

# **Medical-Based Psycho-Therapeutic Implications of Parental Divorce on Child Health**

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## **Abstract**

The aspect of divorce has attracted debates from the people's varying viewpoints. For example, divorce has been partially attributed to accrue from factors in the environment, which constitute external forces. On the other hand, innate thought processes or factors intrinsic to oneself (or inner drives) have been documented to account for several cases of divorce. In either stand, it is evident that divorce not only causes devastating impacts on the psychosocial states of the couples but also extends to children. This study focuses on the critical impact that divorce continues to have on children, gaining insights in relation to the validity and reliability of the existing scholarly contributions about the topic, as well as recommendations for future inquiry.

## **1 Introduction**

The world of children is dominated by dependence on parents and other favored companions. Therefore, the family forms the main locus of the social life of children due to the heavy reliance on parental care. Therefore, divorce results in the shaking of trust in parental dependency due to the new and unpredictable behavior of couples (Frank, 2008). The eventuality is that divorce causes withdrawal among children due to the fact that they end up exhibiting feelings of hopelessness; given the critical role played by the presence of both parents in shaping behavior and assuring confidence. Additional outcomes of divorce include emotions of betrayal, guilt, disappointment, bitterness, anger, and fear. Similarly, a disjointed family implies that stress translates into stalled processes of relief and acceptance (Sandler, Miles, Cookston & Braver, 2008).

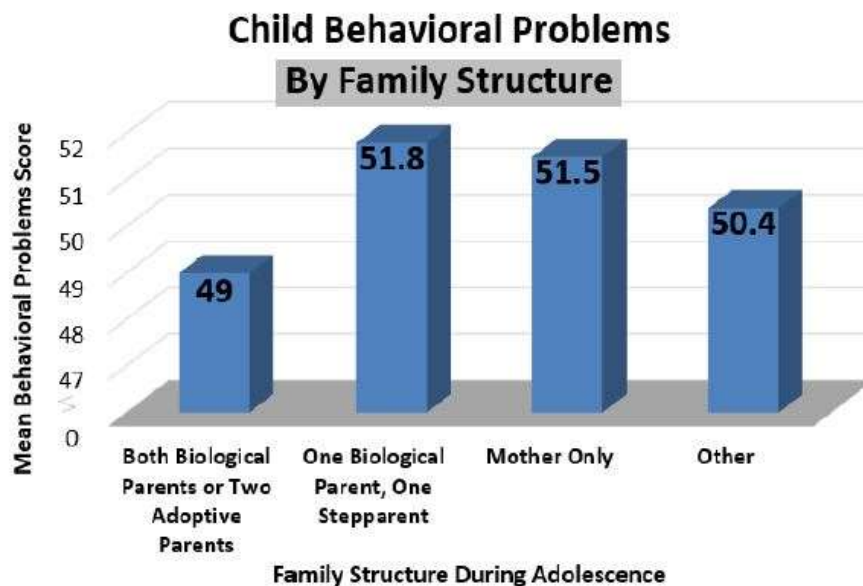
## **2 Methodology**

In the selected topic about the effect of divorce on children, the main gap that has been identified is that the views presented do not highlight possible variations in the children behavioral manifestations from one region to another, yet the possibility of such a variation cannot be overemphasized. For example, some causes of divorce tend to be environment--specific (such as those based on cultural differences among parents), yet the views presented do not acknowledge such differences and explain how, specifically, children facing parental separation in such situations could pose differing behavioral manifestations from those hailing from environments of family separation marred by different causes and, in different regions. However, the agreeable part of this topic and the views presented is that negative effects arising from divorce outshine any potential positive outcomes, such as those involving the emergence of resilient children after undergoing effective stress management. In addition, it is agreeable that divorce not only affects the children's social life in home environments but also extends to other settings such as religious zones and educational institutions. Lastly, it is worth acknowledging that the views presented provide critical

insights by highlighting the fact that most of the cases of divorce are characterized by economic hardships in situations where the parent remaining with children is unable to meet the basic needs substantially. Overall, the subject and respective articles examine the issue of divorce from varying angles and give varied insights but they do not stretch to explain age-specific challenges that arise, and whether the children’s progressive maturity could alter the resultant feelings and problems or the attributes operate almost uniformly to one’s adulthood stage. As such, whether divorce and the childhood problems experienced form predictors of poor coping and stalled progress in interacting within social environments remains unaddressed.

### 3 Results and Discussion

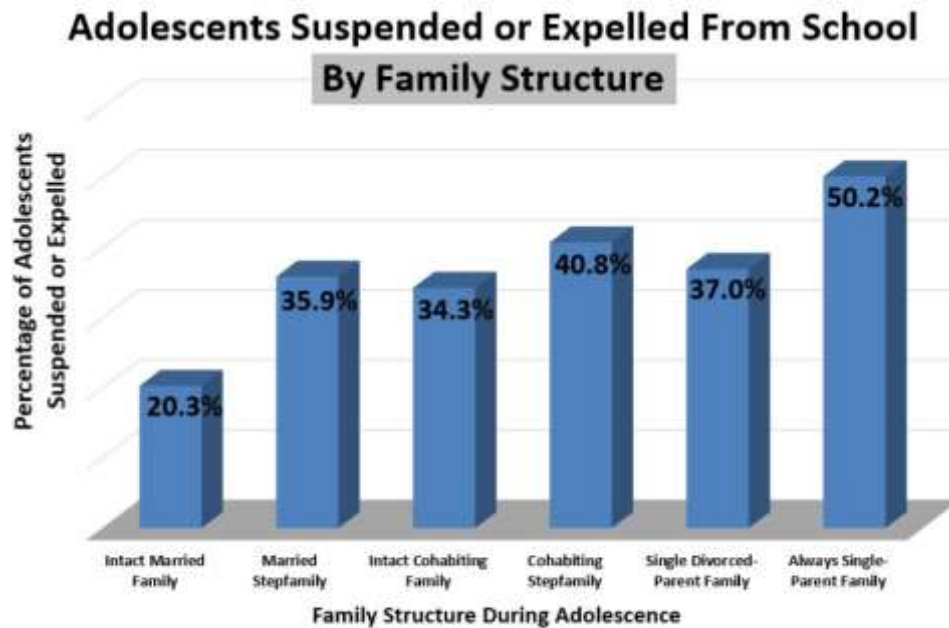
In case of divorce among parents, children end up displaying behavioral and psychological problems through weak attachment bonds with primary caretakers, as well as poor coping mechanisms. It is also worth noting that divorce not only strains parent-to-child relationships but also translates into increased conflict and the creation of economic hardships whereby the initially dependent groups experience difficulties during the transition. Regarding psychological and behavioral problems, divorce implies that the troubled children are likely to develop problems with rule violations, disobedience, and anger. Furthermore, divorce causes children to suffer in terms of school achievement; as they are unlikely to pay attention in an appropriate manner (Schindler and Coley, 2012).



Source: National Survey of Children’s Health, Adolescents Aged 6-17.

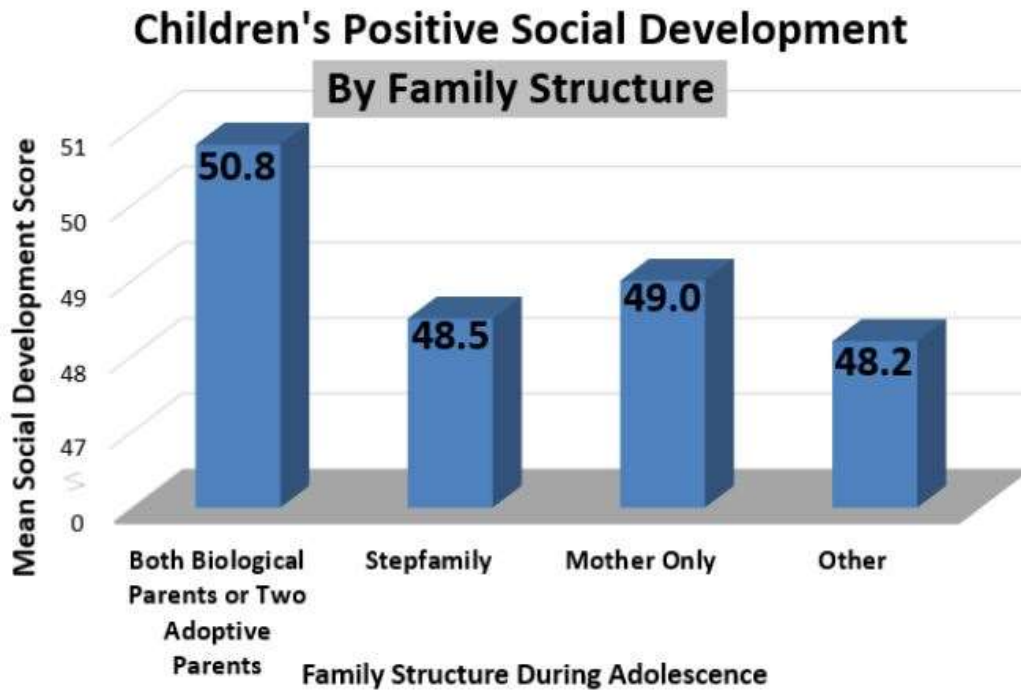
With other groups remaining sad for substantial or prolonged periods, they may end up becoming anxious, depressed, and even become overly responsible to “care” for their parents, rather than allow the reversed situation take a natural course. However, in situations where the divorced parents help children to manage stresses arising from family separation, some of the children end up becoming resilient (Amato, 2014). Imperative to highlight further is that ongoing worries and painful memories exhibited by children from divorced families compromises the children’s state of resilience in life. From these outcomes, divorce causes significant negative effects on the children’s

psychosocial growth in various environments or settings; including the home and school settings. Indeed, a notable and potential promising outcome is that a proper stress management mechanism towards effective coping enables children to become resilient; despite the parental separation. Overall, negative effects arising from divorce outperform the promising outcome to a significant degree.



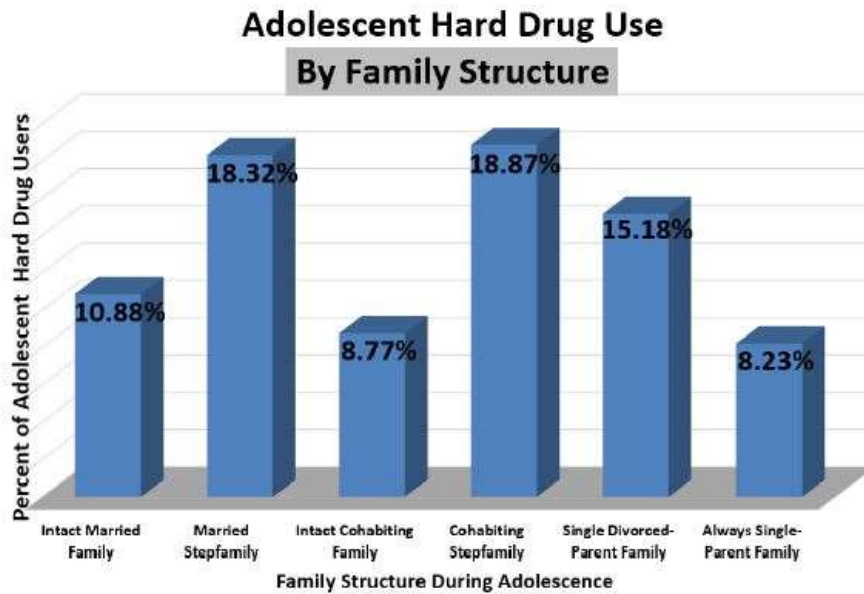
Source: National Longitudinal Study of Adolescent Health. Adolescents Grades 7-12.

From the aforementioned subject, it can be inferred that the existing scholarly contributions are worth acknowledging due to their promising role in sensitizing audiences about the subject of divorce; a product of abnormal psychology. For example, the insights gained highlight the subject from varying geographical contexts to allow the reader to understand possible parallels that can be drawn (based on the effects of divorce on children) across the world. Similarly, the existing scholarly contributions are critical because they not only examine trends in divorce and the impact that this process poses on children but also proceed to highlight context-specific issues that arise from the perspective of a child.



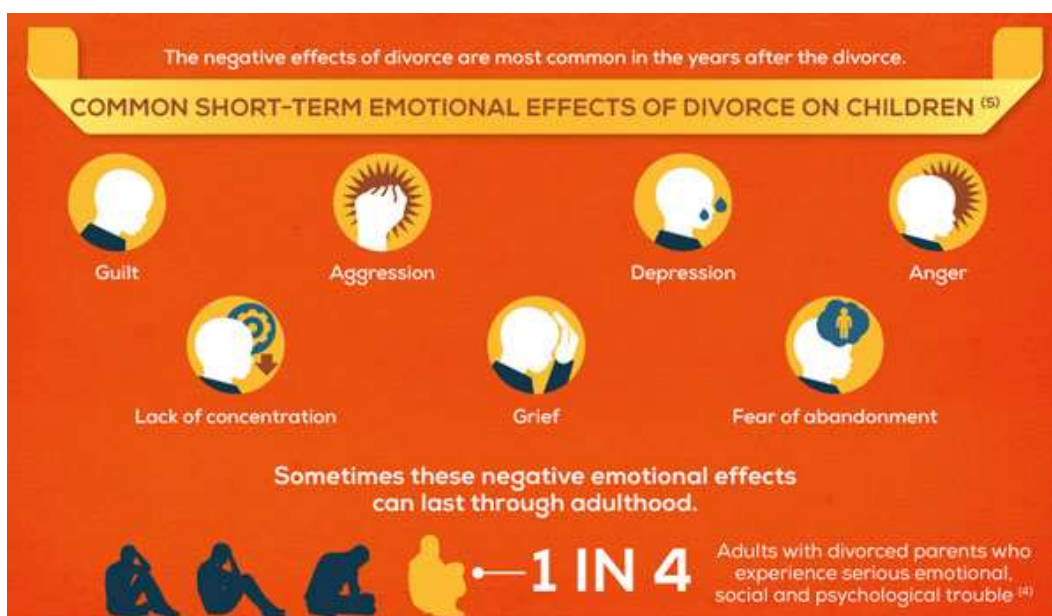
Source: National Survey of Children's Health (2003)

Regarding the content's application to human behavior, the work aids in understanding some of the emotional and other psycho-social states, as well as behavioral problems that emerge in children hailing from divorced families. The information is reliable because it sensitizes readers in psychology about the extent to which factors characterizing children development pose on their potential future states of operation; including contexts such as schools, religious institutions, home environments, and while in social groups among members of the peer. Therefore, the subject is relevant because it aids in understanding the extent to which parental dependency is altered in situations of divorce and how this alteration shapes future interaction while relating with members of a peer group.



Source: National Longitudinal Study of Adolescent Health, Wave I. Adolescents Grades 7-12.

At the personal level, the material is useful because it has sensitized my state of thinking about socio-economic issues arising from divorce and formed a foundation from which possible early interventions will be adopted in future to help such children cope with stress or parental constrained relationships. In addition, the material is significant because it has enabled me to understand and remain better placed to explain the significant role of parental union and divorce in determining a child's future state of interaction, as well as the manner in which this event alters capacities of academic performance and the capacity to interact with older members of the society while striving to restore trust.



Indeed, the subject concerning divorce and its impact on children is important to learn or study. For instance, the subject enables one to understand possible causes of the event and some of the

variations in children's behavioral and psychological problems that could emerged from the varying contexts and different causes of divorce. A deeper understanding of the subject is also recommended because it is likely to form a foundation from which stress management programs might be devised and aid in improved outcome provision; especially when one gains interest in rescuing the psychosocial states of development among children hailing from divorced families.

#### **4 Conclusion**

Overall, the subject of divorce was selected because of the need to understand possible origins of abnormal psychology, especially that which involves childhood adversities as possible predictors of adulthood problems and the role of early intervention in restoring trust among members of the society. Therefore, the subject is perceived to be important because of the capacity it holds regarding data provision about trends in states of family separation across the world; besides possible interventional mechanisms that target specific groups facing specific challenges in specific contexts. Overall, the subject is important because it forms a foundation from which corrective mechanisms can be designed and implemented to improve psychosocial states of some of the children coming from family institutions where their parents have divorced.

#### **References**

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