**EFFECTS OF DIVORCE ON CHILDREN**

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**All children have a right to live happily with their parents and caregivers, but in most cases, divorce kills these dream of children forcing them to have make a choice of living with either parents. Let us call it a double edged sword cutting across a child’s dream leaving them helpless, confused and torn. Although divorce is unavoidable, we can still battle the negative outcomes resulting from it.**

**Poor academic performance. From an ‘’A’’ student to a ‘’C’’ student divorce can lead to a tremendous decline in your child’s grade. Divorce tends to make your child easily distracted, not allowing their minds to focus on their daily school routine, leaving most of them confused.**

**Loss of interest in social activities. Most children are known for their warm charismatic ways of association, from drama festivals to cross- country competition, children who have experienced divorce in their families tend to be more secluded than usual. In the midst of their thoughts, the big question they keep on asking is whether other families are experiencing the same difficulties or is it just them. A question leaving them with no answers but rather more questions.**

**Difficulty adapting to change. A sudden change from being dropped off to school by both parents, to now being forced taking the bus to school every morning. Children find this unfair, they find it challenging. Not forgetting back to their new homes, the will have to adapt to having just one parent. No more bed time stories from Papa like before, no more desserts before meals as Mother used to make. It’s like a shift in identity to children as these changes we never expected.**

**Children coming from a divorced family become emotionally sensitive.Tyson,the jolly little boy now becomes an angry man over time. Anger seems to rise, they become easily provoked, sometimes they are happy and other times sad, a feeling of confusion rises in their daily lives. Its a state where these children are not in control of their current emotions leaving them triggered by the slightest thing said or done to them.**

**‘’Maybe its my fault the separated,’’ most children from a divorced family tend to ask themselves. Its a feeling of shame, regret and guilt. Children may feel they contributed to the divorce as they are a burden to their parents. Or maybe their poor performance in school might have lead to that. The only remedy to this condition is simply creating an outlet of their emotions. Its much easier for them when they let out all the raw and negative emotions paralyzing their future. This can be done through guidance and councelling,story telling, taking them to recreational sites.**

**Such a feeling of guilt ,when no action is taken upon leads to serious health conditions such as Asthma, stroke and high blood pressure .Such health conditions may lead to premature deaths or even worse, suicide.**