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## Effects of divorce on children

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### Abstract

Divorce is the most traumatic event in the life of married couple, no one wants to go through this process. Women are the worse sufferers in this process but one who suffers the most in the entire divorce process is a child. Children whose family is going through divorce may have a hardest time relating to others and tend to have less social contacts.

**Keywords:** Divorce, Transition, Distracted, Frustration, Psychological disturbance, Sensitive.

### Introduction

Divorce is the socially recognized and legal dissolution of marriage. According to the concise Oxford Dictionary of Sociology (1994), 'the formal legal dissolution of legally constituted marriage' is called divorce.

The concept of divorce was not aware to everyone in ancient times, the people considered marriage as a sacred concept. The provision related to the concept of divorce is governed by Marriage law. Marriage has been always considered as a social institution and divorce is the legal end of a marriage by a court through legal process. A divorce is a formal dissolution of marriage.

Divorce is the one of the most difficult phase of life that a married couple goes through. Divorce is the most traumatic event in the life of married couple, no one wants to go through this period but when this period of life confronts no one can escape from it.

Women are the worse sufferers in this process but the one who suffers the most in the entire divorce process is a child. It is not only the couple who suffers from an unhappy marriage but the child goes through a lot of psychological disturbance.

Divorce can be a difficult time for a family. Not only are the parents realizing new ways of relating to each other but they are learning new ways to parent their children. When parents' divorce, the effects of divorce on children can vary. Some children react to divorce in a natural and understanding way, while other children may struggle with the transition. Divorce is difficult for all members of the family. For children, trying to understand the changing dynamics of the family may leave them distracted and confused. Children whose family is going through divorce may have a hardest time relating to others, and tend to have less social contacts. Sometimes children feel insecure and wonder if their family is the only family that has gotten divorced.

Divorce creates emotional turmoil for the entire family, but for children, the situation can be quite scary, confusing and frustrating. Divorce may increase the risk of mental health problems in children and adolescents. Regardless of age, gender and culture, children of divorced parents experience increased psychological problems.

Children from divorced families may experience more externalizing problems such as conduct disorders, delinquency and impulsive behavior than children from two parent families. Gerald Patterson of the Oregon Social learning Centre concluded that "poor social skills, characterized by aversive or coercive interaction styles, lead directly to rejection by normal peers." Fear of such peer rejection is twice as likely among adolescents of divorced parents.

Divorce brings several types of emotions to forefront for a family and the children involved are no different. Feeling of loss, anger, confusion, anxiety, and many others, all may come from this transition. Divorce can leave children feeling overwhelmed and emotionally sensitive. Children need an outlet for their emotion -someone to talk to, someone who will

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listen etc. children may feel effects of divorce through how they process their emotions.

In some cases, where children feel overwhelmed and do not know how to respond to the affects they feel during divorce, they may become angry or irritable. Children processing divorce may display anger at their parents themselves, their friends, and other. Children often wonder why a divorce is happening in their family. They will look for reasons, wondering if their parents no longer love each other or if they have done something wrong. These feelings of guilt are a very common effect of divorce on children. Guilt increase pressure, can lead to depression, stress and other health problems. While children go through a divorce, unresolved conflicts may lead to future unexpected risks.

Children from divorced families don't always perform as well academically. Adolescents with divorced parents are more likely to engage in risky behavior such as substance use and early sexual activity. Adults who experienced divorced during childhood may have, early sexual activity and relationship difficulties. According to one study child antisocial behavior decreases after the dissolution of marriage in highly dysfunctional families, and "the higher the level of family dysfunction prior to divorce, the greater the reduction in child antisocial behavior after the divorce."

Divorce diminishes children's capacity to handle conflict. The difference between marriage that remark impact and those that end in divorce lies primarily in the couple's ability to handle marital conflict and move towards agreement. Parental divorce during adolescence frequently leads to more violent partnerships in adolescence and adulthood. Kent State University Faculty members conducted in 1987. The study found that compared to children from intact families, children of divorced parents and teachers on peer relationships, hostility towards adults, anxiety, withdrawal, inattention and aggression. A 2015 study published in the journal of Family Psychology reiterated these findings.

Divorce can be a pivotal experience for children at times changing the trajectory of their lives. The impact of divorce is not solely emotional. Divorce also can impact kids physically, psychologically and academically. In fact, from a child's perspective, divorce represents a loss of stability and more importantly, a loss of united family. Consequently, it's not surprising that a divorce can cause a range of emotional responses in children including everything from anger and frustration to anxiety and sadness.

It is not only the couple who suffers from an unhappy marriage but the child goes through a lot of psychological disturbance. The one who suffers the most in the entire divorce process is a child. That innocent also need to get the best guardianship and care.

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