Divorce affects children.

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In the complicated fabric of familial relationships, the threads of divorce can weave a complex narrative, leaving a permanent effect on the vulnerable hearts of children. These young soul struggles with the profound defect of their parents' separation, navigating emotional landscapes that echo long into their futures. Children suffer the most the most from a divorce because they blame themselves for the separation. Divorce has enduring effects on the emotional trajectory of children.

Firstly, divorce induces emotional damage to the entire household, yet for kids, the experience can be quite perplexing, confusing, and frustrating. The challenges of divorce impact children of various age groups in distinct ways. For young children, moving between two homes can be perplexing, triggering concerns about the stability of their parents` love. The fear lingers that if their parents can cease loving each other, the day may come when parental affection towards them could also diminish. For grade school children, a different set of worries emerges. They may grapple with the belief that somehow the divorce is their fault, holding anxieties that their behavior played a role in their parent's separation. Teenagers often respond to divorce with heightened emotions. Anger becomes a prominent sentiment, directed towards either one parent for the dissolution of the marriage or towards both parents for the disruption introduced into the family dynamics. Resentment simmers as they navigate the complexities of changing familial relationships and accompanying emotional turbulence. In other cases, a child may feel relieved by the separation of the parents, if they were experiencing violence. To them, separation means fewer arguments and less stress.

Secondly, divorce often results in children experiencing a reduction with one parent, typically the father, leading to a potential strain on the parent-child bond. A 2014 study highlights that this diminished contact frequently results in children feeling less emotionally connected to their fathers after divorce. Moreover, the impact extends to the relationship with the custodial parent, often mothers, who bear the primary caregiving responsibilities. Single parenting, as reported by custodial parents, commonly brings about elevated stress levels, shedding light on the multifaceted repercussions divorce has on both parent-child relationships and the emotional well-being of involved parties.

Thirdly, beyond parental separation, some children find that the most challenging aspects of divorce are the associated stressors. Changing schools, relocating to a new residence, creating new friends, and adapting to life with a single parent who may be struggling with increased stress contribute to the complexity of the divorce experience for these children. Adjusting to a new living environment and the additional demands placed on a single parent can intensify the emotional toll, shedding light on the multifaceted difficulties that extend beyond the initial parental separation. This explains why most single parents face financial challenges, leading to them living in poverty. These trigger stress in children because they are supposed to adapt to living in poverty. Economic constraints may limit their access to quality schools, healthcare, and extracurricular activities. This leads to a dropping in their academics and social outcomes. The lack of resources may also limit opportunities for enrichment and personal growth. The combination of economic hardship and the unique pressures of single-parenting in poverty can create a complex environment that influences their overall life experiences and future opportunities. Addressing these challenges requires a holistic approach that considers both economic support and social services to enhance the well-being of children in such circumstances.

Fourthly, divorce can mess with a child's emotions. Research shows that when parents split, children can get all stressed out, leading to behavior issues and not caring much about stuff. This emotional distraction makes it hard for kids to focus on school. Getting a tutor and helping with homework can help them get back on track. Also, when parents break up, children might not do as well in school. They might set lower goals for their education because divorce can be messy and make them feel bad. Some studies even say children with divorced parents might have to repeat a grade, get lower grades, and struggle to pay attention. It is like a heavy weight on their minds, and they are less likely to go to college. Divorce can also mess with their behavior at school, making them act out or skip class. Some might not even finish high school. It is a big deal that affects how kids see love, messes with their homes, and can make school hard for them.

Fifthly, when parents separate, kids tend to suffer from attention deficits or autism spectrum disorder, which is a developmental disability caused by differences in the brain. This disorder makes a child often have problems with social communication and interaction. Children suffering from ADS have problems developing and maintaining friendships and communicating with peers and adults. They may also have a problem with learning due to a lack of concentration. This disorder causes poor performance in academics. Some children blame themselves for being the reason why their parents lead to the development of ADS.

Sixthly, divorce not only impacts children psychologically but also increases the likelihood of them engaging in risky behavior. Apart from facing psychological implications, children of divorced parents may be more prone to alcohol and substance abuse, display aggressive behavior, and initiate sexual activity at an early age. Research indicates that young teenage girls living in households without their fathers are inclined to have an early "sexual debut." Several factors contribute to this, including shifts in perceptions about marriage and thoughts about motherhood. These findings underscore the broader spectrum of consequences that divorce can have on children, encompassing not only their emotional well-being but also their engagement in potentially harmful behaviors.

Lastly, offering patience, reassurance, and an attentive ear plays a crucial role in reducing tension as your children navigate the challenges brought about by unfamiliar circumstances. Establishing consistent routines for your children creates a sense of reliability, reinforcing that they can depend on you for stability, structure, and care amidst the changes. Furthermore, maintaining a cooperative relationship with your ex-partner serves as a powerful tool to shield your children from the stress and anguish that often accompany parental conflict. Your collaborative efforts not only contribute to a smoother transition during this unsettling period but also foster an environment where your kids can emerge not only coping but feeling loved, confident, and resilient. Additionally, this supportive approach can cultivate a stronger bond between your children and both parents, emphasizing the importance of unity and understanding in the face of adversity.

Children suffer the most from a divorce. The main problem is that parents are stressed out and do not detect what the child is going through. This is why most children end up depressed, their academic performance drops, their socialization status with other people reduces, they involve themselves in risky behavior, they suffer emotional damage and suffer psychologically too. Parents should look after their children's well-being to prevent them from committing suicide due to them blaming themselves, that they were the reasons why their parents separated. Divorce is unavoidable, so children need to be the priority when parents want to separate.

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