



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2017; 3(2): 445-448
www.allresearchjournal.com
Received: 20-12-2016
Accepted: 21-01-2017

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Broken family: Its causes and effects on the development of children

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Abstract

Family is the basic unit of society. This is the most essential component of a country. A home is that where a family lives. No one wants to lose the secure feeling that a family provides. No matter how ideal a family in the terms of their relationship, there are still hardships and misunderstandings that will come along the way. It is just part of any relationship anyway. But, the sad part is that when one of the family members gave up and the others have no choice but to accept and let go. Thus, the family starts to be broken. A broken home can disrupt and confuse a child's world. Broken family is a major problem of society that should be given enough attention this paper seeks to explore the ways and means through which a positive relation in a family could be established

Keywords: Family, Broken family, Hardships

Introduction

Family is said to be the first institution where one starts to equip oneself to grow. But differences have been found to each family. Having healthy and happy family is what everyone's dream. But many could not succeed it. Due to different problems, the healthy families have been broken up as well. When unwanted things are coming up, many families have been broken, and the members are separated. This is a tragic happening out of unrestricted reasons as well as unfortunate reasons.

When we say broken family, it is not distinct and strange thing, rather common and experiencing problem in and around us. Family life is in a crisis when some problems aroused and which causes separation of the members in the families, which is simply called broken family.

However a mere separation due to education, job, etc. is not broken family, even though the family members are staying away from each other. To be broken in the family, there must be some crises which are arisen out of misconception, mistreating, misunderstanding, misacceptance, etc. Then the occurring crises lead to the divorce of parents, disposal of sons or daughters and leaving home by any members of that family. It is very controversial that whether to claim every splitting up is broken family, while they still run the family well. There are many families without father, mother, and other members but still conditionally and systematically running. They may not like to call them broken. Of course they are not broken, rather just some members left away.

Causes of Broken Family

Parents' divorce: In anytime, anywhere and anyhow, divorce is not healthy for the family life. But it happens. Divorce is claimed to be the main reason behind broken family. The common disputes between a husband and a wife are the financial issue, sexual misunderstanding, early marriage, teen pregnancy, education, health problem, etc. When the parents get divorced, usually either of them or sometime both of them leave home. Then the absence of either or both the parents will affect the family administration, then family become broken.

Divorce is the hardest challenge that can happen to a couple especially if they have kids. It is painful for the husband and wife to finally end their marriage but they are two matured individuals who are strong enough to handle changes in their lives. The impact of this turn of events in a family's life is more devastating on the children.

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Not only that it is painful for them on that moment to hear the news that their parents are getting a divorce. But the worst that can happen is the long term effect that can eventually ruin their future.

Going through a divorce is a very difficult situation to be in; usually their children are the ones who always suffer. An argument of the parents is one of the basic causes of broken families. Money is mostly the cause of the basic cause of a couples arguments. Too much money in a person's mind can cause greediness; this will let the person forget about love towards its partner. Another one is unfaithfulness; in a marriage, the couple must be faithful toward his/her partner. In this situation either the husband or wife has an affair with other persons that will eventually lead to being unfaithful to their partner.

Loss of trust is another factor. Whenever couple losses trust to each other they end up in divorce. Trust is an important factor in a marriage, if a person losses trust to his/her partner, the person either ends up getting a divorce or he/she chooses to have an affair, first then ends up in divorce. Inability to manage or resolve a conflict is also one of the causes, in this situation both the husband and the wife fight about something but is unable to resolve it. This makes the couple think that they are incompatible in many ways and how much they try to resolve their incompatibility nothing will happen because they will both end up fighting again

Death: It is obvious that death reduces the family strength. More adversely death sometime leads to broken family. Like other reason all death in the family do not necessarily bring any broken, but by the death of mother or father children become mother/father less. When children realize that the parent will never return, they get emotionally disturbed. Moreover if the left partner live a drastic life in search of happiness after losing his/her partner, the results in the family could not be hale and hearty for the family life. Then it starts to be broken.

In early life, loss of mother is more damaging than loss of the father. The mother plays a very important role in nurturing the child during the formative years of life. But as the children grow older, loss of the father is often more serious than loss of the mother, especially for boys. Sometimes mother may lack the time and energy to give children the care they need as she has double burden of homemaking and bread-earning. But if children loss both parents, the effects are doubly serious.

Misconception between family members: Apart from divorce parents and death, there can be a family problem caused by misconception between the members in the home. The reason may be differ from each other. However the most common reasons are drugs, abusing, drinking alcohol, misbehavior manner and doing other intoxicant things by the father, sons or any other members. Then there comes misconception, ruining and anger, which in turn caused breaking the relationship of himself and herself from the family.

Unconditional administration: Failure in administration in the family is one cause for the breaking up of family. If the father or mother or any other heads fail to administer, there will be problems among the members of the family. They will be free to do whatever and however they like in the home and outside. Then the unsystematic and improper

living will affect the remaining relationship in the family. If the relationship has been worsening, there will definitely be losing of caring which can lead to broken in the family.

Parental or friends influence: Another reason why a family has broken up is because of parental or friends influence. When a third party has involved itself in the matters inside the home, bad-mouthing will just likely to happen and misunderstanding will only grow worse. Everyone has friends; we used to share our problems with them. But there can be negative impact. To whom we thought helps will come, another unexpected advice may come. Many a time, broken family, particularly splitting up of parents took place due to the influences made by our friends.

Problems faced by the children of broken family

The members of family constitute the child's first environment and are the most significant people during the early years of life. The kind of family in which children grow up affects their development by determining the kind of relationship they share with different family members.

Home provides children with feelings of security and stability. These are essential for personal and social adjustment. Anything that interferes with these feelings can be regarded as hazardous for children. Hazardous relationships involve all family members and the possibility of a broken home becomes greater.

1. To the children: Children are the ones who suffer most of broken family. The immediate effect has been shot upon them. When a couple split up, it is the children that are greatly affected scarring them physically, emotionally and socially. Children are supposed to grow up in a healthy family where they could receive love, care and concern from their parents. However in the broken family, from where children would get such love and care? It is, therefore, children of the broken family are normally growing up with having low and bad manner. Children who make problem, rivalry and discontentment in the school or other gathering place are usually from the broken family. Most of children admitted in the Remand home, or other social centers due to some serious mistakes are brought up from broken family where there is no proper administration and proper living standard. Broken family is followed by financial problems generally. That is why; there are more tendencies for children to do stealing and robbing.

A broken home can make a child insecure. Insecure, in a sense that he no longer had a complete family he can call his own. For a child's mind, a family is composed of a father, mother and children. And living without either his father or mother will create fear and insecurities in him. This feeling of insecurities will even trigger if he is around his friends who are living a normal, complete and happy life. This is especially true in school events where the parents' presence are required. There are plenty of school activities that involves the parents and seeing scenes like these will even make him feel ashamed of his family situation.

The insecurities, self-doubt and lack of confidence in a child can eventually make him uninterested in school. More often, those who are out of school are products of a broken home. Sometimes a child's reaction on his parents' announcement of a divorce is not visible. He keeps to himself the pain, shock and anger he feels. This in turn makes him vulnerable

to anger, depression, revenge, alcohol, crimes, drugs and so on. He makes these as his outlets. Too much depression, alcohol addiction and drug dependency, if left untreated, can make him mentally ill or can turn him into a criminal. He may even attempt to kill himself if he can no longer handle all the misfortunes which he thinks is killing him softly.

Although, let's say, one parent is still guiding his child, sometimes the traumatic effect of a divorce is just too much for a child to handle that he may even lost interest in life itself.

2. To the parents: The consequence of broken family to the parent is caused by death and other reasons apart from divorce. When they lose their children, they develop grief and anxiety. Their mental suffering adversely affects their health. There are some parents lost their health and eventually died. There the breaking of the family is great lost for each and every members of the family.

3. To the Society: Broken family is a major problem of the society that should be given enough attention. The behavior of family setup affects the social, economic and political aspects of a country. More broken families produce more negative affects in the society. Society is built up with communitarian life of the people who live there in. However just and pleasant society will last on the strength and capacity of mutual care to each other. There should be proper living standard. In the mean time, society used to have serial problems of robbing, killing, raping, stealing, disturbing others, making some noise, etc. It is said that all these societal problems are coming out of people who do not get proper teaching at their home; usually those are broken families.

Another Effects of Broken Homes on Children

The effects of a broken family on child's development depends on numerous factors, including her age when her parents separation, and development on her personality and family relationships. Although infants and young children may experience few negative developmental effects, older children and teenagers may experience some problems in social, emotional and educational functioning.

Emotional

After a divorce, children from pre-school through late adolescence can experience deficits in emotional development. Children of all ages may seem tearful or depressed, which is a state that can last several years after a child's parents' have separated, explains psychologist Lori Rappaport. Additionally, some older children may show very little emotional reaction to their parents' divorce. Rappaport explains that this may not be developmentally beneficial. Some children who show little emotional response are actually bottling up their negative feelings. This emotional suppression makes it difficult for parents, teachers and therapists to help the child process her feelings in developmentally appropriate ways.

Children tend to have a hard time dealing with change. When a parent leaves the family, a stepparent joins the family, or the child doesn't feel like their emotional needs are being met by their mother, they may express feelings of anger, resentment, confusion and jealousy. This can bring on loneliness, isolation, depression and low self-esteem if children don't know how to express their feelings properly.

Educational

Slowed academic development is another common way that divorce affects children. The emotional stress of a divorce alone can be enough to stunt your child's academic progress, but the lifestyle changes and instability of a broken family can contribute to poor educational outcomes. This poor academic progress can stem from a number of factors, including instability in the home environment, inadequate financial resources and inconsistent routines.

Social

Divorce affects children's social relationships in several ways. First, some children act out their distress about their broken family by acting aggressive and by engaging in bullying behavior, both of which can negatively affect peer relationships. Other children may experience anxiety, which can make it difficult for them to seek positive social interactions and engage in developmentally beneficial activities such as teen sports. Teens from broken families might develop a cynical attitude toward relationships and harbor feelings of mistrust, both toward their parents and potential romantic partners, explains psychologist Carl Pickhardt in the article, "Parental Divorce and adolescents" published in Psychology Today.

Family Dynamics

By its very nature, divorce, changes not only the structure of the family but also its dynamics. Even if you and your spouse have an amicable divorce, simply creating two new households permanently alters family interactions and roles. Based on the new living arrangements, your children may need to perform more chores and assume additional roles in the new household's basic functioning. Additionally, in some broken families, older children may take on a parental-type role when interacting with younger siblings because of their parents' work schedules or inability to be present in the way that the parents were before the divorce.

Behavior & learning problems

Children may experience behavior problems at school with teachers, acting out against peers, and generally not wanting to cooperate with any assignments or instructions, and they also may have difficulties concentrating and understanding assignments. Children might lean toward the negative side to peer pressure. At home, children may act out against siblings, their biological parent and a possible stepparent. It was found that adolescents had fewer behavior problems if there is a positive relationship not only with biological parents, but if stepparents are involved, specially a strong relationship with stepfathers.

High levels of parent-child disagreements

If children are confused with different things going on in the family or at school and they have feelings of frustration, more disagreements may occur. Behavior problems tend to increase for boys when a step-father is introduced to the family.

Low levels of parent-child interactions

In single family homes, children develop greater autonomy where they tend to spend more time alone or with peers. It was found that sons are more likely to resist directives and rules, where as daughters typically have a closer relationship to their mother. However, if mothers inappropriately discuss

financial matters with their children or express a negative feeling toward their ex-spouse, it can decrease the desire for the child to spend time with the parent due to increase confusion about the whole situation

Adjustment problems

Adjusting issues that children may have include academic problems, internalizing and externalizing problems, low self-esteem, and early engagement in sexual activities

How to overcome from the problems of broken family

1. Re-marriage: If it is possible, remarriage is the first medicine to provide for broken family, particularly divorcing broken. But it may be difficult to remarry, basing on the situation how they get divorced. The divorced parents must reconsider the future effects of their deeds to their children. The children may grow up with having step-family or rather they will lose their nature of life if the family goes on as broken. To remarry, trying to develop new positive relationships within the family or between the couple is very necessary. Majority of the children support the remarry of their parents.

2. Coping with the conflict: This is the other step that we can look for the solution of broken family. To remarry, coping with the problem is a must. Let the parent started to use their strength to cope with the difficulties in the family, the children will follow.

3. Forgiveness in the family: Family problems have to be found in every home, whether is any kind of family. Due to some conflicts and some mistakes we made, the other members got discontentment. Whenever problems come in the family, mutual forgiveness is the needed step to be taken. Forgiveness will prevent the splitting up and it will also restructure the relationship.

4. Going on with the matter: Sometime there are impossibilities to cope with the problems, and unsolvable splitting has come. In that situation, remaining members need to strengthen themselves to go on with the matter. Whether they may lose father or mother, son or daughter, if there is no hope to get back the lost ones, they should go on with trying to have the proper running family. Here preparing them to have courage to go on is our responsibility.

5. Keeping family relationship unchanged: This is preventing suggestion that the family need to keep the relationship of the members unchanged or more keeping it more strength. To have that kind of family, there should be proper arrangement of doing things together. Some suggestions are:

- **Having family day once a week.** Let a different family member choose the “perfect day” each week, keeping in budget, of course.
- **Praying on family day:** Even if only for a few minutes, praying together creates better relationship.
- Planning a break away from everyone and everything except spouse and children for some time is sometime to be practiced.
- **Engage teens in the planning process:** Letting children or teens to help the father with research, reservations, and ideas is very meaningful points.

Adventure is important, and can make you “way cool” to your teen.

- **Find something to do together.** Doing something together as couple or family is another ideal developing relationship. Nearly any activity done together can inspire communication.

Conclusion

By being human beings we all have limitations and shortcomings, due to these we used to make problems for other for some time. Family filled with mutual love and care is the ideal for all of us. But because of such human incapacity, we cannot succeed it. Then conflicts aroused which caused broken family. There can be many reasons. There can also be various consequences in every development stages of life, even in the society. However, it is to be noted that when there is problem and impact, there is also the solving idea. Broken family also can be solved at the same time, it could be prevented

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