**Divorce Affects Children**

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Divorce is an emotionally and psychologically challenging experience for all parties involved, but it can be particularly distressing for children. Some children react to divorce in a natural and understanding way, while other children may struggle with the transition. Since the children in a divorce vary, the effects of divorce on children vary, too. ( Eyo, 2018) The effects of divorce on children are wide-ranging and can have lasting implications for emotional well-being, social activity, behavioral changes, and future relationships. In this essay, we will explore various ways in which divorce can affect children and the necessary support and guidance to navigate these challenges.

The effects of divorce on children can be intense and vary depending on a range of factors, including the child’s age, emotionalism, the circumstances surrounding the divorce, how well the parents handle the divorce, and the level of aid they receive.(Mortelman,2020)

**Emotional and Psychological Effects**

The disruption of the family structure during divorce proceedings can lead to feelings of anxiety and fear, children often experience uncertainty about their future living arrangements, relationships with their parents, and their ability to form lasting relationship in the future. Children may also feel sadness and grief, they may have a profound sense of loss with their parents’ marriage ends, and this can manifest in various ways, from tears and withdrawal to expressions of anger and frustration. This leads them to struggle with loyalty conflicts and divided loyalties between their parents. Over time, these emotions can impact their academic performance, behavior, fraternization, and overall metal well-being.

Children who have experienced their parents' divorce may carry emotional baggage into adulthood, affecting their ability to form and maintain healthy relationships. They might struggle with trust, commitment, and communication, often mirroring the patterns they witnessed in their parents' marriage. Some may fear abandonment or have a heightened sensitivity to relationship conflicts. Children may have concerns about their future living arrangements, relationships with both parents, and their own ability to form lasting relationship in the future. While many children can adapt and cope with the emotional challenges of divorce, some may carry these effects into adulthood.

**Changes in Behavior**

Children experiencing their parents’ divorce can bring about significant behavioral changes. These changes may cause younger children revert to behaviors typical of young age,such as thumb-sucking , bed wetting,or needing more comfort from parents. Some children may express their emotional turmoil through increased aggression, both verbally and physically, as a way to cope with there feelings. This can manifest as temper tantrums, defiance, and challenging behavior at home or school.Others may become withdrawn, socially isolated, exhibit signs of depression, or lose interest in activities they once enjoyed.

Older children and adolescents may exhibit rebelliousness or engage in various risky behavior as a way to cope with emotional turmoil. The instability and stress associated with divorce can lead them to seek solace in these risky activities, often to escape from their emotional pain. These behaviors include early sexual activities, experimenting with drugs, delinquency, reckless driving ans even self-harm. These behavior are initiated by the reduced supervision from the parents, or peer influence. Adolescents often seek support and validation from peers, if they have friends who use substances, they may be more likely to experiment with drugs or alcohol, especially if they are trying to escape their family problems.

Children may display mood swings, with rapid shifts in their emotional state. Divorce-related stress can affect a child’s appetite or difficulty falling asleep and staying asleep. Children may adopt extreme communication behaviors. Some may become reticent and avoid discussing their feelings, while others may become overly talkative and share their concerns and anxieties excessively.(Raileyet al, 2020) The child’s academic performance may degrade due to emotional distress and disruptions in the daily routine. Some of the children may seek attention in various ways, by acting out to get noticed from their parents. Children may withdrawal from social activities, friends, and family members. They may became more introverted and spend most of there time alone. The withdrawal is a way of processing there emotions in a more private manner

**Social Activity**

Divorce can bring about various changes in children’s social activities and interactions. The disruption of family life and changes in living arrangements can lead to shifts in there social circles. Some children may became more withdrawn and less willing to engage in social activities, spending less time with friends and family as they navigate the emotional impact of the divorce. Others may seek increased independence, engaging in social activities to fill the void created by changes in there family structure. This can lead to changes in social activities, such as spending more time with friends and less time with family. Peer influence can also play a role, with children potentially being influenced by friends who are experiencing similar family challenges. Over time, some children may adapt to the new family dynamics and begin to re-engage in social activities. Support from adults and stable environment can play major role in the adjustment.

Helping children cope with divorce requires a supportive and sensible approach. Parents should maintain open and empathetic communication, allowing them to express their feelings without judgment. Create a stable routine to provide a sense of security amidst change. Emphasize that the divorce is not their fault and that both parents still love them deeply and support remain unwavering despite the changes. Offering emotional support and comfort when they are sad, anxious, or upset. Minimization of conflict and arguments in front of the children. Prioritize the best interests of the children when determining child custody arrangements, visitation schedule, and other important decisions. Seek professional help if necessary, and educate them about divorce in an age-appropriate manner. Prioritize self-care to be emotionally available for your children, and serve as a positive role model for healthy coping. Encourage cooperation and co-parenting between both parents, whenever possible. Ultimately, offer unwavering love, patience, and understanding as they navigate this challenging transition.

In conclusion, divorce have profound impact on children. It can lead to emotional and psychological effects, changes in behavior,and fraternization when adjusting to the new family dynamics. Nevertheless, not all children will experience these effects in the same way, and others may successfully navigate the challenges of divorce when aided. It’s the role of the parents to play a crucial part in helping their children cope with the divorce. A stable and supportive environment helps children navigate the challenges and overall well-being.

**References**

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