

# Effects of Divorce on Children

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## ABSTRACT

This article aims to highlight the negative effects of divorce and single parenting on the lives of children. Divorce is breaking of social bond that affects the family socially and economically. It mostly influences the children of any age. Parental conflicts, arise in them psychological and health problems that reduce their capacity to do various work and live normally in most of the cases. They have to face various challenges in the society. Sudden change in friendly environment, develop in them anxiety, fear, depression, anger and many odd habits like to break the ethical rules. Study, eating, and sleeping cycles also disturbs that affects mental and physical health.

**Keywords:** Divorce, Development, Children, Behavior, Parents

### Introduction

Divorce is cancellation of an official agreement between two persons, and not to perform their assigned duties [1]. It is among the serious issues in the world with adverse consequences represented in Fig. 1. Adverse effects of divorce include conflicts, social problems to the family, and especially to the children. Divorce impacts are associated with various factors like gender and age of children, extent of conflicts, and socio-economic condition of the family etc. Due to separation of parents, children are unable to decide to select one parent and custodial problems arise. Short and long-term deleterious effects can be seen in afflicted children e.g., emotional issues and marital or psychological issues respectively. It causes deleterious effects on physical and mental health and also causes economic losses [2]. A lack of interest in marriage develops in them. Behavioral and emotional consequences are the most observed ones. These problems continue to grow as children grow until adulthood. Divorce affect families irrespective of country. In this article, we will understand the various impacts of divorce and parenting conflicts on the lives of children in the follow-up sections under various headings like developmental problems, effects on the studies, effects on the behavior, how to reduce these effects, limitations, and conclusion.

And lost hope for a good future. Sometimes they may drop out from the schools [6]. It is destruction in the education of children.

### Effects on behavior and emotions

Sudden changes in behavior of parents to the children cause stress in them that release cortisol which leads to many harmful consequences. Anxiety, depression, sadness, and anger prevails in these children [7]. They show rude behavior with family members and friends. Divorce leaves a scar of guilt on the siblings. They can also involve in various bad habits like smoking and drugs' use, suicides, and other crimes. Divorced families have been investigated to have the highest suicide ratio. They develop the feeling of loneliness that makes them restricted in every work. They may lose spiritual beliefs [8].

### Social problems

Divorce poses a negative effect on the social life of children. They become insecure in their dealings with others. Divorce can cause change their residences due to the separation of parents [9]. They have to interact with the new environment and people. It can lead to adaptation problems in them. They become hesitant to interact and commit to the people. They face difficulties in adjusting to the new environment. They do un-ethical things like sex before marriage. Children face social and economic problems by the separation of parents, because they are dependent on their parents. In many cases the children had to work because of the burden of responsibilities [10].

### How to reduce the effect

The process of divorce should be smooth, so that it can't rise to adverse consequences in the children or lessens the sufferings. Proper counselling and psychotherapy of children can minimize the negative outcomes and give them strength to cope up the situation [11].

### Conclusion

Various effects of divorce are explained in the article which can affect children in various ways. Divorce affects the parents, children, and society. Children suffer with psychological, social, economic, mental, health and adjustment problems. Conflicts have a bad impact on the mental health of children that reduce their capabilities to do multiple tasks that result in negative outcomes and various unethical habits and crimes.

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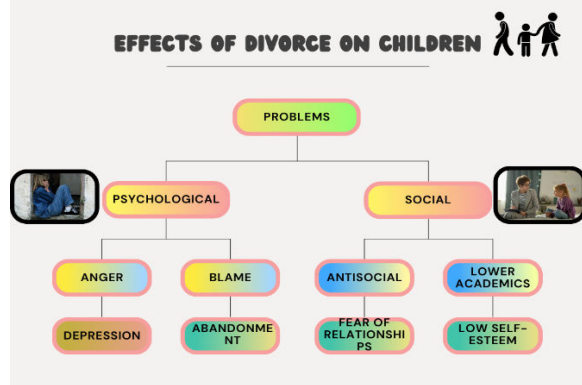


Fig. 1: various effects of divorce on children

### Developmental and health problems

Depression and stress prevail in the children, gone through the process of divorce, cause disturbance in sleeping and eating patterns. Stress cause disruption to various biological systems that cause decreased attention and response towards the stimulus and compromise daily activities and health. Stress can play a role in high blood pressure, restlessness, pessimism, hypochondriasis, stomach pain, etc. [3] It can make us hypervigilant and feeling of unsafety. This can disturb their normal health and well-being. Psychological problems have grown that cause anger, anxiety, fear and they will not abide by the rules. Siblings can't tolerate the toxic environment developed through conflicts or divorce and mental disorders arise in them [4]. Mental problems in young children lead to negative outcomes and destroy their exciting activities and enjoyment. Premature and physical illness can occur. Their talents and capabilities can be reduced.

### Effects on studies

Divorce is a difficult time, making the children confused and distracted. This leads to disruption of their excellency in studies. They are unable to completely carry on and focus on their academic career for the time being [5].