, children are less supported and well cared for by their parents, resulting in child neglect. Parents devote less time

and money to their children's upkeep, education, and vital care (Elbe dour, Onwuegbuzie, Caridine& Abu-Saad, 2002).

Polygamy has been linked to poor mental health and psychological consequences among women in a variety of circumstances (Shepard 2013). Women in polygamous marriages had more depressive symptoms, anxiety, and low self-esteem (Al-Krenawi and Slonim-Nevo, 2008), and were more likely to be hospitalized in psychiatric clinics (Daoud et al. 2014b) (Shepard, 2013). Polygamy also exposed women to stressful living situations, such as everyday troubles and financial distress (Al-Krenawi, Graham, & Al Gharaibeh, 2011), because it weakened economic stability and social support (Daoud et al. 2014b).

Polygamy difficulties, according to Al-Krenawi and Lightman (2000), stem from situational circumstances unique to polygamous families. Children from polygamous families have lower academic achievement, have more trouble adjusting to school procedures and customs, and have a higher number of conflicts in their homes, according to Al-krenawi and Lightman (2000).

Fainzang and Journet (2000,) found that spouses in polygamous marriage overbid children in the African environment. More bouts are widely used by women to boost their chances of becoming pregnant while also causing infertility or stillbirths in the co-wife. Aggression may expose a person's life in the most extreme cases. Certainly, child mortality is higher in polygamous households, with co-wife competition being one of the major risk factors (Areny, 2002).

However, much of the study has shown negative results for children, such as internalizing problems, externalizing problems, and mental health problems, as well as academic and psychological outcomes (Al-Krenawi, Graham, & Slonim-Nevo, 2002). Marital conflict, marital distress, absence of father, the happiness or suffering of the wives in polygynous marriages, financial hardship, and parental education are all family characteristics and postulated risk factors connected with polygamy that could influence children's developmental outcomes (Elbe dour, Onwuegbize, Caridine, & Abu-Saad, 2002).

Children from polygamous families had poorer self-esteem and higher scores on all three subscales of the Brief Symptom Inventory in the Arab-Muslim community (Al-Krenawi,



Graham, & Slonim-Nevo, 2002,) found that adolescents from polygamy families scored lower on the Self-Esteem Scale, while claims of "interpersonal sensitivity sadness and paranoid ideation" were much greater. Furthermore, on the McMaster Family Assessment Device, a statistically significant percentage of children from polygamous families showed worse levels of functioning (Al-Krenawi, Graham, & Slonim-Nevo, 2002,).

The study also found a link between lower parental education and polygamy, which was a significant result. Following a thorough examination of the data, it was discovered that polygamy had an indirect impact on children, such as a lower family's socioeconomic situation and a poorer level of family functioning (Al-Krenawi, Graham, & Slonim-Nevo, 2002,). Children from polygamous families described their own family separate from the younger wife and her children when asked to draw drawings of their family (LevWeisel& Al-Krenawi, 2000,).

A third of the adolescents described the other subfamily on the back of the page, while the other families were portrayed as separate using lines and/or colors. A large percentage of the children, 34%, elected to leave their fathers out of their drawings entirely; all of these children belonged to the older wife. When dads were shown, they were always depicted as much smaller than their sons. These images appeared to show that children's regard their own families as distinct, which could imply negative attitudes and even hostility against the other sub-family and the father (Lev-Weisel& Al-Krenawi, 2000).

Children may be defensive of their own families while expressing hate and hate toward other sub-families (Al-Krenawi, Graham & Izzeldin, 2001). Due to situations such as half-sibling rivalry, jealousy, and faithfulness to their mothers, many of the elder wife's children picked their biological mother over their father during times of strife. Their dads and the tribe, on the other hand, would expect them to support them. Many of the children's boundaries and loyalties have been thrown into disarray as a result of this (Lev-Weisel& Al-Krenawi, 2000).

### **2.3.1. Polygamy and Stress**

Polygyny has long been linked to female mental illness and family stress. According to the research done so far, polygamy causes rivalry among co-wives. Competition, jealousy, and unequal resource distribution all contribute to this rivalry. Children and wives have a stressed relationship as a result of this (Moosa, Benjamin &Jeenah, 2008). Children and women

experience psychological issues as a result of polygamy. Low self-esteem, loneliness, anxiety, and somatization are all psychiatric disorders that women face. Children suffer from a lack of parental attention as well. They feel estranged from their parents, leading to feelings of uneasiness. They also show emotions.

Children and women experience psychological issues as a result of polygamy. Low self-esteem, loneliness, anxiety, and somatization are all psychiatric disorders that women face. Children suffer from a lack of parental attention as well. They feel estranged from their parents, leading to feelings of uneasiness. They also display higher levels of mental tension and worry than youngsters from monogamous families (Moosa, Benjamin & Jeenah, 2008).

### **2.3.2. Depression and Self-esteem**

Women in polygamous marriages had more depressive symptoms, anxiety, and low self-esteem (Al-Krenawi and Slonim-Nevo, 2008), and were more likely to be hospitalized in psychiatric clinics (Daoud et al. 2014b) (Shepard, 2013). Polygamy also exposed women to stressful living situations, such as everyday troubles and financial distress (Al-Krenawi, Graham, & Al Gharaibeh, 2011), because it weakened economic stability and social support (Daoud et al. 2014b).

Self-esteem was found to have a positive association with teenagers talking with their fathers, believing their fathers to be engaged in their life, and the frequency of family activities, which is absent in most polygamous marriages, according to Gibson and Jefferson (2006). Furthermore, Alexandre & Michel (2007) stated that children in polygamous families receive less attention and handling of life from their parents because they do not have the same place and focus as children whose parents are constantly compact.

According to Slicker et al. (2005), having been raised by highly responsive parents is associated with positive life skills in older adolescents. Adolescents with less receptive parents, on the other hand, endure psychological anguish and have a lot of bad personal thoughts or emotions. According to Flouri and Buchanan (2003), adolescents who are experiencing psychological discomfort may also have low levels of happiness and self-efficacy, as well as high levels of depression.

Despite the fact that Islam allows males to have up to four wives under rigorous criteria that must be fair and just for each wife, women do not often accept this arrangement. Muslim senior wives in polygynous marriages have worse self-esteem, life happiness, and mental health problems than women in monogamous marriages, according to Al-Krenawi and Kanat.M (2015).

Polygynous relationships are linked to an increased risk of intimate partner violence (Jewkes, Levin, & Penn-Kekana, 2002). The concept that polygynous marriages contribute to poor mental health among affected women is supported by recent data from Syria (Al-Krenawi&Kanat. M, 2015). Syrian women in polygynous relationships showed poorer self-esteem and life satisfaction than women in monogamous marriages (Al-Krenawi&Kanat, M, 2015).

## **2.4. Social Consequences of Polygamy**

### **2.4.1. Co-wives Relationship**

According to research findings on Somali dear clean (Sofa nit Solomon, 2008, p.51), the connection between co-wives is typically bad. Wives fight virtually every day, but instead of improving their relationship, they begin to confront one another. Because of their jealousy, first spouses become more hostile towards their second wives. In a polygamous marriage, most women vie with one another to capture their husband's heart and become his favorite wife. Wives compete not only to capture their husbands' hearts, but also to avoid doing some domestic job (cooking, cleaning, etc.). Wives will have an impact according on their personalities.

Children are another source of conflict among women, according to (Sofa nit Solomon 2008 p.51) research findings. Youngsters in polygamous marriages fight like children in any other family. When this happens, women forget to be reasonable and solve the matter as adults, instead choosing sides and fighting with one another. The majority of the time, the participants' relationships with one another are not positive.

### **2.4.2. Marital conflict**

A growing corpus of research has indicated that polygamous relationships experience increased marital conflict, tension, jealousy, and stressful living situations, according to Al-Krenawi and Kanat-Maymon (2015). In polygynous marriages, competition between wives

happens to choose whose children would have access to goods like as education, food, and fear distribution, which causes to marital strife.

According to Moody (2011), children raised by polygamous parents experience much more parental conflict, violence, and family instability than children raised by monogamous parents. According to extensive study, children from polygamous homes have a higher risk of developing marasmus (Hektner, 2000).

Marital problems, disagreement, and distress, in turn, have a direct impact on children's mental health. In a study of children aged 8 to 18, Buehler and Gerard (2002) found that marital conflict and inadequate parenting accounted for 11% of the variance in children's maladjustment.

Neglect is a severe mental health issue (Sivagurunathan, U madevi, Rama, & Gopalakrishnan, 2015). When parents fail to provide their children's basic requirements, they are exhibiting negligence (Dahake ital., 2018 & RAWs, 2018). Neglect in education, emotions, medical, physical, supervision, drug use, security, and nutrition is a significant concern among adolescents that is rarely the subject of research (RAWs, 2018 & RCPCH, 2017). The most common form of child maltreatment that goes unnoticed during adolescent growth is neglect (RCPCH, 2017). Domestic violence, as an example of child abuse, is a troubling issue in the development of teenagers who develop psychiatric issues. Domestic abuse is more widespread among teenagers in the school setting than in the university one (Kakkad, Trivedi, & Ramchandani, 2015).

Neglect increases the incidence of psychopathology in teenagers, making it a problem for doctors and parents. Children who have been neglected appear to be reliant on their caregivers, necessitating treatment that addresses a variety of external factors that can exacerbate symptoms and hinder functioning (Zeanah& Humphreys, 2018). Neglect on the part of caregivers and parents has both short and long-term implications for children (Dahake et al., 2018).

All of the repercussions of parental neglect become the starting point for a variety of maladaptive behaviors and mental health issues in children. Therapists' understanding of family trees, child caregivers, parental drug or alcohol usage, parental mental health, economic status, support systems, culture, religion, and violence in partner relationships are all psychological assessments that can be done on this subject (Honor, 2014).

## **2.5. Summary and implications**

According to the study for the above related to review of literature there many things are included that, about the practice of polygamy marriage and its psychological issues in relation to self-esteem depression and stress are seen in the above literature. Polygamy has been linked to poor mental health and psychological consequences among women in a variety of circumstances. As Women in polygamous marriages had more depressive symptoms, anxiety, and low self-esteem Polygamy has problems on women and children's, family relationships, marital conflict and neglecting. As the above literature scholars finding polygamous relationships experience increased marital conflict, tension, jealousy, and stressful living situations and marital problems, disagreement, and distress, in turn, have a direct impact on children's mental health. But in this study the researcher emphasizes (focused) on psychological variables such as self-esteem depression and stress and family relationships, conflict in polygamy family of Gumuz community of genetemariyam and photo manjore kebeles of Mandura Woreda. Therefore, this research is important to as an initial sample for the future study and research investigations.

## **Chapter-Three**

### **Research Methods**

This chapter was contained the research design, the study population, sampling technique, sources of data, data collection methods, procedures of data collection, methods of data analysis, and interpretation

#### **3.1. Research Design**

A mixed research design with a descriptive approach was employed in all the research processes. A mixed methods research design is a procedure for collecting, analyzing, and mixing both quantitative and qualitative methods in a single study or a series of studies to understand a research problem (Creswell & Plano Clark, 2011). The basic assumption is that the uses of both quantitative and qualitative methods, in combination, provide a better understanding of the research problem and question than either method by itself.

According to Creswell (2011), an appropriate research design is essential to help collect, analyze and interpret data to answer the research question. The use of this research design was provided various advantages for the study. Therefore, a mixed research design was employed due to the possibility of triangulation; i.e., the use of several data collection tools and data sources was to examine the same phenomenon. In addition, it was allowed the sampling, data gathering, and instrumentation techniques to be used that emphasize validity and reliability and the researcher investigate the problem in the natural setting within the two Kebeles. Consequently, it helped the researcher possible to get direct information about the psychosocial consequences of polygamous women and children.

Triangulation (using more than one method in data collection) was applied to increase the credibility of the data, which means the searcher will depend on more than two data collection methods to check the validity of the future research (Otlacan, 2010). However qualitative research design is flexible, even if it has some weaknesses. Therefore, the researcher used a mixed approach in the study.

### 3.2. Study area Description

Mandura is one of the Woredas, in the Benishangul-Gumuz Region of Ethiopia. Part of the Metekel Zone, it is bordered by Dangur in the north and northwest, by Pawe special woreda in the northeast, by Amhara Region in the east, by Dibate in the south, and by Bulen in the southwest. These ethnic groups include the indigenous Gumuz, and highland comers such as Agew, Amhara and other ethnic groups live together in Mandura woreda.

### 3.3. Population of the Study

According to ogula, (205). Population refers to any group of institutions, people, or objects that have common characteristics. Therefore, the target population of the study was 63. Among these, of Genete Maryam, and photo Manjori kebele residential, 30 women and 20 children from both monogamy and polygamy family, 10 Elders from Gumuz community and 3 experts from women - youth children's affairs officers (Key informants) were selected as the populations of this study.

*Table 1: Population distribution*

Population groups	Genet Mariyam		Photo Manjori		total
	Gender		Gender		
	male	Femal e	male	Female	
Women from polygamy family	-	7	8		15
Women from monogamy family		15	-		15
Children from polygamy family	2	3	3	2	10
Children from monogamy family	5	5	-	-	10
Elder men and women from both kebele	2	3	2	3	10
Experts from w/y/c/affairs office				-	3
Total			15	11	63

### **3.4. Sampling Technique**

The research respondents were selected based on the significance of the study. Hence the researcher was employed snowball and purposive sampling to select key participants and informants. In this regard, women and children in a polygamous family were selected by using the snowball sampling technique. Because these techniques are preferable to select potential key informants for the study who have ample knowledge and experience about polygamy marriage practices.

In snowball sampling, technique participants were selected first identified a few members of the population, and the initial sample was also referred to as starting the information. The next step was to invite each of the selected People to identify other members of the population. And also, women in monogamous families were selected from genet Mariam Kebele purposively. Elders from the Gumuz community and experts from the women, youth, and children affairs office was purposively selected.

### **3.5. Method of Data Collection**

For successful completion of study focus group discussion and interview, was obtained for furthermore understanding of polygamy marriage practice in Gumuz community and also to make detail understanding about its psychosocial consequences on women and children. There was a self-constructed questionnaire to explore social relationships between polygamous family members. Questionnaires were felt by the researcher through back-translation from local language to the Amharic language to and lastly interpreted by English. For respondents who can't read and understand the questions on their own, the researcher is asked to write the answers by reading and explaining them himself.



## **Instruments**

The researcher has utilized questionnaires, focus group discussions and interview to collect data from key participants and key informants in all the research processes. Additionally, to assure the reliability and validity of instruments the researcher was used different standardized scales to measure stress level, depression level, and self-esteem of women and their children in polygamous families by comparing women and children in a monogamous family of Gumuz community the case of Mandura Woreda.

### **Perceived Stress Scales**

The Perceived Stress Scale (PSS) is the most widely used psychological instrument for measuring the perception of stress. It is a measure of the degree to which situations in one's life are appraised as stressful. Items were designed to tap how unpredictable, uncontrollable, and overloaded respondents find their lives. The scale also includes several direct queries about current levels of experienced stress. The questions in this scale ask about your feelings and thoughts.

The items are easy to understand, and the response alternatives are simple to grasp. Moreover, the questions are general and hence are relatively free of content specific to any subpopulation group. The questions in the PSS ask about current feelings and thoughts even if the scales are developed for short time perceived stress the researcher will adopt questionnaires in a polygamy family context.

Stress levels were evaluated by using the Perceived Stress Scale (PSS). The PSS assessed the individual's perception of how unpredictable and uncontrollable life events were in the past life. Scoring: PSS scores are obtained by reversing responses to the four positively stated items (items 4, 5, 7, & 8) and then summing across all scale items and 4 item scale can be made from questions 2, 4, 5, and 10 of the PSS 10 item scales.

### **Beck Depression Inventory (BDI)**

The Beck Depression Inventory (BDI) is a 21-item self-reporting questionnaire for evaluating the severity of depression in normal and psychiatric populations. Developed by Beck et al. in 1961, it relied on the theory of negative cognitive distortions as central to depression. It underwent revisions in 1978: the BDI-IA and 1996 and the BDI-II, both copyrighted. The BDI-II does not rely on any particular theory of depression and the questionnaire has been translated

into several languages. A shorter version of the questionnaire, the BDI Fast Screen for Medical Patients (BDI-FS), is available for primary care use.

The validity of an instrument can be defined as the extent to which the theory or questionnaire can be applied in similar phenomena (Lee & Baskerville, 2003). The validity of a questionnaire plays an important role to ensure the suitability of that questionnaire to be applied in research because if a questionnaire has low validity, it is not valid and cannot be used to test what it is supposed to be.

Beck Depression Inventory is reported to have excellent validity for its suitability to be used to measure depression in an individual. Beck et al. (1988) has found a mean correlation of .72 between clinical ratings of depression and the BDI for psychiatric patients and a mean correlation of .60 between clinical ratings of depression and BDI scores for non-psychiatric patients.

Reliability can be defined as dependability or consistency where the same thing is repeated or reoccurs under similar conditions (Neuman, 2005). Reliability of a research instrument can be meant by the consistency of the instrument to produce identical results despite being used in different settings and so on. This concept of reliability is closely related to universality, repeatability, and consequently falsification (Lee & Baskerville, 2003). The Beck Depression Inventory questionnaire has been reported to have a very good to excellent reliability. Split-half reliability for this questionnaire has been reported to be ranging from .78 to .93. This result indicates an excellent internal consistency (Beck & Steer, 1984). Besides, in a test-retest examination, this inventory has also been reported to have good reliabilities with a range of .48 for psychiatric patients after three weeks to .74 for undergraduate students after three months (Cororan & Fischer, 1987).

### **Rosenberg self-esteem scale**

A 10-item scales that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be Uni-dimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree. Self-esteem scale The Rosenberg (1979) SE scale consists of 10 items, which range from 1-4, higher scores indicating higher SE. It has high internal consistency (Guttman measurement of reconstruction 0.92) and high test-retest validity ( $r = 0.85$ ). The SE scale yielded a satisfactory level of internal consistency in the current study (Cronbach's  $\alpha = 0.71$ ). Therefore, Rosenberg self-esteem scale

standardized questioners was employed to collect data from respondents from both polygamy and monogamy family about their self-esteem.

### **Key informant interview**

According to Bernard (2006), key informants are people who know a lot about the topic under the study and volunteer to share their knowledge to the researcher, Therefore, the researcher was arranged (3) key informant interviews who have better information about the issues under the study. Key informants were experts from women youth and children affair office. These key informants were select on the basis of their knowledge of the culture and their experiences.

This is due to interview enables to gather in depth information, free or flexible responses that would not be easy to obtain by other tools; (Salinger, 1989). Data was collected by using unstructured and structured interviews. Accordingly, structured questions were prepared and interviews was conducted with close relationship advisors.

Therefore, the researcher was functioned based on the agreement with the respondents for better expression of the topics.

The medium of communication was used in the interview based on their second language accordingly. Additionally, the collected data through interview was transcribed and translated to English language at the end.

### **Focus group discussion.**

There are several reasons, for using focus group discussion as a data collection instrument. Among other things conducting FGD helps the researcher to develop in understanding about why people think the way they do, members of the focus group can bring forward ideas, and the interactions found in group dynamics are closer to the real life (Bryman, 2004). Considering the pro of conducting FGD, a focus group discussion session will employ with various informants and key participants with the aim of accessing different views about the psychosocial consequences of polygamy on women and children and was collected data related to the issues under study, which was relatively useful to collect the data over a short period of time. Hence, focus group discussions was conducted with both women in polygamy and monogamy family. In addition to this elder from Gumuz community was selected as key informants. Accordingly, the researcher was used fifteen (15) women from polygamy family and 15 women from monogamy family were selected as key respondents. Totally fifteen (15)

women's from polygamy family was selected from genet Mariyam kebele and fifteen (15) women's was selected from photo Manjore kebele.

Accordingly, ten (10) elders were selected from two kebeles. Among those three (3) females and two (2) males from genet Mariam and three (3) females and two (2) males from photo Manjore kebele. Hence, the total number of key informants for FGD was 10. Because 6-12 participants can be conduct with FGD. In the opening of the discussion, the researcher was introduced for participants about the main topics of the discussion and the purpose for which the discussion was desirable rather than harm.

### **3.6. Procedure of Data Collection**

In order to legitimate and precede the data collection procedures, was followed the following steps to collect data. Accordingly, the first task in data collection procedure was started from taking a letter from the psychology department, request the permission be from the study site and researcher show the study was only for academic purpose.

Secondly written questionnaire was delivered to sample respondents. Then the subject was instructed to reveal their identity and purely only for research purpose. Thus, the all activities were implemented based on these above-mentioned steps. Finally, the collected data was analyzed through SPSS software version 25.

### **3.7. Pilot Study**

Pilot testing is an important step in research process because it reveals vague questions and unclear instructions in the instruments. It was captured important comments and suggestions from the respondents that enable the researcher was get better on the efficiency of research instrument and Pilot testing was administered before the main questionnaire was distributed to participants. The pilot study included 3 women's from Gumuz community and 3 experts from office which is not part of study.

In the pilot study participants were asked to evaluate and report on the clarity of instruction as well as the ambiguity and relevance of items. There are four general guiding questions which was answered by pilot study participants. They were also asked if they had any suggestions regarding the questionnaire items. The questionnaire filled out by students was analyzed using SPSS version 24. Cronbach alpha was calculated to check the reliability. The result showed that reliability coefficient was .870 for stress, .732 for depression, .633 for self-esteem. The result

show satisfactory level of internal consistency for self-esteem, a good internal consistency for depression and an excellent internal consistency for depression. Based on the response gathered modifications were made.

### **3.7.1. Validity of Instruments**

Validity refers to the degree to which evidence and theory support the interpretation of test scores entailed by the use of tests. According to Mugenda and Mugenda (1999), validity is the accuracy and meaningfulness of inferences, which are based on the research results. It is the degree to which results obtained from the analysis of the data represent the variables of the study. The research instruments were validated in terms of content validity. The content-related technique was measuring the degree to which the questions items reflect the specific areas that were being covered.

### **3.7.2. Reliability Of Instruments**

Reliability is the ability of a research instrument to consistently measure characteristics of interest over time. It is the degree to which a research instrument defers consistent results or data after repeat test (Mugenda and Mugenda, 1999). Accordingly, the researcher will measure the reliability of the instruments to determine its consistency in testing what they are intended to measure.

## **3.8. Data Analysis and Interpretation**

Here, after the data was collected through the three instruments about psychosocial consequences of polygamy on women and children.

(A) The result of focus group discussion, (B) the result of the questionnaire, (C) the result of an interview. Next to this, collecting relevant information through the three instruments and the researcher was analyzed and interpreted the data by using mixed research which include qualitative and quantitative methods as appropriate.

The first step is responses were coded and analyzed through SPSS software version 24. The data result was interpreted through descriptive statistics such as Frequency, percentage, mean and inferential statistics such as, independent - test was utilized to test the difference between the self-esteem, depression, and stress between monogamy and polygamy families. The

triangulation of the qualitative data was used. Then finally the result of respondents was described and discussed in a qualitative way by words.

### **3.9. Ethical Consideration**

Research in education is governed by various ethics. According to APA (2010), these experiments involve human beings which may expose them to stressful or unpleasant experiences. This may affect the subjects to risks or negatively affect the lives of the research participants. To avoid the negative harms participants were informed that their participation is voluntary, Participants were informed that the information they provide will not be, used for any purpose other than research. Confidentiality of information and anonymity of respondents had been ensured.

## Chapter-Four

### Results, interpretation and Discussions

This chapter presents the result obtained from the study.

#### 4.1. Socio-Demographic Characteristics of the Respondents

This chapter presents the basic socio demographic characteristics of women's and children's from both monogamy, polygamy family, elders from Gumuz community in Mandura Woreda community and experts from Mandura Woreda women and children affairs office.

*Table 2: Socio demographic characteristics of women respondents in polygamy family*

Respondents	Characteristics	Frequency(N)	(%)
Age of wife's	15-20	5	33
	21-45	7	47
	Above 45	3	20
	Total	15	100
	Total	15	100
Marriage orders of wife's	First wife	6	40
	Second wife	3	20
	Third wife	4	27
	Fourth wife	2	13
	Total	15	100
Age difference of wives with husband	10-20	6	40
	21-35	4	27
	Above 35	5	33
	Total	15	100
	1-4	4	27
Number of children's	5-9	8	53
	Above 10	3	20
	Total	15	100

Accordingly, respondents were distributed in three age groups (15-20, 21-45, and < 45 years) the result show that 7 (47%) of women respondents in polygamy are between the age of 21-45, 5(33%) of women respondents in polygamy family are between 15-20 and the remaining 3(20%) of women respondents in polygamy family are above age 45.

Marriage orders of wife's: 6 (40%) of women answered that they are the first wife for husbands, 3(20%) of women respondents were answered that they are the second wife for husbands, 4(27%) of women respondents were answered that they are the third wife for husbands and the remaining 2(13%) of women respondents were answered that they are the fourth wife for husbands.

The above table 2 result shows about the age difference between wife's and husbands 6(40%) of women respondents were answered that an average of 10-20 years age difference with husbands, 4(27%) of women respondents in polygamy family were answered that they differ an average age between 21-35 with husbands and the remaining 5(33%) of wife respondents were answered that more than 45 years old age difference with husband. A number of children: According to table2: result shows majority 8(53%) of wife respondents have an average of a number of 5-9 children's, 4(27%) of wife respondents have an average of 1-4 children and the remaining, 3(20%) of wives have an average of more than 10 children's in polygamy family.



*Table3: demographic characteristics of women respondents in monogamy family*

Respondents	Characteristics	Frequency(N)	(%)
Age	15-20	3	20
	21-45	10	67
	Above 45	2	13
	Total	15	100
Educational level wife's	Illiterate	12	80
	Primary school	3	20
	Secondary school	--	--
	Certificate	--	--
	Total	15	100
Religion	Orthodox	4	40
	Muslim	-----	--
	Catholic	4	27
	Protestant	---	--
	traditional religion	7	47
	Total	15	100

According to table 2 Age of women: 3(20%) of women from monogamy families are between age groups of 15-20, 10(67%) of women from monogamy families are between age groups of 21-45 and 2(13%) of women from monogamy family are between age groups of above 45. Educational background of women: 12(80%) of women from monogamous family are do not read and write and 3(20) of women from monogamous families attend primary school. The religion of women: 4(27%) of women are orthodox religious followers 4(27%) of them are catholic religious followers and 7(47%) of women are traditional religious followers.

**Table 4: demographic characteristics of children in monogamy and polygamy family**

Respondents	Characteristics	Frequency(N)	(%)
Gender of Children in polygamy Family	Male	4	40
	Female	6	60
	Total	10	100
Gender of Children in monogamy Family	Male	6	60
	Female	4	40
	Total	10	100
Ages of children in polygamy Family	12-15	7	70
	16-18	3	30
	Total	10	100
Ages of children in monogamy family	12-15	5	50
	16-18	5	50
	Total	10	100

According to table 2 result shows that the majority 6(60%) of children are female and the remaining 4(40%) of respondents are male. Children in monogamous family's majority or 6 (60%) of children in monogamy are male and 4(40%) of children in the monogamous family are females. The ages of children: are categorized into three age groups. The above table shows that the majority or 7(70%) of children are between age groups of 12-15 and the remaining 3(30%) of children respondents are between the age group of 16-18 children in monogamy family 5(50%) of children in monogamy family are between age groups 12-15 and 15-18.

**Table 5: Personal information of experts**

Personal information's of experts			
Sex	Male	3	60
	Female	2	40
	Total	5	100
Age	20-30	4	90
	31-40	1	10
	Above 40	--	
	Total	5	100
Religion	Orthodox	4	80
	Muslim	-	-
	Catholic	-	-
	Protestant	-	
	Other	1	20
	Total	5	100
Marital status	Married	2	40
	Unmarried	3	60
	Total	5	100
Educational status	Diploma	1	20
	BA degree	4	80
	MA	--	
	Total	5	100

According to table 2 results show that 3(60%) of experts from women and children's affairs were male and the remaining 2(40%) were female. Ages of experts: according to table 2 results show almost 4(80%) of key informants are between age groups of 20-30 and the remaining 1(20%) of respondents were between age groups of 30-40. Religions of experts: According to table 2 show almost 4(80%) of respondents were orthodox religious followers and the remaining 1(20%) of key informants are other traditional religious followers.

Marital status of experts: according to table 2 results show that 2(40%) of informant experts are married and 3(60%) of key informant experts are unmarried or single. Educational backgrounds of experts: According to table 2 result shows that the majority 4(80%) of key informant experts are BA degree level and the remaining 1(20%) of respondents are diploma level.

**Table 6: Personal information of elders**

Personal information of elders			
Gender of Elder	Male	4	40
	Female	6	60
	Total	10	100
Ages of elder	Characteristics	Frequency	%
	30-40	3	30
	41-50	4	40
	above 50	3	30
	Total	10	100
Religions of elder	Characteristics	frequency	%
	Orthodox	1	10
	Muslim	-	-
	Catholic	4	40
	Protestant		
	Traditional religions	5	50
Total	10	100	
Educational levels of elders	Characteristics	Frequency	%
	Diploma	1	10
	Primary school	2	20
	Illiterate	7	70
	Total	10	100

According to table 2 result, 6(60%) of elders were females and 4(40%) of elder informants were male respectively. According to table 2 results show 4(40%) of elders were between age groups of 41-50, 3(30%) of elder's were between age groups of 30-40 years and the remaining 3(30%) of elder were above 50 years. As table 2 result shows that the majority 7(70%) of elders reported that they are illiterate, whereas 2(20%) of elders was reported that they complete primary school and 1(10%) of elders was completed the diploma program. Religions of

elders: As table 2 result show 5(50%) of elders are follow traditional religion, 4(40%) of elders are catholic religion followers and the remaining 1(10%) of elders are an orthodox religious follower.

#### 4.2. Psychological Consequences of Polygamy on women’s and children

The result of the psychological consequences of polygamy on women’s self-esteem, depression and stress are presented as follow: This study revealed that polygamy marriage contributes psychological and social consequences on women’s self-esteem, depression, stress and relationship problems between family members. There is that evidence polygamy marriage structure that may affect women and their children. Women and children brought up in monogamous and polygamous families have shown differing scores in self-esteem, depression, and stress women in polygamous families score more for stress items. Therefore, as research result shows, women s in polygamous families are low in self-esteem, highly depression and highly stressed in their life than women in the monogamous family. The result of women in polygamy families is more and they show their strong agreement on most items of this construct.

**Table 7: Result of women’s self-esteem (N=15)**

N	Items	Family type	4	3	2	1	Mean	Mean value
			F (%)	F (%)	F (%)	F (%)		
1	On the whole, I am satisfied with myself.	Polygamy	-	-	8(53)	7(47)	1.53	Very low
		Monogamy	12(80)	3(20)	-	-	3.8	Very high
2	At times I think I am no good at all.	Polygamy	2(13)	8(53)	2(13)	3(20)	2.60	High
		Monogamy	-	3(20)	10(67)	2(13)	2.06	Very low
3	I feel that I have a number of good qualities.	Polygamy	-	6(40)	7(47)	2(13)	2.27	Low
		Monogamy	8(53)	7(47)	-	-	3.53	Very high
4	I am able to do things as well as most other people.	Polygamy	-	2(13)	6(40)	7(47)	1.67	Very low
		Monogamy	8(53)	5(33)	2(13)	-	3.4	Very high
5	I feel I do not have much to be proud of.	Polygamy	2(13)	10(67)	3(20)	-	2.93	High
		Monogamy	-	-	10(67)	5(33)	1.66	Very low
6	I certainly feel useless at times	Polygamy	-	7(47)	8(53)	-	2.47	Low
		Monogamy	-	2(13)	8(53)	5(33)	1.8	Low

7	I feel that I'm a person of worth, at least on an equal plane with others.	Polygamy	2(13)	8(53)	5(33)	-	2.8	High
		Monogamy	8(53)	5(33)	2(13)	-	3.4	Very high
8	I wish I could have more respect for myself.	Polygamy	7(47)	8(53)	-	-	2.13	Low
		Monogamy	9(60)	6(40)	-	-	3.6	Very high
9	All in all, I am inclined to feel that I am a failure.	Polygamy	-	-	7(47)	8(53)	1.47	Very low
		Monogamy	-	-	13(87)	2(13)	1.86	Low
10	I take a positive attitude toward myself.	Polygamy	-	3(20)	8(53)	4(27)	1.93	Low
		Monogamy	3(20)	9(60)	3(20)	-	3.00	High
Total mean		Polygamy				=2.18	Low	
		Monogamy				=2.81	High	

*Scoring item 2, 5,6,8,9 is reverse scored and higher score indicates high self-esteem. Give for Strongly Agree (SA)-4 Agree (A) -3 disagree (DA)-2 strongly disagree (SDA)-1.*

*Mean score values from 3.26 - 4.00 very high, 2.51-3.25 high, 1.76 -2.5 low and 1-1.75 very low*

According to table 6 item, 1 result shows that 8 (53%) of women respondents in polygamy family were answered disagree that they, on the whole, are satisfied by themselves and 7(47%) of women respondents in polygamy family were answered strongly disagree that they, on the whole, they are satisfied by themselves. The mean result for women in polygamy families is 1.53 and the result implies very low or strongly disagreed by item 1. As the table presents women in monogamy family 12(80%) they were answered strongly agree that they, on the whole, are satisfied with themselves and 2(20%) of women from monogamy family were answered agreed that they, on the whole, are satisfied by themselves. The mean result for women in monogamy is 3.8 and the mean result implies very high or strongly agreed by item 1.

As table 6 for item 2 presents the result show that 2 (13.3%) of women respondent were answered strongly agree that they at times they think they are not good at all, 8(53%) of women respondent were answered agree, 2 (13%) of women were answered strongly agree and 3(20%) of women respondent were answered disagreed. The mean result is 2.60 and the result implies high or agreed by item 2 but the result is interpreted reversely because it is a negative item. According to the above table also show 3(20%) of women respondents from monogamy family were answered agree that they at times they think they are not good at all, 10(67%) of women

respondents from monogamy family were answered disagree and 2(13%) of women respondent from monogamy family were answered strongly disagreed. The mean result is 2.06 and the result implies low or disagreed by item 2.

According to table 6 item, 3 results show that 6 (40%) of women respondents were answered strongly agree that they feel that as they have several good qualities, 7(47%) of women respondents were answered disagree and 2(13%) of women respondent were answered disagreed. The mean result is 2.27 and the result implies low or disagreed by item 3. Women in monogamy family 8(53%) of women respondents from monogamy were answered strongly agree, 7(47%) of women respondents from monogamy were answered agreed. The mean result is 3.53 and the result implies very high or strongly agreed by item 3.

According to table 6 item, 4 results show that 7 (47%) of women respondents were answered strongly agreed that they feel as they can do things as well as most other people, 6(40%) of women respondents were answered disagree and the remaining 2 (13%) of women respondent were answered agreed. The mean result is 1.67 and the result implies very low or strongly disagreed by item 4. As the above table shows also 8(53%) of women respondents from monogamy were answered strongly agree, 5(33%) of women respondents from monogamy were answered agree 2(13%) of women respondents from monogamy were answered disagreed. The mean result is 3.4 and the mean result implies very high or strongly agreed by item 4.

According to table 6 item 5 result implies that majority or 10(67%) of women respondents were answered agree they feel as they do not have much to be proud of, 3(20%) of women respondents were answered disagree and the rest or 2 (13%) of women respondent were answered strongly agreed. The mean result is 2.93 and the result implies high or agreed by item 5. As the above table show 10(67%) of women respondents from monogamy were answered disagree and 5(33%) of women respondents from monogamy were answered strongly disagreed. The mean result is 1.66 and the result implies very low or strongly disagreed by item 5. Here is also the mean result is interpreted as vice versa because the item is negative for both women in monogamy and polygamy families.

As table 6 item 6 result indicates that 7(47%) of women respondents were answered agreed that they certainly feel useless at times and 8(53%) of women respondents were answered disagreed. The mean result is 2.47 and the result implies low or disagreed by item 6. According

to the above table, results show 2(13%) of women respondents from monogamy were answered agree 8(53%) of women respondents from monogamy were answered disagree 5(33%) of women respondents from monogamy were answered strongly disagreed. The mean result is 1.8 and the result implies low or disagreed by item 6. Here is also the mean result of both women in polygamy and monogamy is reversely interpreted because item 6 is negative.

According to table 6 item 7 result reveals that 8(53%) of women respondents were answered agree that they feel that they are a person of worth, at least on an equal plane with others, 5(33.3%) of women respondents were answered disagree and 2(13%) of women respondent were answered strongly agree. The mean result is 2.8 and the result implies high or agreed by item 7. As the above table also indicates that 8(53%) of women respondents were answered strongly agree 5(33%) of women respondents were answered agree 2(13%) of women respondents were answered disagree. The mean result is 3.4 and the result implies very high or strongly agreed by item 7.

As table 6 item 8 the result reveals 5(33.3%) of women respondents were answered agree that they wish as they could have more respect for themselves and 7(47%) of women respondents were answered disagree and 3(20%) of women respondents were answered strongly disagree. The mean result is 2.13 and the result implies low or disagreed by item 8. According to the above table, 9 (60%) of women respondents in monogamy family were answered strongly agree that they wish as they could have more respect for themselves, and 6(40%) of women respondents were answered agree. The mean result is 3.6 and the result implies very high or strongly agreed by item 8.

Table 6 for item 9 indicates show that 8(53%) of women respondents were answered strongly disagree that they, all in all, are inclined to feel that they are in a failure, 7(47%) of women respondents were answered disagree. The mean result is 1.47 and the result implies very low or strongly disagreed by item 9. As the above table, the result shows that 13 (87%) of women in monogamy family respondents were answered disagree that they All in all, they are inclined to feel that they are in a failure 2(13%) of women respondents were answered strongly disagree. The mean result is 1.80 and the result implies low or disagreed by item 9.

According to table 6 for item 10 the result show that 3(20%) of women respondent polygamy family were answered agree that they take a positive attitude toward themselves,



8(53%) of women respondents in polygamy family were answered disagree and 4(27%) of respondents were answered strongly disagree. The mean result is 1.93 and the result implies low or disagreed by item 10.

As the above table, the result indicates 3(20%) of women respondents from monogamy were answered strongly agree that they take a positive attitude toward themselves 9(60%) of women respondents from monogamy were answered agree and 3(20%) of women respondents from monogamy were answered disagree. The mean result is 3.00 and the result implies high or agreed by item 10.

The total mean score for self-esteems of women in Polygamy family is 2.18 the result implies low in their self-esteem and the total mean score for self-esteems of women in Monogamy family is 2.81 the result implies high self-esteem.

Experts answer for interview question: How did you understand or see attitudes of polygamous family members about their stress and self-esteem?

*Answer: As they express their feeling when comes to reporting their problems in our office, we observe them feeling hopelessness, stress, and negative attitude about themselves. We understand that polygamy can cause stress and low self-esteem for women's and children s.*

**Table 8: Result of depression for women (N=15)**

No	Items	Family type	1	2	3	4	Mean result	Mean value
			F (%)	F (%)	F (%)	F (%)		
1	I am so sad and unhappy.	Monogamy	-	3(20)	8(53)	4(27)	3.06	High
		Polygamy	5(33)	3(20)	7(47)	-	2.13	Low
2	I feel discouraged about the future.	monogamy	-	2(13)	10(67)	3(20)	3.06	High
		Polygamy	5(33)	10(67)	-	-	1.66	Very low
3	I feel I am a complete failure as a person.	monogamy	5(33)	8(53)	2(13)	-	1.8	Low
		Polygamy	8(53)	7(47)	-	-	1.46	Very low
4	I am dissatisfied or bored with every thing	monogamy	-	3(20)	7(47)	5(33)	3.13	High
		Polygamy	3(20)	7(47)	5(33)	-	2.1	Low
5	I feel guilty all of the time.	monogamy	-	10(67)	5(33)	-	2.33	Low

		Polygamy	5(33)	10(67)	-	-	1.66	Very low
6	I feel I am being punished.	monogamy	-	-	3(20)	12(80)	3.8	Very high
		Polygamy	8(53)	7(47)	-	-	1.46	Very low
7	I hate myself.	Monogamy	-	4(27)	11(73)	-	2.73	High
		Polygamy	5(33)	10(67)	-	-	1.66	Very low
8	I blame myself for everything bad that happens.	Monogamy	-	2(13)	10(67)	3(20)	3.07	High
		Polygamy	8(53)	7(47)	-	-	1.46	Very low
9	I would like to kill myself.	Monogamy	6(40)	7(47)	2(13)	-	1.73	Low
		Polygamy	8(53)	7(47)	-	-	1.46	Very low
10	I cry any more than usual.	Monogamy	5(33)	8(53)	2(13)	-	1.8	Low
		Polygamy	11(73)	4(27)	-	-	1.26	Very low
11	I feel irritated all the time.	Monogamy	-	-	7(47)	8(53)	3.53	Very high
		Polygamy	6(40)	9(60)	-	-	1.6	Very low
12	I have lost interest in other people.	Monogamy	5(33)	8(53)	2(13)	-	1.8	Low
		Polygamy	-	12(80)	3(20)	-	2.2	low
13	I can't make decisions at all anymore.	Monogamy	-	8(53)	7(47)	-	2.47	Low
		Polygamy	5(33)	10(67)	-	-	1.66	Very low
14	I am worried that I am looking old or unattractive.	Monogamy	-	10(67)	5(33)	-	2.33	low
		Polygamy	8(53)	7(47)	-	-	1.46	Very low
15	I have to push myself very hard to do anything.	Monogamy	-	3(20)	12(80)	-	2.8	High
		Polygamy	9(60)	6(40)	-	-	1.4	Very low
16	I wake up several hours earlier than I used to and cannot get back to sleep	Monogamy	2(13)	4(27)	3(20)	6(40)	2.87	High
		Polygamy	6(40)	6(40)	3(20)	-	1.8	Low
17	I am too tired to do anything.	Monogamy	7(47)	-	3(20)	5(33)	2.4	Low
		Polygamy	8(53)	3(20)	4(27)	-	1.73	Very low
18	My appetite is much worse	Monogamy	-	5(33)	8(53)	2(13)	2.8	High
		Polygamy	5(33)	7(47)	3(20)	-	1.86	Low
19	I lost much weight, if any, lately.	Monogamy	8(53)	7(47)	-	-	1.47	Very low
		Polygamy	10(67)	5(33)	-	-	1	Very low
20	I am more worried about my	Monogamy	-	3(20)	5(33)	7(47)	3.27	High

	health than usual.	Polygamy	9(60)	6(40)	-	-	1.4	Very low
21	I have no interest in sex.	Monogamy		8(53)	7(47)	-	2.47	low
		Polygamy	10(67)	5(33)	-	-	1.33	Very low
Total mean		Monogamy					2.6	High
		Polygamy					1.6	Very low

*Scoring: 1- Never 2- Sometimes 3- often 4- Always mean value 1-1.75 very low, 1.76-2.5 low, 2.6-3.25 high and 3.26-4 very high*

According to table, 7 result shows that 8(53%) of women respondents in polygamy family were answered that often they feel sad and unhappy, 3(20%) of women respondents in polygamy family were answered that sometimes they feel sad and unhappy 4(27%) of women respondents in polygamy family were answered always they feel sad and unhappy in their life. The mean result is 3.06 the result implies high or often they feel sad and unhappy. The as table result shows that 5(33%) of women respondents in monogamy family were answered that never they feel sad and unhappy, 3(20%) of women respondents in monogamy family were answered that sometimes they feel sad and unhappy in their life, 7(47%) of women respondents in monogamy family have answered always they feel sad and unhappy in their life. The mean result is 2.13 the result implies low or sometimes they feel sad and unhappy.

According to table 7 item 2 result show that majority or 10(67%) of women respondents in polygamy family were answered that often they feel as discouraged about the future, 2(13%) of women respondents in polygamy family were answered sometimes they feel as discouraged about the future in their life and 3(20%) of women respondents in polygamy family were answered always they feel discouraged about the future in their life. The mean result is 3.06 the result implies that low or sometimes they feel discouraged about the future. As the above table, the result shows that 5(33%) of women respondents in monogamy family were answered that never they feel discouraged about the future and 10(67%) of women respondents in monogamy family were answered that sometimes they feel discouraged about the future. The mean result is 1.66 and the result implies very low (never) they feel discouraged about future.

According to table 7 item 3 result reveals that majority or 8(53%) of women respondents in polygamy family were answered that sometimes they feel a complete failure as a person, 5(33.3%) of women respondents in polygamy family were answered that never they feel a

complete failure as a person, and the remaining 2(13) of women respondent in polygamy family were answered that always, they feel a complete failure as a person. The mean result is 1.80 the result implies low (sometimes) they feel a complete failure as a person. As the above table shows 8(53%) of women respondents in monogamy family were answered that never they feel a complete failure as a person and 7(47%) of women respondents in monogamy family were answered that sometimes they feel a complete failure as a person. the mean result is 1.46 and this implies that women in monogamy families were scored very low or never they feel a complete failure as a person.

According to table 7 item 4 the result show that 3(20%) of women respondents in polygamy family were answered sometimes they are dissatisfied or uninterested with everything, 7(47%) of women respondents in polygamy were answered often they are dissatisfied or bored with everything and also the remaining 5(33%) of women respondents in polygamy family were answered that always dissatisfied with everything in their life. the mean result is 3.13 this implies that high or often they feel dissatisfied or bored with everything. As the above table, the result shows that 3(20%) of women respondents in monogamy families were answered never dissatisfied or bored with everything, 7(47%) of women respondents in monogamy family were answered sometimes they feel dissatisfied or bored with everything and 5(33%) of women respondents in monogamy family were answered often they feel dissatisfied or bored with everything. The mean result is 2.1 the result implies low or sometimes they feel dissatisfied or bored with everything.

According to table 7 item 5, the result shows that majority or 10(60 %) of women respondents in polygamy family were answered that sometimes they feel guilty all of the time and 5(33%) of women respondents in polygamy family were answered that often they feel guilty all of the time. The mean result is 2.33 the result implies that they are low scored or sometimes they feel guilty all of the time. As the above table shows 5(33 %) of women respondents in the monogamous family were answered that never they feel guilty and 10(67%) of women respondents in the monogamous family were answered that often they feel guilty. The mean result is 1.66 the result implies that very low or never feel guilty all of the time.

According to table 7 item, 6 result shows that almost or 12(80%) of women respondents in polygamy in the family were answered always they feel being punished and the remaining

3(20%) of women respondents in polygamy family were answered that often they feel being punished. The mean result is 2.33 the result implies that polygamous women scored low or sometimes they feel as being punished. As the above table, the result presents 8(53%) of women respondents in monogamy in the family were answered never they feel being punished and the remaining 7(47%) of women respondents in monogamy family were answered that sometimes they feel being punished. the mean result is 1.46 the result implies that monogamous women scored very low mean or never they feel being punished.

According to table 7 item 7, the result shows that almost or 11(73%) of women respondents in polygamy family were answered that often they hate themselves and the remaining 4(27%) of women respondents in polygamy were answered that sometimes they hate themselves in their life. The mean result is 2.73 and the result implies that polygamous women scored high or often they hate themselves. As the above table, the result presents 5(33%) of women respondents in the monogamous family were answered that never they hate themselves and 10(67%) of women respondents in monogamy were answered that sometimes they hate themselves. The mean result is 1.66 implies very low or never they hate themselves.

According to table 7 item, 8 result shows that almost 13(87%) of women respondent in polygamy family were answered that often they blame themselves for everything bad that happen and the remaining 2(13%) of women respondents in polygamy family were answered that sometimes they blame themselves for everything bad that happens. The mean result is 2.87 this implies that high or often they blame themselves for everything bad that happens. As an above table, the result shows that 8(53%) of women respondents in monogamy family were answered that never they blame themselves for everything bad that happen and 7(47%) of women respondents in monogamy family were answered that sometimes they blame themselves for everything bad that happens. The mean result is 1.46 and this implies that monogamous women scored very low or never they blame themselves for everything bad that happens.

According to table 7, Item 9 result show that majority or 9(60%) of women respondents in polygamy family were answered that sometimes they would like to kill themselves and the remaining 6(40%) of women respondent polygamy family were answered they never would like to kill themselves. the mean result is 1.60 and this result implies that very low or never they feel to kill themselves. As the above table, the result indicates 8(53%) of women respondents in the

monogamous family were answered they never would like to kill themselves and 7(47%) of women respondents in the monogamous family were answered they sometimes would like to kill themselves. the mean result is 1.46 this result implies that monogamous women scored very low or never they feel to kill themselves.

According to table 7 item 10 result shows that majority or 8(53%) of women respondents in polygamy family were answered sometimes they don't cry any more than usual, 5(33%) of women respondents in polygamy family were answered never they don't cry any more than usual and the remaining 2(13%) of women respondents in polygamy family were answered that often they don't cry any more than usual. The mean result is 1.80 this implies that women in monogamous families scored low or sometimes they don't cry any more than usual. As the above table result although implies that 11(73%) of women respondents in monogamy family were answered that never they don't cry any more than usual and 4(27%) of women respondents in monogamy family were answered that sometimes they don't cry any more than usual. The mean result is 1.26 and the result implies that women respondents in monogamous families scored very low or never they don't cry any more than usual.

According to table 7 item 11, the result shows that 8(53%) of women respondents in polygamy family were answered that always they feel irritated all the time and the remaining 7(47%) of women respondents in polygamy family were answered that often they feel irritated all the time. The mean result is 3.53 the result implies that very high or always feel irritated all the time. As the above table, the result shows that 6(40%) of women respondents in monogamy family were answered that never they feel irritated all the time and 9(60%) of women respondents in monogamy family were answered that never they feel irritated all the time. The mean result is 1.6 which implies that very high or never they feel irritated all the time.

As table 7 item 12 result shows that the majority or 8(53%) of women respondents in polygamy were answered that sometimes they lost interest in other people, 5(33%) of women respondents in polygamy family were answered never lost interest in other people and the remaining 2(13%) of women respondent in polygamy family were answered that always they lost interest in other people. The mean result is 1.80 which implies that they low or sometimes they lost interest in other people. As the above table indicates that 12(80%) of women respondents in monogamy family were answered that sometimes they lost interest in other

people and the remaining 3(20%) of women respondents in monogamy family were answered that often they lost interest in other people. The mean result is 2.2 and this result implies that low or sometimes they lost interest in other people.

As table 7 item 13 result shows that 8(53%) of women respondents in polygamy family were answered that sometimes they can't make decisions at all anymore and the remaining 7(47%) of women respondents in polygamy family were answered that often they can't make decisions at all anymore. The mean result is 2.47 and this result implies that low or sometimes they can't make decisions at all anymore. According to the above table, the result shows that majority or 10(67%) of women respondents in monogamy family were answered that often they can't make decisions at all anymore and 5(33%) of women respondents in monogamy family were answered that they never they can't make decisions at all anymore. The mean result is 1.66 and the result implies that very low or never they can't make decisions at all anymore.

According to table 7 item, 14 results show that majority or 10(67%) of women respondents in polygamy family were answered that sometimes they worried that looking old or unattractive and the remaining 5(33%) of women respondents in polygamy families were answered often they worried that looking old or unattractive. The mean result is 2.33 and this implies that low or sometimes they worried-looking like old and unattractive. As the above table, the result shows that 8(53%) of women respondents in monogamous families were answered never worried that looking old or unattractive and 7(47%) of women in the monogamous family were answered sometimes they worried that looking old or unattractive. The mean result is 1.46 this result implies that very low or never they worried looks like old and unattractive.

According to table 7 item, 15 results show that almost 12(80%) of women respondents in polygamy family were answered that often they push themselves very hard to do anything and the remaining 3(20%) of women respondents in polygamy were answered sometimes they push themselves very hard to do anything. The mean result is 2.80 which implies high or often they push themselves very hard to do anything. The above table shows that 9(60%) of women respondents in monogamy were answered never they push themselves very hard to do anything and 6(40%) women respondents in monogamy family were answered sometimes they push

themselves very hard to do anything. The mean result is 1.4 this result implies that very low or never they push themselves very hard to do anything.

According to table 7 item 16 result show that 2(13%) of women respondents in polygamy were answered that never they wake up several hours earlier than used to and cannot get back to sleep, 4(27%) of women respondents in polygamy family were answered that sometimes they wake up several hours earlier than used to and cannot get back to sleep, 3(20%) of women respondent in polygamy family were answered that often they wake up several hours earlier than used to and cannot get back to sleep and the remaining 6(40%) of women respondent in polygamy family were answered that always they wake up several hours earlier than used to and cannot get back to sleep. The mean result is 2.87 which implies that high or often they wake up several hours earlier than I used to and cannot get back to sleep. As the above table, the result indicates 6(40%) of women respondents in monogamy family were answered that never they wake up several hours earlier than used to and cannot get back to sleep, 6(40%) of women respondents in monogamy family were answered that sometimes they wake up several hours earlier than used to and cannot get back to sleep and 3(40%) of women respondent in monogamy family were answered that always they wake up several hours earlier than used to and cannot get back to sleep. The mean result is 1.8 which implies that low scores or never they wake up several hours earlier than used to and cannot get back to sleep.

According to table 7 item, 17 results show that 7(47%) of women respondents in polygamy family was answered that never they tried to do anything, 3(20%) of women respondents in monogamy family was answered that often they tried to do anything and the remaining 5(33%) of women respondents in polygamy were answer always they tried to do anything. The mean result is 2.40 which implies that high or never they tried to do anything. As the above table indicates 8(53%) of women in monogamy families were answered never tried to do anything, 3(20%) women in monogamy families were answered sometimes they tried to do anything and the remaining 4(27%) of women in monogamy family were answered often they tried to do anything. the mean result is 1.73 this implies that very low or never tried to do anything.

According to table 7 item 18 result implies that 5(33%) of women respondents in polygamy family was answered that sometimes their appetite is much worse now, 8(53%) of



women respondents in polygamy family was answered that often their appetite is much worse now and the rest 2(13%) of women respondents in polygamy family was answered always their appetite is much worse now. The mean result is 2.80 which implies high or often they much worry about appetites. According to the above table, the result implies 5(33%) of women respondents in monogamy families were answered never their appetite is much worse now, 7(47%) of women in monogamy families were answered that sometimes their appetite is much worse now and 3(20%) of women in monogamy family were answered that often their appetite is much worse. The mean result is 1.86 this implies low or sometimes they worse about their appetites.

As the table 7 item, 19 result indicates that 8(53%) of women respondents in polygamy family were answered that haven't lost much weight, if any, lately and the remaining 7(47%) of women respondents in polygamy family were answered sometimes haven't lost much weight, if any, lately. The mean result is 1.47 which implies very high or never haven't lost much weight if any, lately. As the above table implies that 10(67%) of women respondents in monogamy families were answered hadn't lost much weight and 5(33) of women respondents in monogamy families were answered sometimes haven't lost much weight. The mean result is 1 this implies that very low or never they haven't lost much weight if any, lately.

As table 7 item 20 the result shows that 7(47%) of women respondents in polygamy families were answered always more worried about my health than usual, 5(33%) of women respondents in polygamy families were answered that often more worried about my health than usual and the rest 3(13%) of women respondents in polygamy family were answered sometimes more worried about my health than usual. The mean result is 3.27 and the result implies that very high or always more worried about their health. As the above table, the result implies that 9(60%) of women respondents in monogamy family were answered never no more worried about my health than usual and 6(40%) of women respondents in monogamy families were answered sometimes more worried about my health than usual. The mean result is 1.4 implies that very low or never worry about their health than usual.

According to table 7 item, 21 result implies that 8(53%) of women respondents in polygamy family were answered sometimes they do not have interest in sex and the remaining 7(47%) of women respondents in polygamy family were answered often they do not interest in

sex. The mean result is 2.47 the result implies low or sometimes they have no interest in sex. As the above table, the result shows that 10(67%) of women respondents in monogamy families were answered never had any interest in sex and 5(33%) of women respondents in monogamy families were answered sometimes have no interest in sex. The mean result is 1.33 this implies that very low or never.

The total mean score of depression for women in the polygamy family is 2.6 and the mean result implies that high or often they are depressed. The total mean score of depression for women in the monogamous family is 1.6 and the mean result implies that very low or never they are depressed. Therefore, the mean result indicates that women in the polygamous family are higher depressed than thus women in the monogamous family.

*Table 9:Result of women stress (N=30)*

No	Items	Family type	1	2	3	4	5	Mea n	Mean value
			F (%)	F (%)	F (%)	F (%)	F (%)		
1	How often have you been upset because of something that happened unexpectedly?	Polygamy	-	-	2(13)	10(67)	3(20)	3.53	High
		Monogamy	-	-	12(80)	3(20)	-	3.2	Medium
2	How often have you felt that you were unable to control the important things in your life?	Polygamy	-	3	4(27)	-	8(53)	3.87	High
		Monogamy	-	-	-	15(100)	-	4	High
3	How often have you felt nervous and stressed?	Polygamy	-	-	-	3(20)	12(80)	4.8	V/high
		Monogamy	-	-	5(33)	10(67)	-	3.66	High
4	How often have you felt confident about your ability to handle your personal problems?	Polygamy	-	-	7(47)	5(33)	3(20)	3.73	High
		Monogamy	-	-	5(33)	10(67)	-	3.66	High
5	How often have you felt that things were going your way?	Polygamy	-	-	-	2(13)	13(87)	4.87	v/high
		Monogamy	-	-	-	4(27)	11(73)	4.73	v/high

6	How often have you found that you could not cope with all the things that you had to do?	Polygamy	-	-	-	-	15(100)	5	v/high
		Monogamy	-	-	10(67)	5(33)	-	3.33	Medium
7	How often have you been able to control irritations in your life?	Polygamy	-	-	7(47)	-	8(53)	4.07	high
		Monogamy	-	7(47)	8(53)	-	-	2.53	Low
8	How often have you felt that you were on top of things?	Polygamy	-	-	3(20)	2(13)	10(67)	4.47	v/high
		Monogamy	7(47)	-	8(53)	-	-	2.06	Low
9	How often have you been angered because of things that happened that were outside of your control?	Polygamy	-	4(27)	2(13)	-	9(60)	3.93	High
		Monogamy	10(67)	-	5(33)	-	-	1.66	v/low
10	How often have you felt difficulties were piling up so high that you could not overcome them?	Polygamy	4(27)	5(33)	-	-	6(40)	2.93	Medium
		Monogamy	3(20)	-	12(80)	-	-	2.6	Low
Total mean		Polygamy						4.12	high
		Monogamy						3.14	Medium

*Scoring: 1- never 2 - almost never 3 - sometimes 4 -often 5 - very often mean value 1-1.8 very low, 1.81-2.6 low, 2.61-3.4 medium, 3.41- 4.2 high and 4.21-5 very high*

According to table 8 item1 result show that majority or 10 (67%) of women respondents in polygamy family were answered often that often upset because of something that happened unexpectedly, 2(13%) of women respondents in polygamy family were answered that sometimes often upset because of something that happened unexpectedly and 3(20%) of women respondent in polygamy family were answered that very often upset because of something that happened unexpectedly. The mean result is 3.53 and the result implies high or often have been upset because of something that happened unexpectedly.

According to the above table women in monogamy families, 3(20%) of women respondents in monogamy family were answered never that often upset because of something

that happened unexpectedly, and almost 12(80%) of the respondent from monogamy families were answered sometimes they upset because of something that happened unexpectedly. The mean result is 3.2 and the result implies medium or sometimes they have been upset because of something that happened unexpectedly.

According to table 8 item, 2 reveals that 3(20%) of women respondents in polygamy family were requested that rarely often that they felt they were unable to control important things, 4(27%) of women respondents in polygamy family were answered that they sometimes felt unable to control important things in their life, majority or 8(53%) of women respondents in polygamy family were answered that they very often (highly) felt unable to control important things in their life. The mean result is 3.87 and the result implies high or often they felt that they were unable to control the important things in their life.

As the above table indicates almost 15(100%) of women respondents from monogamous families were answered often that they felt that they were unable to control the important things in their life. The mean result is 4 and the mean result show high or often they felt unable to control important things in their life.

According to table 8 for item 3 the result implies that 3(20%) of women respondents in polygamy families were answered often that they felt often nervous and stressed, almost or 13(80%) of women respondents in polygamy family were answered ted that they are very often felt nervous and stressed in their life. The mean result is 4.80 and the result implies very high or very often they often handled nervous and stressed. As the above table, the result indicates 5(33%) of women respondents in monogamy families were answered sometimes often that they felt nervous and stressed, and 10(67%) of women respondents in monogamy family were answered that they felt often nervous and stressed. The mean result is 3.66 and the mean result shows high or often that they handled nervous and stressed.

As table 8 item 4 results show that 7(47%) of women respondents in polygamy family were answered that they sometimes felt confident about their ability to handle their problems, 5(33%) of women respondents in polygamy family were answered that they fairly often felt confident to handle their problems, 3(20% of women respondents in polygamy family were answered that they very often felt confident to handle their problems. The mean result is 3.73 and the result implies high or often felt confident about their ability to handle their problems. According to the above table, the result shows that 5(33%) of women respondents in monogamy

family were answered that they felt sometimes nervous and stressed, and 10(67%) of women respondents in monogamy family were answered that they felt often nervous and stressed. The mean result is 3.66 and the result implies high or often felt confident about their ability to handle their problems.

According to table 8 item 5, Almost or 13(87%) of women respondents were answered that very often they felt that things were going on their way and 2(13%) of women respondents in polygamy family were answered that they fairly often. The mean result is 4.87 and the result implies very high or very often they felt that things were going on their way. As the above table, the result presents 4(27%) of women respondents in monogamy family were answered that felt that things were going their way and almost 11(73%) of women respondents in monogamy family were answered that very often felt that things were going your way. The mean result is 4.73 and the mean result implies very high or very often they felt that things were going on their way.

According to able 8 for item 6 result shows that 15(100%) of women respondents in polygamy family were answered that very often they found could not cope with all the things that had to do. The mean result is 5.00 and the mean result implies very high or very often.

According to the above table, the result presents 10(67%) of women respondents in monogamy family were answered that sometimes they found could not cope with all the things that had to do and 5(33%) of women respondents in monogamy family were answered that often found they could not cope with all the things that had to do. The mean result is 3.33 and the mean result implies medium or sometimes they found could not cope with all things that had to do.

According to table 8 item, 7 results show that 7(47%) of women respondents in polygamy family were answered that sometimes they have been able to control irritations in life and 8(53%) of respondents were answered very often able to control irritations in life. The mean result is 4.07 and the result implies high or often. Although 7(47%) of women in monogamy family were answered that rarely they have been able to control irritations in their life and 8(53%) of women in monogamy families were answered that almost able to control irritations in their life. The mean result is 2.53 and the mean result implies low or never.

According to table 8 for item 8 result show 10(67%) of women respondents in polygamy families were answered very often they have felt that were on top of things, 3(20%) of women

respondents in polygamy families were answered sometimes they felt that were on top of things and 2(13%) of women respondents in polygamy family was answered that fairly often they felt that on top of things. The mean result is 4.47 and the result implies high or often they have felt that were on top of things. Although 7(47%) of women in monogamy family were answered that never they have felt that were on top of things and 8(53%) of women in monogamy family were answered that sometimes they felt that were on top of things. The mean result is 2.06 and the result implies low or rarely.

Based on the above table 8 item 9 result presents that majority or 9(60%) of women respondents in polygamy family were answered very often they have been angered because of things that were happened outside of control in their life, 4(27%) of women respondents in polygamy family were answered rarely they have been angered because of things that were happened outside of control in their life and 2(13%) of women respondents in polygamy family were answered sometimes they have been angered because of things that were happened outside of control in their life. the mean result is 3.93 and the result implies high or often they have been angered because of things that were happened outside of control in their life.

Although majority or 10(67%) whereas of women in monogamy family were answered that never they have been angered because of things that were happened outside of control in their life and 5(33%) whereas of women in monogamy family were answered that sometimes angered because of things that were happened outside of control in their life the mean result is 1.66 and the mean result implies very low or never they have been angered because of things that were happened outside of control in their life.

According to table 8 item, 10 result reveals that 4(27%) of respondents were answered never they have felt difficulties were piling up so high that you could not overcome them 5(33%) of respondent were answer almost never they have felt difficulties were piling up so high that you could overcome them and 6(40%) of women respondents in polygamy family were answered very often they felt difficulties were piling up so high that you could overcome them. The mean result is 2.93 and the result implies medium or sometimes. According to the above table, the result shows that 12(80%) of women in monogamy family were answered that sometimes they have felt difficulties were piling up so high that you could overcome them and 3(20%) of women in monogamy families were answered that never they have felt difficulties

were piling up so high that you could overcome them. The mean result is 2.6 and the result implies low or never.

The total mean score of stress for women in polygamy families is 4.12 and the result implies highly stressed and the total mean for women in the monogamous family is 3.14 and the result implies medium or sometimes stressed.

**Table 10: Result of self-esteems for children's (N=20)**

No	Items	Marriage type	4	3	2	1	Mean	Mean value
			F (%)	F (%)	F (%)	F (%)		
1	On the whole, I am satisfied with myself.	Polygamy	-	-	6(60)	4(40)	1.6	V/low
		Monogamy	6(60)	2(20)	2(20)	-	3.4	V/high
2	At times I think I am no good at all.	Polygamy	-	4(40)	6(60)	-	2.10	high
		Monogamy	-	6(60)	4(40)	-	2.50	Low
3	I feel that I have a number of good qualities.	Polygamy	-	3(30)	7(70)	-	2.50	Low
		Monogamy	6(60)	4(40)	-	-	3.60	V/high
4	I am able to do things as well as most other people.	Polygamy	-	4(40)	6(60)	-	2.40	Low
		Monogamy	6(60)	4(40)	-	-	2.50	Low
5	I feel I do not have much to be proud of.	Polygamy	1(10)	6(60)	3(30)	-	2.20	High
		Monogamy	2(20)	4(40)	4(40)	-	3.50	V/low
6	I certainly feel useless at times	Polygamy	2(20)	4(40)	2(20)	2(20)	2.30	High
		Monogamy	2(20)	1(10)	3(30)	4(40)	2.80	Low
7	I feel that I'm a person of worth, at least on an equal plane with others.	Polygamy	2(20)	5(50)	3(30)	-	2.20	Low
		Monogamy	4(40)	4(40)	2(20)	-	3.10	High
8	I wish I could have more respect for myself.	Polygamy	-	2(20)	6(60)	2(20)	2.30	High
		Monogamy	7(70)	3(30)	-	-	3.00	Low
9	All in all, I am inclined to feel that I am a failure.	Polygamy	-	4(40)	3(30)	3(30)	2.20	High
		Monogamy	2(20)	2(20)	2(20)	4(40)	2.60	Low
10	I take a positive attitude toward myself.	Polygamy	-	2(20)	8(80)	-	3.00	High
		Monogamy	6(60)	4(40)	-	-	3.6	V/high
Total mean		Polygamy					2.300	
		Monogamy					3.08	

*Strongly Agree-4 Agree -3 disagree-2 strongly disagree-1 mean value from 1-1.75 very low, 1.76-2.5 low, 2.6-3.25 high and 3.26-4 very high and higher score indicates high self-esteem*

According to Table 9 item, 1 result shows that 6(60%) of children respondents in polygamy family were answered disagreed that they feel on the whole they are satisfied by themselves in polygamy family and 4(40%) of children respondents in polygamy family were answered that strongly disagreed. The mean result is 1.6 the result implies very low or strongly disagree by item 1. As the above table result indicates that 6(60%) of children respondents in monogamy family were answered that strongly agreed that they feel on the whole they are satisfied by themselves in polygamy family, 2(20%) of children in monogamy family were answered that agree and 2(20%) of children in monogamy family were answered that disagree. The mean result is 3.4 which implies v/high or strongly agree by item 1.

According to table 9 item 2, results show that 4(40%) of children in polygamy families were answered agree they feel at times they think they are not good at all, and 6(60%) of children respondents in polygamy family were answered disagree. The mean result is 2.10 which implies high or disagreed by item 2. as the above table result implies 4(40%) of children respondents in monogamy family were answered disagree that they feel at times they think as they are not good at all and 6(60%) of children respondents in monogamy family were answered that agree the mean result is 2.50 this implies low or disagreed by item 2.

As table 9 item 3 the result expresses that 3(30%) of children respondents in polygamy family were answered that they agree that they feel that they have a number of good quality and 7(70%) of children in polygamy family were answered disagree they feel that have a number of good qualities. the mean result is 2.3 this implies low or disagreed by item 3. According to the above table, the result shows 6(60%) of children respondents in monogamy family were answered that strongly agree that they feel that they have a number of good quality and 4(40%) of children respondents in monogamy family were answered that agreed that they feel that they have a number of good qualities. The mean result is 3.60 which implies v/high or strongly agreed by item 3.

According to table 9 item 4, the result shows that 4(40%) of children respondents in polygamy family were answered agree in their ability to do things as well as other people and



6(60%) of children respondents in polygamy family were disagree answered in their ability to do things as well as most other people. The mean result is 2.40 which implies low or disagreed by item 4. As the above table, the result shows that 6(60%) of children respondents in the monogamous family were answered strongly agree in their ability to do things, as well as other people, 4(40%) of children respondents in monogamy family, were answered agreed. The mean result is 3.50 the result implies v/high or strongly agreed by item 4. As Table 17 item 5 result show that 6(60%) of children respondents in polygamy family were answered agree that they feel do not have much to be proud of, 3(30%) of children respondents in polygamy family were answered disagree that they feel do not much proud and 1(10%) of children in polygamy family were answered strongly agree that they feel do not much to be proud of. The mean result is 2.20 the result implies low or disagreed by item 5.

According to the above table result shows that 2(20%) of children respondents in monogamy family were answered strongly agree that they feel do not have much to be proud of, 4(40%) of children respondents in monogamy family were answered agree that they feel do not much to be proud of and 4(40%) of children respondents in monogamy family were answered disagree that they feel do not much to be proud of. The mean result is 3.50 the result implies v/high or strongly agreed by item 5.

According to table 9 item 6 result show that 4(0%) of children respondents in polygamy family were answered agree that as they feel useless at times, 2(20%) of children respondents were also answered strongly agree that they feel useless at the time, 2(20%) of children in monogamy family were answered strongly disagree that certainly feel as useless at time and 2(20%) of children in monogamy family were answered disagree that certainly feel as useless at the time. the mean result is 2.3 the result implies low or disagreed by item 6. As the above table result shows that 2(20%) of children respondents in monogamy family were answered that strongly agree that as they feel useless at times, 4(40%) of children in monogamy family were answered that strongly disagree, 3(30%) of children in monogamy family were answered that disagree that as they feel useless at times and 1(10%) of children in monogamy family were answered that agree that as they feel useless at times. The mean result is 3.10 the result implies high or agreed by item 6.

According to table 9 item, 7 results show that 5(50%) of children respondents in polygamy family were answered agreed that they feel that a person of worth equal plane with other people and also (20%) of children in polygamy family were answered agree that they feel that a person of worth equal to others and 3(30%) of children in polygamy were answered that disagree they feel that they are a person of worth, at least on an equal plane with others. The mean result is 2.20 the result implies low or disagreed by item 7. As the above table, the result shows that 4(40%) of children in monogamy family were answered strongly agree that they feel that as a person of worth, at least on an equal plane with others, 4(40%) of children in monogamy family were answered agree and 2(20%) children in monogamy family were answered that disagree that they feel that as a person of worth, at least on an equal plane with others. The mean result is 3.10 the result implies high or agreed by item 7.

According to table 9 item 8 result shows that 6(60%) of children in polygamy family were answered disagree that they wish they could have more respect for myself, 2(20%) of children in polygamy family were strongly disagree that they wish they could have more respect for themselves and 2(20%) of children in polygamy family agree that wish could have more respect for themselves. the mean result is 2.3 the result implies low or disagreed by item 8. As the above table, the result reveals that 7(70%) of children in monogamy family were answered strongly agree that they wish they could have more respect for themselves, and 3(30%) of children in polygamy family were answered agree that they wish they could have more respect for themselves. The mean result is 3.00 the result implies high or agreed by item 8.

According to table 9 item 9 result show that 4(40%) of children respondents in polygamy were answered agree that they feel, all in all, they inclined to feel that a failure 3(30%) of children respondents in polygamy were answered disagree that they don't feel as inclined to failure and 3(30%) of children respondent in polygamy family were answered that strongly disagree or they do not feel as inclined to failure. The mean result is 2.20 the result implies low or disagreed by item 9. According to the above table result shows that 2(20%) of children respondents in monogamy family were answered that strongly agree that they feel, all in all, they inclined to feel that a failure, 2(20%) of children in monogamy families were answered that agree, 2 (20%) of children in monogamy family were answered that disagree and 4(40%) of children in monogamy family was answered strongly disagree that they feel, all in all, they

inclined to feel that a failure. The mean result is 3.00 and also the result implies high or agreed by item 9.

According to table 9 item 10, the result shows that 8(80%) of children respondents in polygamy family were answered disagree that they take an appositive attitude towards themselves and 2(20%) of children respondents in polygamy family were answered agree that they take a positive attitude towards themselves. The mean result is 2.60 result implies low or disagreed by item 10. The above table shows also, 6(60%) of children respondents in polygamy family were answered strongly agree and 4(40%) of children respondents in polygamy families were answered that agree. The mean result is 3.00 and also the result implies high or agreed by item 10.

Total self-esteem results for children in monogamy families is 3.08 and the result implies high self-esteem. Here also the total mean for children in the polygamy family is 2.3 and the result implies a low mean for self-esteem. Conclusion: Based on the above mean scores comparatively difference was found there for children in polygamy is lower in self-esteem than monogamy family.

**Table 11: Result of depression for children (N=20)**

No	Items	Family type	1	2	3	4	Mean	Weighted mean
			F (%)	F (%)	F (%)	F (%)		
1	I feel sad or empty	Polygamy	-	3(30)	7(70)	-	2.7	High
		monogamy	4(40)	6(60)	-	-	1.6	V/low
2	Nothing is much fun any more	Polygamy	4(40)	2(20)	-	4(40)	2.4	Low
		monogamy	7(70)	3(30)	-	-	1.3	V/high
3	I have trouble sleeping	Polygamy	8(80)	2(20)	-	-	1.2	V/low
		monogamy	9(90)	1(10)	-	-	1.1	V/low
4	I have problems with my appetite	Polygamy	8(80)	2(20)	-	-	1.2	V/low
		monogamy	10(100)	-	-	-	1	V/low
5	I have no energy for things	Polygamy	4(40)	6(60)	-	-	1.6	V/ low
		monogamy	8(80)	2(20)	-	-	1.2	V/low
6	I am tried a lot	Polygamy	-	8(80)	2(20)	-	2.2	Low
		monogamy	7(70)	3(30)	-	-	1.3	V/low

7	I cannot think clearly	Polygamy	-	3(30)	4(40)	3(30)	3.00	High
		monogamy	10(100)	-	-	-	1	V/low
8	I feel worthless	Polygamy	-	4(40)	6(60)	-	2.60	High
		monogamy	9(90)	1(10)	-	-	1.1	V/low
9	I feel like I don't want to move	Polygamy	5(50)	5(50)	-	-	1.50	Low
		monogamy	7(70)	3(30)	-	-	1.3	V/low
10	I feel restless	Polygamy	4(40)	6(60)	-	-	1.60	Low
		monogamy	8(80)	2(20)	-	-	1.20	V/low
Total		Polygamy					2.23	
		monogamy					1.2	

*Scoring: 1 = never 2 = sometimes 3 = often 4 = always Mean from 1-1.75 very low, 1.76-2.5 low, 2.6-3.25 high and 3.26-4 very high*

According to table 10 item, 1 result shows that majority or 7(70%) of children respondent in polygamy family were answered that often they feel sad and empty and 3(30%) of children respondent in polygamy family were answered sometimes they feel sad and empty.

The mean result is 2.7 which implies high or often they feel sad and empty. As the above table, the result implies that 4(40%) of children respondents in the monogamous family were answered never they feel sad and empty and 6(60%) of children respondents in the monogamous family were answered sometimes they feel sad and empty. The mean result is 1.6. This result implies very low or never have they felt sad or empty.

As table 10 item 2 results show that 6(60%) of children respondents in polygamy family were answered that often for nothing is much fun anymore in the family and the remaining 4(40%) of children respondents in polygamy families were answered that Nothing is much fun anymore. The mean result is 2.2 which implies low or sometimes they feel nothing is much fun anymore. According to the above table, the result shows that 7(70%) of children respondents in monogamy family were answered that never feel anything is much fun anymore and 3(30%) of children respondents in monogamy family were answered that sometimes feel nothing is much fun anymore. The mean result is 1.3 which implies very low or never they nothing is much fun anymore.

Table 10 item 3 result implies that almost or 8(80%) of children respondents in polygamy family were answered that never they trouble to sleep and 2(20%) of children participants in polygamy family were answered sometimes they trouble sleeping in their life. The mean result is 1.2 which implies very low or never they trouble sleeping. According to the above table, the result shows that 10(100%) of children respondents in the monogamous family were answered sometimes they had trouble sleeping in their life. The mean result is 1.1 which implies very low or never they trouble sleeping.

Table 10 item 4 result indicates that almost or 8(80%) of children polygamy family were answered that never they have problems of appetite and the remaining 2(20%) of children participants in polygamy family were answered sometimes they have problems with my appetite. The mean result is 1.2 this implies very low or never have they had no problems with appetite. As the above table, the result indicates 10(100%) of children participants in the polygamous family were answered sometimes they have problems with their appetite. The mean result is 1 which implies that very low or never have any problems with appetite.

According to table 10, Item 5 results show that 4(40%) of children respondents in polygamy family were answered that never they have any problems of energy for things and 6(60%) of children respondents in polygamy family were answered sometimes they have problems energy for things. The mean result is 1.60 which implies very low or never they no energy for things. As the above table, the result indicates that 8(80%) of children respondents in the monogamous family were answered never have problems with energy for things and 2(20%) of children respondents in the monogamous family were answered sometimes they have problems energy for things. The mean result is 1.2 this implies very low or never have they had no problems of energy for things.

According to table 10 Item 6, almost or 8(80%) of children in polygamy family were answered that sometimes they tried a lot and 2(20%) of children respondents in polygamy family were answered that they tried a lot. The mean result is 1.20 which implies very low or never had they tried a lot. As the above table indicates that 6(60%) of children respondents in monogamy family were answered never that they tried a lot and 3(30%) of children respondents in monogamy families were answered sometimes that they tried a lot. The mean result is 1.3 which implies very low or never had they tried a lot.

As table 10 item 7 result shows that 3(30%) of children respondents in polygamy family were answered that sometimes they cannot think clearly and 4(40%) of children respondents in polygamy family were answered that often they cannot think clearly and the remaining 3(30%) of children in polygamy family were answered that always they cannot think clearly. The mean result is 3.00 which implies low or often they can't think clearly. The above table also shows that 10(100%) of children in the monogamous family were answered that always they cannot think clearly. the mean result is 1 this implies very low or never they cannot think clearly.

According to table 10 item, 8 results show that 6(60%) of children in polygamy families were answered that often they feel worthless in their life and 4(40%) of children in polygamy families were answered that sometimes they feel worthless in their life. the mean result is 2.60 this implies high or often they feel worthless. As the above table indicates 9(90%) of children in monogamy family were answered that never they feel worthless in their life and 1(10%) of children in monogamy family were answered sometimes they feel worthless. The mean result is 1.1 which implies very low or never have they felt worthless.

According to table 10 item, 9 results show that 5(50%) of children in polygamy family was answered that never they feel like don't want to move and 5(50%) of respondents in polygamy family were answered sometimes they feel like don't want to move. The mean result is 1.50 this result implies very low or never have they felt like they don't want to move. As the above table indicates 7(70%) of respondents in monogamy family were answered that never and 3(30%) of respondents in monogamy family were answered sometimes they feel like don't want to move. The mean result is 1.3 the result implies very low or never have they felt like they don't want to move.

Table 10 item 10 results show that 4(40%) of children respondents in polygamy family were answered they never feel restless and 6(60%) of children respondents in polygamy family were answered that sometimes they feel restless in their life. The mean result is 1.60 which implies very low or never have they felt restless. The above table result presents 8(80%) of children respondents in monogamy families were answered that sometimes they feel restless in their life and 2(20%) of children respondents in monogamy family were answered that sometimes they feel restless in their life. The mean result is 1.20 which implies very low or never have they felt restless.

The total mean score for children depression in polygamy family is 2.23 and the result implies low depressed and the total mean score for children in monogamy is 1.2. The result implies very low depressed.

### 4.3. Social Consequences of Polygamy on Women's and Children Family Relationships

*Table 12: results family relationship of wife's (N=15)*

No	Items	4	3	2	1	Mea n	Agreements
		F (%)	F (%)	F (%)	F (%)		
1	1 <sup>st</sup> Wife relationship with husband	-	7(47)	3(20)	5(33)	2.13	Neither good nor bad
2	2 <sup>nd</sup> Wife relationship with husband	-	2(13.3)	10(67)	3(20)	1.93	Not good
3	3ed Wife relationship with husband	2(13.3)	5(33)	5(33)	3(13)	2.40	Neither good nor bad
4	Fourth wife relationship with husband	10(67)	5 (33)	-	-	3.67	Very good
5	1 <sup>st</sup> Wife relationship with 2 <sup>nd</sup> wife	-	8(53)	4(27)	3(20)	2.33	Neither good nor bad
6	1 <sup>st</sup> Wife relationship with 3red wife	-	10(67)	3(20)	2(13)	2.53	Good
7	1 <sup>st</sup> wife relationship with fourth wife	-	6(40)	4(27)	5(33)	2.07	Neither good nor bad
8	Second Wife's relationship with third	-	10(67)	2(13)	3(20)	2.47	Neither good nor bad
9	Second wife relationship with fourth	-	8(53)	7(47)	-	2.53	Good
Total						2.42	Neither good nor bad

*4- Very good 3- good 2- neither good nor bad 1-not good mean values from 3.26 - 4.00 very high, 2.51-3.25 high, 1.76 -2.5 low and 1-1.75 very low*

According to table 11 result shows that 7(47%) of women respondents in polygamy family were answered that they have a good relationship with husbands, 5(33%) of women respondents in polygamy family were answered that they have not a good relationship with husbands in their family relationships and the remaining 3(20%) of polygamous women respondents have answered neither good nor bad relationship with husbands in the family. The mean result is 2.13 and the result implies a low mean or not good relationship with husbands because first wives in polygamy families have problems in their relationship with husbands.

According to table 11 item, 2 results show that majority 10(67%) of women respondents in polygamy family were answered that they have neither good nor bad relationship in their

family with husbands, 3(20%) of women respondents were answered that they have not a good relationship with husband and 2(13%) of women respondents were answered good relationship with husband. the mean result is 1.47. the result implies very low or not good because the second wife in a polygamy family has problems in their relationship with her husband.

According to table 11 Item 3 results show that 5(33%) of women respondents were answered that they have a good relationship with husbands in polygamy family, 5(33%) of women respondents were answered that they have neither a good nor bad relationship with husbands in polygamy family, 2(13%) of women respondents were answered that they have a very good relationship with husband in polygamy family and 3(20%) of women respondent were answered not good. The mean result is 2.47 result implies low or not good because there is no good relationship between third wife and husband.

According to table 8, item 4: majority or 10(67%) of women respondents were answered that they have a good relationship with husbands in polygamy family, 5(33%) of women respondents were answered that they have a good relationship with husbands. The mean result is 3.67 the result implies very well they have no relationship problems between the fourth wives and husband.

According to table 11 item 5 the result shows that almost or 8(53%) of women respondents were answered that they have a good relationship with second wife, 3(20%) of women respondents were answered that they have not a good relationship with the second wife and the remaining 4(27%) of respondents were answered neither good nor bad relationship with the second wife. the mean result is 2.33 and the result implies high or good. The result implies that there is a problematic relationship b/n first and second wives in a polygamous family.

According to table 11 Item, 6 Results show that almost or 10(67%) of women respondents were answered that they have a good relationship with third wife, 3(20%) of women respondents were answered neither good nor bad and the remaining 2(13%) of women respondent were answered that they have not a good relationship with the third wife. The mean result is 2.53 result implies high or good because they have a good relationship.

According to table 11 item 7, the result shows that majority 6(40%) of women respondents were answered that the third wife has a good relationship with the fourth wife,



5(33%) of women respondents were answered that the third wife has not had a good relationship with the fourth wife and the remaining 4(27%) of respondents neither good nor bad relationship. The mean result is 2.07 and this implies low or not good. The result implies there is no good relationship between the first wife and the fourth wife.

According to table 11 item, 8 results show that majority or 10(67%) of respondents were answered that the second wife has a good relationship with third wife, 2(13%) of respondents were answered neither good nor bad and the remaining 3(20%) of respondent were answered second wife relationship with the third wife is not good. The mean result is 2.47 the result implies low good or there is a problematic relationship between second wife and third wife in the polygamy family of Gumuz.

As table 11 item 9 result shows that majority or 8(53%) of women respondents were answered that the second wife has a good relationship with the fourth wife and the remaining 7(47%) of women respondents were answered that second wives have not a good relationship with the fourth wife. The mean result is 2.53 the result implies that the second wife and fourth wife have a good relationship in the polygamy family of Gumuz.

The total mean result for women's relationships in the polygamy family of the Gumuz community is 2.42. The result implies low or not good. Therefore, they have a problematic relationship between co-wife's and their husbands in the polygamous family because of jealousy due to unfair treatment of husbands.

Experts answer for interview question: In your view who is responsible for the family issue in polygamy family?

*In our office, most of the cases reported by polygamous women are about husbands' weakness concerning fulfilling children's needs. As results show that women lack attention from their husbands and they take all family responsibility. This condition is difficult for women living in polygamy as a result psychologically women feel sad and distressed in family relations.*

Expert's interview Questions 2: What causes conflict in polygamy family members?

*Most of the women when coming in our office by family conflict with another co-wife's because husband treatment is not equal for all. This condition creates a feeling of jealousy and leads them to conflict with their husband and co-wife. Husbands were the most responsible for family conflicts in polygamy family members.*

Interview Question 3: Did you have an experience with their way of life and how did you express their family relationship between polygamy families?

*Yes, we have experience because we work on them. Furthermore, the main task of our office is helping, empowering women through participating in all developmental issues. Most of the time they have trouble in their family relations and also cases are consistently reported for our office.*

This is the witnesses of a 47 years old lady who has lived polygamy marriage and she describe the consequences of polygamy during group discussion as follow: about the conflict and its effects in polygamy family.

*I am the third wife of my husband have a total of four wives' once upon a time when I was one year old after I married my husband, he always visits me and he was only with me. Due to this reason my husband's second wife spar me always in case, I fight her and she cut my lip. So, I lost part of my body as you can see, all of this is a bad result of polygamy.*

The result of the focus group discussion expresses that family members polygamous family structure is problematic in their relationships between family members due to different reasons some women who are practicing a polygamous family are emotionally harmed in their relationships. Relations in the family are not good because of the husband's partiality for one wife. Children are mostly affected by rivalry between co-wives, and by the fact that more children in the polygamy family may less time with, attention, and supervision from parents, especially their fathers.

**Table 13: Information for children family relationships (10)**

No	Items	4	3	2	1	Mean	mean value
		F (%)	F (%)	F (%)	F (%)		
1	As a child, how would you describe your relationship with your father?	-	4(40)	6(60)	-	2.4	Low
2	As a child, how would you describe your relationship with your mother?	2(20)	8(80)	-	-	3.2	High
3	As a child, how would you describe your relationship with your father's other Wife?	-	7(70)	3(30)	-	2.7	High
4	As a child, how would you describe your relationship with your father's other Wife's children?	-	8(80)	-	2(20)	2.6	High
Total mean						2.6	High

*Not good-1 neither good nor bad -2 good-3 v/good-4 mean values from 3.26 - 4.00 very high, 2.51-3.25 high, 1.76 -2.5 low and 1-1.75 very low*

According to table 12 item, 1 result shows that 4(40%) of children respondents were answered that they have a good relationship with their father and the remaining 6(60%) of children respondents were answered that they have neither a good nor bad relationship with fathers in polygamy family in the study. The mean result is 2.4 and the mean result implies low or neither good nor bad in their relationship with fathers in polygamy family.

According to table 12 item, 2 results show that all of them or 8(80%) of children respondents were answered that they have a good relationship with/her mother. The mean result is 3.2 and the mean result implies high. Therefore, children in the polygamous family had a good relationship with their mothers.

According to table 12 item, 3 results show that the majority or 7(70%) of children respondents was answered that they have a good relationship with other step mothers and the remaining 3(30%) of children respondents were answered that they have not a good relationship with stepmothers. The mean result is 2.7 and the result implies high mean scores. Children in polygamous families confirm that they have good relationships with stepmothers.

According to table 12 item, 4 data results show that almost or 8(80%) of children respondents were answered that the good relationship with other children, and 2(20%) of

children respondents have answered not good relationship with other children. The mean result is 2.6 and the mean result implies a high mean and also children in a polygamous family have a good relationship with other stepmothers' children.

Accordingly, the above table 12 result shows that the total mean result of children's family relationship is 2.6 and the result implies a high mean or good. Children in polygamous families confirm that they have high and good family relationships with all family members or in other words they have no problems in their relationship with family members.

Table 3: *the total mean, scores of self-esteems, stress and depression for women and children in polygamy and monogamy family structures*

Psychological consequences of polygamy on women's and children	Variables	Polygamy		Monogamy		t- value	p-value (2 tailed)	Df
		Mean	SD	Mean	SD			
	self-esteem,	2.1800	.22424	2.8133	.28502	6.764	.000	26.531
	Depression	2.6476	.25694	1.6286	.24625	-11.090	.000	27.950
	And Stress for women	4.1200	.39316	3.1467	.24162	-8.169	.000	23.255
	Self-esteem	2.300	.183	3.0800	.368	5.060	.000	11.452
	and Depression for children	2.2300	.23594	1.2000	.14142	-11.841	.000	14.728

*The result of Self-esteem for women's:* As table 13 shows that the mean score for women in monogamy families is 2.81 with an SD of .28502 and the mean score of women in polygamy 2.18 with an SD of .22424. to make comparison the t-test statistic was implemented the significance interval is at 5% and to develop confidence the difference was tested at 95% confidence interval, two-tailed, and the test statistic obtained is P=.000. There is a significant difference in the family structure was found. The mean scores for the women in monogamous families were higher for Self- Esteem than women in polygamy families.

Hence, a statistically significant difference was observed, the result supports the notion that scores of women in monogamous and polygamous families differ. Conclusion: Therefore, we conclude that women who are in polygamy family is lower in their self-esteem than women in monogamous family. The result supported by (Daoud et al. 2014b). Research on women's

mental health has found polygamous families are stressful and can produce low self-esteem, depression, and psychological distress.

*The result of Stress for women's:* to make comparison the mean scores of women, t-test statistics was implemented and the difference between the scores is statistically significant at 5% level of significance. Table 10 shows that mean score of women from monogamous families is 3.1467 with an SD of .24162 and the mean score of women in polygamous families is 4.1200 with an SD of .39316. To develop confidence that the results obtained were not due to chance, the difference was tested at 95% confidence interval, two-tailed, and the test statistic obtained is  $P=.000$ .

Hence, a statistically significant difference was observed, the result supports the notion that scores of women in monogamous and polygamous families differ. Therefore, we can conclude that those women in polygamous families are higher stressed than thus women in monogamous families in their life. Women in polygamy families are highly stressed than women because of loss of attention and unfair treatment by husbands' consequently women lead stressful life situations. The finding was supported by Al-Krenawi, Graham, & Al Gharaibeh, (2011), who founded polygamous marriage also exposed women to stressful life situations, including daily hassles and economic hardship, as it undermined economic stability and social support Available evidence by (Al-Krenawi, 1998; Elbedour et al. 2002). Has advocated those polygamous women and child described higher rates of emotional distress, psychological problems, familial conflict, jealousy, and stress than their monogamous.

*The result of depression for women's:*to make comparison the mean scores of women, t-test statistics was implemented and the difference between the scores is statistically significant at 5% level of significance. Result shows that the mean score of women in polygamy family is 2.6 with an SD of .24625 and the mean score of women in monogamy family 1.6 with an SD of .25694. In order to develop confidence that the results obtained was not due to chance, the difference was tested at 95% confidence interval, two-tailed, and the test statistic obtained is  $p=.000$ . Hence, statistically significant difference occurred, the result shows that depression scores of women in monogamous and polygamous families are differ. Conclusion: Therefore, polygamy family structure had significance contribution for women's high depression. The finding is supported by (Daoud et al. 2014b) found Women in polygamous marriages suffered higher depressive symptoms.

*The result of Self-esteem for children:* the table 10 illustrate that the mean score of children in monogamy family is 3.08 with an SD .368 is significantly greater than the mean score of children in polygamy family 2.3 with SD .183 and the test statistic obtained is  $p=.000$ . To compare the means scores of two groups two tailed and t-test statistics was applied and the difference between the scores is statically significant at 5% level. In order to develop confidence that the results obtained was not due to chance, the difference was tested at 95% confidence interval, two-tailed. Hence, statistically significant variance was observed. Therefore, we can conclude that those children in polygamous families are lower in their self-esteem than thus children in monogamous families. This finding is supported by the following literature (Al-Krenawi, et al, 2002; Daoud et al., 2014b) were found Children from polygynous families were lower self-esteem than those from monogamous families in their study.

*The result of depression for children:* the table 10 demonstrates that Children in from both family structures scored differently on depression. To compare the mean scores of children, t-test was applied and the difference between the scores is statistically significant at 5% level of significance. As table 10 shows that the mean score of children from polygamous families was 2.2300 with an SD of .23594 and the average mean score for children in monogamous families was 1.2000 with an SD of .14142. To develop confidence that the results obtained were not due to chance, the difference was checked at 95% confidence interval, two-tailed, and the test statistic obtained is  $p=.000$ .

Hence, a statistically significant difference was observed, the result shows the notion that depression scores of children in monogamous and polygamous families differ. Therefore, we conclude that children in polygamous families scored more and are more likely depressed than that of children in monogamous families. The finding is supported by 2 studies (Al-Krenawi, et al, 2002; Al-Krenawi&SlominNevo, 2008; Aurangzeb Alamgir, (2014)) results were found for depression, significantly higher levels of depression for young children from polygynous families, found that the practice of polygamy has caused depression and hardships to the children in Malaysia.

In Addition to this, the result of an interview shows that the experts' interviewees confirmed, understanding that in polygamy family their father has not responded to his children and not providing the necessary needs of their children this situation leads wives to take all responsibility for family issues and children feel as neglected by their fathers. Another

psychological consequence of polygamy is a negative feeling, low self-esteem, or negative attitude towards themselves, and wives are also depressed due to husbands' treatment. According to FGD and interview results show that husbands in polygamous families do not understand wife and children's problems. The result obtained from FGD shows that polygamy type of marriage by itself causes conflict in family members in addition to this unequal responsibility to fulfill the needs of children and care for children. These situations create psychological problems for women's and children's in their life. The result of the Focus group discussion of Gumuz elders and women also confirms that polygamy type of marriage by itself is problematic for wives and children in the Gumuz community in the study area.

The result social consequences of polygamy on family members is discussed as follow: The results of study reveals that polygamy marriage contributes to relationship problems in family members. The majority of women respondent agrees that there is a relationship problem between first wife and husbands because of lack of attention from husbands. The results show in regarding to family members relationship is problematic. The results of the focus group discussion showed the first wife has high social status and is regarded by the community but most of the time she is disadvantaged by her husband. The majority of women respondents also answered that about second wife and husbands' relationship they have neither good nor bad relationships but sometimes they have no good relationships between second wife and husbands. Respondent results reveal that third and fourth wives have a good relationship with husbands because they are physically attractive and young but children's treatment is equal for all wives in polygamy families. The finding is supported by the following researcher's literature (Al-Krenawi& Lightman, 2000; Al-Krenawi& Slonim-Nevo, 2008; Al-Sharfi, 2015) was found that social problems were reported among wives from polygynous families than monogamous families, including more sibling conflicts, worse relationships with friends and higher bullying rates. And also, polygamy is Reasons for such detrimental effects include the negative effects of polygyny on mothers, on fathers, and on the relationships between mothers and fathers (Al-Krenawi, 2014; Al-Shamsi & Fulcher, 2005; Elbedour, Onwuegbuzie, Caridine& Abu-Saad, 2002; Shephard, 2012). The finding shows that there is not that many problems between co-wife are in polygamy family. But sometimes they conflict due to jealousy and they worry about what others say about them beyond disturbance with spouses.

The second objective of this study to point out the social consequence of polygamy marriage practice on children in the case of Mandura Woreda. The result show that majority of children answered that they have an undecided relationship with fathers. Women's and elders during discussion also rise that husband does not know children where and what they need or there is a weak relationship with children's but all children answered that they have no problems with other stepmothers and their children's in polygamy family. Children describe that they have no problems in their social relationship family members but there is problems on sides of their father in relation to taking care and giving love for children. In addition, children feel neglected or isolated by fathers.

Among the respondents to the focus group discussion, all of the women were first, second, third, and fourth wives. All of them described their life in a polygamous family on the negative side. The wives often have problems with their relationships with husbands and co-wife relationship due to husband's treatment and jealousy. In some cases, there are disputes between spouses about polygamy. As focus group, discussion results show that most of the wives agree that the husband did not visit his wives for a minimum of one month, since the husband lived most of the time with his new wife, then sometimes visit another wife as wife's order. The Studies carried out so far point out that polygamy leads to rivalry amongst co-wives. This rivalry stems from the competition, jealousy, and unequal distribution of resources. This creates an acrimonious relationship between children and wives. (Moosa, Benjamin &Jeenah, 2008). There is no arranged life in a family with husbands. Because husbands have a dynamic relationship with their wives in a polygamous family. In a polygamous family, women take all responsibility family to fulfill children's needs and necessities.

The result of the focus group discussion implies that women's attitude is negative, towards polygamy marriage but they must take whatever comes from their family without consent. Elders described that in the Gumuz community polygamy is considered as fame and a source of wealth, and having more children gives more satisfaction for husbands. As a result, men marry more than one wife without any restrictions. Polygamous women worried about how to fulfill the needs of children in day-to-day life situations and they become stressed. Experts of women and children affairs officers confirm that polygamy type marriage have many problems for family members.



As the elder's response during discussion implies that in the Gumuz community the role of the husband in family issue is supervision in relation to the security of his house and wife's rather he can't care about his family issue. In this case, there are often disputes.

The result of finding shows Polygamous family husband doesn't treat his all wife, and also, he follows a dynamic relationship within wives, which means the husband doesn't care about his wife if his need is fulfilled. The results of study is supported by the following finding Al-Krenawi&Kanat-Maymon (2015) argued or noted that a growing body of studies has found that polygamous marriages have higher spousal conflict, tension, jealousy, and stressful life situations.

This is the witnesses of a 47 years old lady who has lived polygamy marriage and she describe the psychological physical and social consequences of polygamy during group discussion.

*Experience from group 1 about polygamy, conflict and its effects*

*I am the third wife of my husband have a total of four wives' once upon a time when I was one year old after I married my husband, he always visits me and he was only with me. Due to this reason his second wife spar me always in case, I fight her and she cut my lip. So, I lost part of my body as you can see, all of this is a bad result of polygamy. Consequently, I feel bad.*

*Case report from group 2*

*And also, a 35-year-old woman in a polygamous family share her experience as follow: my husband visits me once a month this condition rise a question in my mind and disturbs me always why he doesn't care about me. As one person I say that the harm is not only on wives but also on children's growth without care, children also follow their families' negative role models and psychologically feel not good. In Gumuz culture women are only considered as a source of income. In case husbands are cause for wife's bad relationship because they can't understand our problems.*

The group discussion result reveals that the cause for conflict in the polygamy family is a major lack of attention from husbands and jealousy from women. The result obtained from FGD shows

that polygamy type of marriage by itself causes conflict in family members in addition to this unequal responsibility to fulfill the needs of children and care for children. In a study conducted by Nurrohmah (2003) supports it was found that, of the nine women in polygamous marriages, all had experienced psychological abuse; five of them suffered physical, economic, and sexual abuse. Finally, the researcher argues that women in polygamy marriage are vulnerable to conflict, and struggle difficult situations due to lack of attention from husbands and community commonly accepted believes or social constructions. As the research finding reveals the same is true that children also suffer different social and psychological problems.

## Chapter Five

### Summary, conclusion and recommendations

This part of the study deals with the summary of the major findings of the study, research questions, a summary of methodology and key findings were summarized.

#### 5.1. Summary

The major purpose of this study was to examine the psychosocial consequences of polygamy on women and children in Mandura Woreda. The study also tried to answer the following basic research questions.

1. What are the psychological consequences of polygamy marriage practice on women in the case of Mandura Woreda?
2. What are the psychological consequences of polygamy marriage practice on children in the case of Mandura Woreda?
3. What are the social consequences of polygamy marriage practice on women in the case of Mandura Woreda?
4. What are the social consequences of polygamy marriage practice on children in the case of Mandura Woreda?
5. Is there any difference between women and children in monogamy and polygamy family structure in the case of Mandura Woreda?

To answer these questions mixed research method was employed. To this the study was conducted in Mandura woreda Gentemariyam and photo manjore kebeles. A total of 63 community members was included through snowball and purposive sampling technique. The data collected from different groups of community through questionnaire was analyzed and interpreted by using frequency, percentage, and means independent t-test statics such as, independent - test was utilized to test the difference between the self-esteem, depression, and stress between monogamy and polygamy families and Responses were coded and analyzed through SPSS software version 24. The data obtained from focus group discussions and interview also has been analyzed qualitatively using narrations to support the result obtained from quantitative analysis. After all the research came up with the following major findings.

Psychological variables such as self-esteem, depression and stress are viewed as follow: The results indicated that there is a significant difference between the mean scores of women in monogamous and polygamous families on both self-esteem, depression, and stress level. There was a significant difference between the groups of participants in monogamy and polygamy family self-esteem  $P=.000$  sig (two-tailed)  $df = 26.531$ . The results those women in polygamy families have lower self-esteem than women in monogamy families. The result shows that there was a significant difference between the groups of participants on monogamy and polygamy women's depression  $P=.000$  sig (two-tailed)  $df = 28$ . The result reveals that woman in polygamy family is highly depressed than women in monogamy family because they developed a sense of lonely life and they lose some part of their life from their husbands. Finding also implies that children with polygamous families are highly depressed and low in their self-esteem than children in a monogamous family. The result shows that there is a significant difference between the mean scores of women in monogamous and polygamous families for stress  $P=.000$  sig (two-tailed)  $df = 23.255$ . The mean score of women from monogamous families was 3.1 and the average mean score of women in polygamous families was 4.1. Result for children self-esteem shows that the mean score of children in monogamy family is 3.08 with an SD .368 is significantly greater than the mean score of children in polygamy family 2.3 with SD .183 and the test statistic obtained is  $p=.000$ . Hence, statistically significant variance was observed. Therefore, we can conclude that those children in polygamous families are lower in their self-esteem than thus children in monogamous families.

Results for children depression level shows that the mean score of children from polygamous families was 2.2300 with an SD of .23594 and the average mean score for children in monogamous families was 1.2000 with an SD of .14142. To develop confidence that the two-tailed, and the test statistic obtained is  $p=.000$ . Hence, a statistically significant difference was observed, the result shows the notion that depression scores of children in monogamous and polygamous families differ. Social consequences of polygamy wife's family relationship shows that women in the polygamous family are problematic in their social relationship with husbands and co-wives and sometimes they conflict with other wives due to the husband's unfair treatment. The finding implies that the cause for conflict in polygamy families is wives mistrusted by their husbands and due to jealousy and they became disagreements and disputes between polygamy family's members. In addition to this there are commonly accepted attitudes

towards women in the Gumuz community that harms women and children in polygamy this condition resulted negative social and psychological consequence. Children family relationship reveals those children growing in the polygamous family had no problems in their social relationships with stepmother, and stepmother's children. Children describe that they have no problems in their social relationship with family members but there is problems on sides of their father in relation to taking care and giving love for children. In addition, children feel neglected or isolated by fathers.

Finally, the result reveals that comparatively women's in polygamy family are lower in their self-esteem, higher in depression and higher in stress level than women's in monogamy family comparatively. The finding shows that also children in polygamy family are lower in their self-esteem and higher in depression level than children in monogamy family relatively.

## 5.2. Conclusion

- To overlook the psychological consequences of polygamy on women's such as self-esteem, depression, and stress: the researcher includes monogamous women's to see the difference in the study. The finding reveals that relatively women in polygamy are lower in their self-esteem, higher in depression and highly stressed than women in monogamous family. Based on finding we conclude that women in polygamous families have a negative attitude towards themselves, depressed and highly stressed struggle difficult situations than women in monogamy.
- The result of Children self-esteem and depression are presented as follow: The finding reveals that children in polygamous families are lower in their self-esteem and higher depressed than children in monogamous families.
- The social consequences of polygamy on women and children's: Results of wife's family relationship shows that women in the polygamous family are problematic in their social relationship with husbands and co-wives and they trouble in their relationship with family members due to lack of attention from husbands.
- The researcher also pointed out the social consequence of polygamy on children as follow: Finding result for children family relationship reveals those children growing in the polygamous family had no problems in their social relationships with stepmother, and stepmother's children. Children describe that they have no problems in their social relationship with family members but there is problems on sides of their father in relation to taking care and giving love for children.

### 5.3.Recommendations

Based on the findings of the study, the researcher locates the following recommendations

- Family structure plays a big role for once personal psychological and social wellbeing. The finding results show that polygamy have a negative psychological consequence on women. It can be a source for low self-esteem, depression, and stress. In fact, it is possible that polygamy harms in various ways. Therefore, it is recommended to provide adequate counseling for family members living in the polygamy family to minimize the negative psychological consequences.
- The finding reveals that polygamy marriage have negative psychological consequence on women's self-esteem, depression and stress levels in family members. Therefore, it is recommended that family and marriage counseling service focus on group-based family social, behavioral activities and tasks must need to minimize the problems.
- The psychological impact of polygamy is not only for women but also for children. Therefore, in order to reduce the impact on children, it is advisable to provide adequate counseling and awareness raising, especially for husbands.
- The finding shows that women in polygamy family have problems in their relationship with family members and they are vulnerable for conflict. It is difficult for husbands and wives to fulfill the needs of all family members and to share love, affection, and resources equally. Therefore, it is recommended that to overlook stereotypes or commonly accepted believes about polygamy in a community that harms especially women and children.
- It is recommended that to change stereotypic ideas about polygamy marriage it needs deep investigation.
- Finally, it needs continued research on psychological impact of polygamy on women to change stereotypic ideas with the specific intention of informing them with adequate, and long-term awareness of the misconceptions about polygamy marriages different approaches.

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Languages Department

## **Appendix**

Jimma University

College of Education and Behavioral science

Department of Psychology

Dear respondent, first of all, I would like to extend my thanks to you for your willingness to participate in this study and for helping me give actual information. Next, be informed that the information you give is the basic and main input to this study. The information you will give is secured and used for research purposes only. So, feel free to respond to what comes to your mind when you answer the questions.

Thank you for your cooperation!

## **Section 1: Socio-Demographic information of wife's**

**Direction:** In this section, you are required to provide information about you and your family that is useful in the study. So, give your responses to all questions freely.

### **Section one: Women's personal information**

1. Age    A. 15-20    B.21-45 C. Above 45
2. Sex    A. Male    B. Female
3. Marriage order    A. first B. second C. Third    D. fourth
4. Number of children    A. 1-4    B. 5-9    C. above 10
5. Educational Level    A. Illiterate B. Primary.    C. Secondary    D. College/University
6. Age difference with another wife    A.10-20    B. 21-35    C. above 35

### **Points of focus group discussion for polygamous women's**

1. Can polygamy marriage have social problems for women and their children in family relationships?
2. What is your attitude towards polygamy?
3. What was the cause for conflict in polygamy families?
4. Can polygamy cause conflicts in the family?
5. How did you see your relationship with family members?
6. Can polygamy have psychological problems for women and children concerning self-esteem and depression?
7. Can polygamy have problems to stress?
8. Do you openly discuss family responsibility?
9. What is the role of husbands in polygamy marriage?
10. What is the role of wives in the family?
11. What is your opinion about polygamy marriage?
12. Do women allowed to express what she feels concerning sexuality?
13. In your opinion the marriage system that you follow well for women?

14. Who takes more responsibility to care for and fulfill children's needs?

**Section 2: Personal information of experts**

Age -----

Sex-----

Marital Status -----

Formal educational Background-----

**General points of interview for key informant experts**

1. in your view who is responsible for a family issue in a polygamous family?
2. How did you understand or see attitudes of polygamy family members concerning their self-esteem and stress?
3. What was the cause for conflict in polygamy families?
4. Did you have an experience with their way of life and how did you express their family relationship between polygamy families?

**Section 3: Personal information of elders**

Sex-----

Age-----

Educational background-----

Marriage type A. polygamy B. monogamy

**General points of focus group discussions for elder men**

1. How did you describe polygamy and its effects on women and children?
2. Can you believe the way of life leads to marrying more wives?
3. Who is more responsible for family issues?
4. Can polygamy be allowed for the Gumuz community?
5. How did you see polygamy?
6. How did you see conflict and polygamy?
7. Why do Gumuz men marry more than two wives?

\* Note for each question probing words like why, how etc. will be used to get detailed information.

**Section5: Questionnaires for wife about family relationship**

4=v/Good 3=Good 2=neither good nor bad 1= bad

no	Items	4	3	2	1
1	1st wife relationship with husband				
2	second wife relationship with husband				
3	third wife relationship with husband				
4	Fourth wife relationship with husband				
5	1st Wife relationship with 2nd wife				
6	1st Wife relationship with 3red wife				
7	1st wife relationship with fourth wife				
8	Second Wife’s relationship with third				
9	Second wife relationship with fourth				

**Section 6: Questionnaire’s for young children about family relationships**

4=v/Good 3=Good 2=neither good nor bad 1= bad

No	Items	4	3	2	1
1	As a child, how would you describe your relationship with your father?				
2	As a child, how would you describe your relationship with your mother?				
3	As a child, how would you describe your relationship with your father’s other Wife?				
4	As a child, how would you describe your relationship with your father’s other Wife’s children?				



**Section 7: questions for stress scale**

1=never 2 - almost never 3 – sometimes 4 - fairly often 5 - very often

No	Items	1	2	3	4	5
1	How often have you been upset because of something that happened unexpectedly?					
2	How often have you felt that you were unable to control the important things in your life?					
3	How often have you felt nervous and stressed?					
4	How often have you felt confident about your ability to handle your personal problems?					
5	How often have you felt that things were going your way?					
6	How often have you found that you could not cope with all the things that you had to do?					
7	How often have you been able to control irritations in your life?					
8	How often have you felt that you were on top of things?					
9	How often have you been angered because of things that happened that were outside of your control?					
10	How often have you felt difficulties were piling up so high that you could not overcome them?					

**Section 8: Beck's Depression Inventory for wives.**

1- Never 2- Sometimes 3- often 4- Always

No	Items	1	2	3	4
1	I am so sad and unhappy sometimes.				
2	I feel discouraged about the future.				
3	I feel I am a complete failure as a person.				
4	I am dissatisfied or bored with everything.				
5	I feel guilty all of the time.				
6	I feel I am being punished.				
7	I hate myself.				
8	I blame myself for everything bad that happens.				

9	I would like to kill myself.				
10	I don't cry any more than usual.				
11	I feel irritated all the time.				
12	I have lost interest in other people.				
13	I can't make decisions at all anymore.				
14	I am worried that I am looking old or unattractive.				
15	I have to push myself very hard to do anything.				
16	I wake up several hours earlier than I used to and cannot get back to sleep				
17	I am too tired to do anything.				
18	My appetite is much worse now.				
19	I haven't lost much weight, if any, lately.				
20	I am no more worried about my health than usual.				
21	I have no interest in sex.				

**Section 9:** Questioners for children to answer the depression levels

1 = never    2= sometimes    3 = often    4 = always

No	Item	1	2	3	4
1	I feel sad or empty				
2	Nothing is much fun any more				
3	I have trouble sleeping				
4	I have problems with my appetite				
5	I have no energy for things				
6	I am tired a lot				
7	I cannot think clearly				
8	I feel worthless				
9	I feel like I don't want to move				
10	I feel restless				

**Section 10:** Self-score questions to measure the self-esteem of wives

4-Strongly Agree 3- Agree 2- disagree 1-Strongly Disagree

No	Items	4	3	2	1
1	On the whole, I am satisfied with myself.				
2	At times I think I am no good at all.				
3	I feel that I have a number of good qualities.				
4	I am able to do things as well as most other people.				
5	I feel I do not have much to be proud of.				
6	I certainly feel useless at times				
7	I feel that I'm a person of worth, at least on an equal plane with others.				
8	I wish I could have more respect for myself.				
9	All in all, I am inclined to feel that I am a failure.				
10	I take a positive attitude toward myself.				

**Section12:** Self-score questions to measure the self-esteem of children.

4- Strongly Agree 3- Agree 2- Disagree 1- Strongly Disagree

No	Items	4	3	2	1
1	On the whole, I am satisfied with myself.				
2	At times I think I am no good at all.				
3	I feel that I have a number of good qualities.				
4	I am able to do things as well as most other people.				
5	I feel I do not have much to be proud of.				
6	I certainly feel useless at times				
7	I feel that I'm a person of worth, at least on an equal plane with others.				
8	I wish I could have more respect for myself.				
9	All in all, I am inclined to feel that I am a failure.				
10	I take a positive attitude toward myself.				

አባሪ

ጅማ ዩኒቨርሲቲ

የትምህርት እና የስነ-ባህሪ ሳይንስ ኮሌጅ

የስነ-ልቦና ትምህርት ክፍል

ውድ ምላሽ ሰጪ፣ በመጀመሪያ፣ በዚህ ጥናት ላይ ለመሳተፍ ፈቃደኛ ስለሆናችሁ እና ትክክለኛ መረጃ እንድሰጥ ስለረዳችሁኝ ምስጋናዬን አቀርባለሁ። በመቀጠል እርስዎ የሚሰጡት መረጃ ለዚህ ጥናት መሰረታዊ እና ዋና ግብአት መሆኑን ይወቁ። የሚሰጡት መረጃ ደህንነቱ የተጠበቀ እና ለምርምር ዓላማዎች ብቻ ጥቅም ላይ ይውላል። ስለዚህ ለጥያቄዎች መልስ ስትሰጡ ወደ አእምሮህ ለሚመጣው ነገር መልስ ለመስጠት ነፃነት ይሰጣሉ።

ለትብብርዎ እናመሰግናለን!

**የግልመረጃ፡** በዚህ ክፍል በጥናቱ ውስጥ ጠቃሚ የሆኑትን ስለእርስዎ እና ስለ ቤተሰብዎ መረጃ መስጠት ይጠበቅብዎታል። ስለሆነም ለሁሉም ጥያቄዎች ምላሽዎችን በነፃ ይስጡ።

**ክፍል አንድ፡ የሴቶች የግል መረጃ**

1. ዕድሜ ሀ.15-20 ለ. 21-45 ሐ. ከ45 በላይ
2. ጾታ ሀ. ወንድ ለ. ሴት
3. የጋብቻ ቅደም ተከተል ሀ. አንደኛ ለ.ሁለተኛ ሐ. ሦስተኛ መ. አራተኛ
4. የልጆች ብዛት ሀ.1-4 ለ. 5-9 ሐ. ከ10 በላይ የሆኑ
5. የትምህርት ደረጃ ሀ. መሃደምሊ. አንደኛ ደረጃ ሐ. ሁለተኛ ደረጃ መ.ኮሌጅ / ዩኒቨርሲቲ
6. ከባል ጋር ያላት የእድሜ ልዩነት ሀ.10-20 ለ. 21-35 ሐ. ከ35 በላይ

**ሴቶች የትኩረት የቡድን ውይይት ነጥቦች**

1. ከአንድ በላይ ማግባት በቤተሰብ ግንኙነት ውስጥ በሴቶች እና በልጆቻቸው ላይ ማህበራዊ ችግሮች ሊኖሩት ይችላል?
2. ከአንድ በላይ ማግባትን በተመለከተ ያለዎት አመለካከት ምንድን ነው?
3. ከአንድ በላይ ማግባት ቤተሰቦች ውስጥ ግጭት መንስኤው ምን ነው?
4. ከአንድ በላይ ማግባት በቤተሰብ ውስጥ ግጭቶችን ሊያስከትል ይችላልን?
5. ከቤተሰብ አባላት ጋር ያለዎትን ግንኙነት እንዴት አያችሁት?
6. ከአንድ በላይ ማግባት ለራስ ያለ ግምት እና የመንፈስ ጭንቀት በሴቶች እና በልጆች ላይ የስነ ልቦና ችግሮች ሊኖሩት ይችላል?
7. ከአንድ በላይ ማግባት ለጭንቀት ችግሮች መንስኤ ሊሆን ይችላል?
8. ስለ ቤተሰብ ሃላፊነት በግልፅ ይነጋገራሉ?
9. ከአንድ በላይ ማግባት ውስጥ የባሎች ሚና ምንድን ነው?
10. ሚስቶች በቤተሰብ ውስጥ ያላቸው ሚና ምንድን ነው?

11. ከአንድ በላይ ማግባትን በተመለከተ የእርስዎ አስተያየት ምንድን ነው?
12. ሴቶች ስለ ጾታዊ ግንኙነት የሚሰማትን እንድት ገልጽ ይፈቅደላቸዋል?
13. በአንተ አመለካከት የምትከተለው የጋብቻ ሥርዓት ለሴቶች ጥሩ?
14. የልጆችን ፍላጎቶች ለመንከባከብ እና ለማሟላት የበለጠ ኃላፊነት የሚወስደው ማን ነው?

**ክፍል 2: የባለሙያዎች የግል መረጃ**

ዕድሜ ----- ጾታ-----

የጋብቻ ሁኔታ -----

የትምህርታዊ ዳራ -----

**ለመረጃ ሰጪ ባለሙያዎች አጠቃላይ የቃለ መጠይቅ ነጥቦች**

1. በአንተ አስተያየት ድርብ ጋቢቻ ቤተሰብ ውስጥ ለሚፈጠር የቤተሰብ ጉዳይ ተጠያቂው ማን ነው?
2. ከአንድ በላይ በማግባት የቤተሰብ አባላት ለራሳቸው ያላቸውን ግምት እና ውጥረት በተመለከተ ያላቸውን አመለካከት እንዴት ተረድተሃል ወይም አይተሃል?
3. ከአንድ በላይ ያገቡ ቤተሰቦች ውስጥ የግጭት መንስኤው ምንምን ናቸው?
4. በአኗኗራቸው ዜገዎቻቸውን በደንብ ያውቁታል እና ከአንድ በላይ ማግባት በቤተሰቦቻቸው መካከል ያለውን የቤተሰብ ግንኙነት እንዴት ገለጽክ?

**ክፍል 3: የሽማግሌዎች የግል መረጃ**

ጾታ-----

ዕድሜ-----

የትምህርት ዳራ ----

የጋብቻ ሁኔታ ሀ.ድርብጋቢቻ ለ. መደኛ ጋብቻ

**ለሽማግሌዎች የቡድን ውይይቶች አጠቃላይ ነጥቦች**

1. ከአንድ በላይ ማግባትን እና በሴቶች እና ህጻናት ላይ ያለውን ተጽእኖ እንዴት ይገልጹታል?

2. የአኗኗር ዜጌዎቻቸው ብዙ ሚስቶች እንዲያገቡ እንደሚመራ ታስባለህ?

3. ለቤተሰብ ጉዳዮች የበለጠ ተጠያቂው ማነው?

4. ለጉሙዝ ማህበረሰብ ከአንድ በላይ ማግባት ይፈቀዳል ወይ?

6. ግጭት እና ከአንድ በላይ ማግባትን እንዴት አያችሁት?

7. የጉሙዝ ወንዶች ለምን ከሁለት በላይ ሚስቶችን ያገባሉ ብሎ ያስባሉ?

\*ዝርዝር መረጃ ለማግኘት ለምን፣ እንዴት ወዘተ የመሳሰሉ ቃላትን የሚመረምር ለእያንዳንዱ ጥያቄ ማስታወሻ።

**ክፍል 5: ለሚስት ስለቤተሰብ ግንኙነት መጠይቆች**

4=በጣም ጥሩ 3=ጥሩ 2= ጥሩም መጥፎም አይደለም 1= መጥፎ

ተ.ቁ	ዝርዝር ተግባራት	4	3	2	1
1	የመጀመሪያዎ ሚስት ከባል ጋር ግንኙነት				
2	ሁለተኛ ሚስት ከባል ጋር ግንኙነት				
3	ሶስተኛ ሚስት ከባል ጋር ግንኙነት				
4	አራተኛ ሚስት ከባል ጋር ግንኙነት				
5	የመጀመሪያዎ ሚስት ከሁለተኛ ሚስት ጋር ግንኙነት				
6	የመጀመሪያዎ ሚስት ከሶስተኛዎ ሚስት ጋር ግንኙነት				
7	የመጀመሪያዎ ሚስት ከአራተኛ ሚስት ጋር ግንኙነት				
8	ሁለተኛ ሚስት ከሦስተኛው ጋር ያለው ግንኙነት				
9	የሁለተኛ ሚስት ግንኙነት ከአራተኛ ጋር				

**ክፍል 6: የልጆች የቤተሰብ ግንኙነት መጠይቅ**

ተ.ቁ	ዝርዝር ተግባራት	4	3	2	1
1	በልጅነትህ ከአባትህ ጋር ያለህን ግንኙነት እንዴት ትገልጻለህ?				
2	በልጅነትህ ከእናትህ ጋር ያለህን ግንኙነት እንዴት ትገልጻለህ?				
3	በልጅነትህ ከአባትህ ሌላ ሚስት ጋር ያለህን ግንኙነት እንዴት ትገልጻለህ?				
4	በልጅነትህ ከአባትህ ሌላ ሚስት ልጆች ጋር ያለህን ግንኙነት እንዴት ትገልጻለህ?				

**ክፍል 7: ለጭንቀት መለኪያ ጥያቄዎች**

1- በጭራሽ 2-በጭራሽ ማለት ይቻላል 3-አንዳንድ ጊዜ 4-ብዙ ጊዜ 5-በጣም ብዙ ጊዜ

ተ.ቁ	ዝርዝር ተግባራት	1	2	3	4	5
1	ባልተጠበቀ ሁኔታ በተፈጠረ ነገር ምን ያህል ተበሳጭህ?					
2	በህይወትህ ውስጥ አስፈላጊ የሆኑትን ነገሮች መቆጣጠር እንደማትችል ምን ያህል ጊዜ ተሰምቶህ ነበር?					
3	ምን ያህል ጊዜ የመረበሽ እና የጭንቀት ስሜት ይሰማዎታል?					
4	የእርስዎን የግል ችግር ለመቅረፍ ለመቻልዎ ምን ያህል ጊዜ በራስ የመተማመን ስሜት ይሰማዎታል?					
5	ነገሮች በእርስዎ መንገድ እየሄዱ እንደሆነ ምን ያህል ጊዜ ይሰማዎታል?					
6	ማድረግ ያለብህን ሁሉንም ነገሮች መቋቋም እንዳልቻልክ ምን ያህል ጊዜ አግኝተሃል?					
7	በህይወትዎ ውስጥ ብስጭቶችን ምን ያህል ጊዜ መቆጣጠር ችለዋል?					
8	በችግሮች ላይ እንደሆንክ ምን ያህል ጊዜ ተሰማህ?					
9	ከእርስዎ ቁጥጥር ውጭ በሆኑ ነገሮች ምክንያት ምን ያህል ጊዜ ተበሳጭቷል?					
10	ምን ያህል ጊዜ ችግሮች እየተከመሩ እንደሆነ ተሰምቷችሁ ነበር እነሱን ማሸነፍ ያልቻላችሁ?					



**ክፍል 8: ለሴቶች የቤክዲ ፕሬሽን ኢንቪንቶሪ**

1- በጭራሽ 2- አንዳንድ ጊዜ 3- ብዙ ጊዜ 4- ሁል ጊዜ

ተቁ	ዝርዝር ተግባራት	1	2	3	4
1	አንዳንድ ጊዜ በጣም አዝለው እና ደስተኛ አይደሉም።				
2	ስለ ወደፊት ተስፋ ቆርጫለሁ።				
3	እንደሰው ሙሉ በሙሉ ውድቀት ላይ እንደሆንኩ ይሰማኛል።				
4	በሁሉም ነገር አልረከሁም ወይም አሰልጥኝ።				
5	ሁል ጊዜ የጥፋተኝነት ስሜት ይሰማኛል።				
6	እየተቀጣሁ እንደሆነ ይሰማኛል።				
7	እራሴን ጠላሁ።				
8	ለሚሆነው መጥፎ ነገር ሁሉ እራሴን እወቅሳለሁ።				
9	ራሴን ማጥፋት እፈልጋለሁ።				
10	ከወትሮው በላይ አላለቅስም።				
11	ሁል ጊዜ ብስጭት ይሰማኛል።				
12	ለሌሎች ሰዎች ያለኝ ፍላጎት ቀንሶልሁ።				
13	ከአሁን በኋላ ውሳኔ ማድረግ አልችልም።				
14	አርጅቻለሁ ወይም ማራኪ እንዳልሆንኩ እጨነቃለሁ።				
15	ማንኛውንም ነገር ለማድረግ እራሴን መግፋት አለብኝ።				
16	ከእንቅልፌ የምነቃው ከበሬቱ ብዙ ሰዓታት ቀደም ብሎ ነው እና እንደገና መተኛት አልችልም።				
17	ምንም ነገር ለማድረግ በጣም ደክሞኛል።				
18	የምግብ ፍላጎቴ አሁን በጣም አሳሳቢ ነው።				
19	ከቅርብ ጊዜ ወዲህ ባለብዙ ክብደት አላጣሁም።				
20	ስለጤንነቴ ከወትሮው የበለጠ አልጨነቅም።				
21	የግብረሰጋ ግንኙነት ምንም ፍላጎት የለኝም።				

**ክፍል 9:ጠያቂዎች ለልጆች የመንፈስ ጭንቀት ደረጃዎችን እንዲመልሱ**

1 = በጭራሽ 2= አንዳንድ 3 = ብዙጊዜ 4 = ሁሌም

ተ.ቁ	ዝርዝር ተግባራት	1	2	3	4
1	ሀዘን ይሰማኛል ወይም ባዶነት ይሰማኛል።				
2	ከዚህ በላይ ምንም አስደሳች ነገር የለም።				
3	የመተኛት ችግር አለብኝ።				
4	የምግብ ፍላጎቴ ላይ ችግሮች አሉብኝ።				
5	ለነገሮች ምንም ጉልበት የለኝም።				
6	ብዙ ሞክሬያለሁ።				
7	በግልፅ ማሰብ አልችልም።				
8	ዋጋ እንደሌለኝ ይሰማኛል				
9	መንቀሳቀስ የማልፈልግ ያህል ይሰማኛል።				
10	እረፍት ማጣት ይሰማኛል።				

**ክፍል10:ሚስቶች ለራሳቸው ያላቸውን ግምት ለመለካት ራስን የመመዘኛ ጠያቂዎች**

4 - በጣም እስማማለሁ 3 - እስማማለሁ 2 - አልስማማም 1 - በጣም አልስማማም

ተቁ	ዝርዝር ተግባራት	4	3	2	1
1	በአጠቃላይ, በራሴ ረክቻለሁ።				
2	አንዳንድ ጊዜ እኔ ምንም ጥሩ አይደለሁም ብዬ አስባለሁ።				
3	በርካታ ጥሩ ባሕርያት እንዳሉኝ ይሰማኛል።				
4	እኔም እንደሌሎች ብዙ ሰዎች ነገሮችን ማድረግ እችላለሁ።				
5	የምኮራበት ብዙ ነገር እንደሌለኝ ይሰማኛል።				
6	በእርግጠኝነት አንዳንድ ጊዜ ምንም ጥቅም እንደሌለኝ ይሰማኛል።				
7	እኔ ዋጋ ያለው ሰው እንደሆንኩ ይሰማኛል፤ቢያንስ ከሌሎች ጋር በእኩል ዕቅድ ላይ ነው።				
8	ለራሴ የበለጠ ክብር እንዲኖረኝ እመኛለሁ።				
9	ባጠቃላይ እኔ ውድቀት እንደሆንኩ ይሰማኛል።				
10	ለራሴ አዎንታዊ አመለካከት አለኝ።				

**ክፍል 12: የልጆችን በራስ ግምት ለመለካት የራስ የመመዘኛ ጥያቄዎች**

4 - በጣም እስማማለሁ 3 - እስማማለሁ 2 - አልስማማም 1 - በጣም አልስማማም

ተ.ቁ	ዝርዝር ተግባራት	4	3	2	1
1	በአጠቃላይ, በራሴ ረክቻለሁ.				
2	አንዳንድ ጊዜ እኔ ምንም ጥሩ አይደለሁም ብዬ አስባለሁ።				
3	በርካታ ጥሩ በሕርያት እንዳሉኝ ይሰማኛል።				
4	እኔም እንደ ሌሎች ብዙ ሰዎች ነገሮችን ማድረግ እችላለሁ።				
5	የምኮራበት ብዙ ነገር እንደሌለኝ ይሰማኛል።				
6	በእርግጠኝነት አንዳንድ ጊዜ ምንም ጥቅም እንደሌለኝ ይሰማኛል				
7	እኔ ዋጋ ያለው ሰው እንደሆንኩ ይሰማኛል፣ ቢያንስ ከሌሎች ጋር በእኩል ዕቅድ ላይ ነው።				
8	ለራሴ የበለጠ ክብር እንዲኖረኝ እመኛለሁ።				
9	በጠቃላይ እኔ ውድቀት እንደሆንኩ ይሰማኛል።				
10	ለራሴ አዎንታዊ አመለካከት አለኝ።				