



IMPACT OF DIVORCE ON CHILDREN-A SOCIOLOGICAL STUDY

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Abstract

The end of a married existence is signified by the process of divorce. It is the circumstance in which both the husband and the wife come to the conclusion that they no longer wish to be together. It is an unexpected occurrence in the lives of the family. In order for the family as a whole to triumph over it, they will have to endure a lot of highs and lows. Each year, millions of children are left to deal with the aftermath of their parents' divorce. The current investigation is entirely qualitative and descriptive in its character. In order to get in touch with the respondents, the researchers are using a method called purposive sampling. The data was collected through several methods, including in-depth interviews and case studies. This study contributes to a better understanding of how the respondents are adjusting to life after their divorce. They also lag behind other children in studies. How does parental separation affect children of different ages? There is no denying that when things get tough day by day, it is better to part ways. But in those circumstances, the couple must think carefully about the mental state of their children. According to studies, divorce has a profound effect on the mind of a child and its effect can be on his mind and social relationships throughout his life.

keywords:*Divorce, children, sociological*

Introduction

This study examines the terrible experience that children who have parents who have divorced goes through. In the beginning, the suffering that children go through is upsetting because they witness their family falling apart and have a heightened sense of vulnerability. A child's mental and emotional health might suffer significantly as a result of a divorce, which can have a negative impact on the child's overall welfare. However, the conduct of the parents will decide the long-term effects, and will ultimately determine whether or not the children will be able to adjust well to their parents' divorce. The parent-child connection goes through significant changes as a result of divorce. Both the frequency and quality of interactions that take place between children and their non-custodial parents, who are often the dads, tend to lessen, while the children's relationships with their primary caregivers, who are typically the mothers, become more fraught. In addition, getting a divorce brings up the question of whether or not there should be a clear articulation of the rights of children in the contemporary setting and how those rights should be represented in the divorce case. Regardless of their age or degree of maturity, going through a divorce is a profoundly upsetting event for children of all ages. In the current scenario, where the family in India is regarded to be the first line of defense, the family functions as a source of stability in the case of a divorce. In light of this, let's take a moment to consider the feelings that go through the minds of children when their parents separate throughout the course of their childhood.

Child's Behaviour Associated with Divorce

Undoubtedly, children go through a significant emotional upheaval if their parents divorce. Outside of the context of the family, the kid will have a difficult time trying to be accepted by a culture that is more traditional due to the negative connotations associated with divorce. Children who witness their parents' divorce have less scholastic chances than children who are raised in intact families, which in turn leads to lower socioeconomic attainments.⁷ The physiological and behavioral consequences on the kid are the most readily apparent effects inside the family.⁸ There are also children who are left with a guilty conscience in the years following their parents' divorce. This is especially true if the youngsters were regular witnesses to the conflict between their parents. They are left wondering what it was that they done wrong to bring about the breakup of their marriage. In addition, the assumption of hyper-maturity is typical in older age groups. This is because children frequently take on the responsibilities of adults in order to maintain the stability of the family of the custodial parent. There is also a reciprocal reliance connection between the kid and the single parent, who is typically the mother in the majority of situations (90 percent of the time). This mostly refers to a tighter relationship between the parent and the kid, with both parties functioning more as peers in terms of their efforts to keep the family afloat. Because there are no generational barriers, the family structure is less hierarchical, and the generational divisions are less authoritative. It is generally accepted that this fails to socialize youngsters appropriately or puts them in a situation where they are at a disadvantage when they find themselves a part of hierarchical organizations.

THEORETICAL PERSPECTIVES

This section outlines the broad theoretical perspectives underpinning explanations of divorce increase, albeit these are often implicit. There is considerable these theories; nevertheless, these are distinguished by the relative emphasis attributed to individual agency and social structural processes. The following draws broadly on issue, and looks separately at rational choice theory; risk-aversion theory; post-materialist values theory; conflict theory and function structure theory. variation in the literature in the extent to which these theories seek to explain divorce increase, or identify broad areas associated with it (for example, there is some disparity in the way that institutional structures are related to divorce increase). As with the factors looked at below, there is overlap between.

Divorce and marriage:

Divorce and marriage are one of the most important issues , while fairly common and accepted in modern society, because it is natural phenomenon in all societies, however, it is not necessary every relationship will success between pairs ,and was accompanied by gestures of disapproval specially if divorce happened after first child, divorce was generally uncommon, affecting only out of every, married persons. That number more than doubled by and peaked Over the last quarter century, divorce rates have dropped steadily and are now similar to those people who have same problems.The dramatic increase in divorce rates after the has been associated with the liberalization of divorce laws and the shift in society due to women increasingly entering the workforce .The decrease in divorce rates can be attributed to two probable factors: an increase in the age at which people get married, and an increased level of education among those who marry—both of which have been found to promote greater marital stability, Divorce does not occur equal among all kind of societies some segments of the population are more likely to divorce than others, According the Community conditions men and women they have so many problems which make them decide to leave each other and separated for increase the level of conflict between them.

Children of Divorce:

Divorce and remarriage can be stressful on partners and children alike. Divorce is often justified by the notion that children are better off in a divorced family than in a family with parents who do not get along. However, long-term studies determine that to be generally untrue. Research suggests that while marital conflict does not provide an ideal childrearing environment, going through a divorce can be damaging. Children are often confused and frightened by the threat to their family security. They may feel responsible for the divorce and attempt to bring their parents back together, often by sacrificing their own well-being. Only in high-conflict homes do children benefit from divorce and the subsequent decrease in conflict .

The majority of divorces come out of lower-conflict homes, and children from those homes are more negatively impacted by the stress of the divorce than the stress of unhappiness in the marriage. Studies also suggest that stress levels for children are not improved when a child acquires a stepfamily through marriage. Although there may be increased economic stability, stepfamilies typically have a high level of interpersonal conflict. Children's ability to deal with a divorce may depend on their age. Research has found that divorce may be most difficult for school-aged children, as they are old enough to understand the separation but not old enough to understand the reasoning behind it to make the conditions of this problem are clear for the family.

Children after divorce:

are more likely to recognize the conflict that led to the divorce but may still feel fear, loneliness, guilt, and pressure to choose sides. Infants and preschool-age children may suffer the heaviest impact from the loss of routine that the marriage offered. Proximity to parents also makes a difference in a child's life well-being after divorce. Boys who live or have joint arrangements with their fathers show less aggression than those who are raised by their mothers only. Similarly, girls who live or have joint arrangements with their mothers tend to be more responsible and mature than those who are raised by their fathers only. Nearly three-fourths of the children of parents who are divorced live in a household headed by their mother, leaving many boys without a father figure residing in the home. Still, researchers suggest that a strong parent-child relationship can greatly improve a child's adjustment to divorce.

Effects of divorce:

research suggests that children whose parents have divorced have higher levels of externalizing behaviors and internalizing problems, lower academic achievement, and more problems in social relationships than do children whose parents have not divorced. But, the magnitude of these effects is attenuated after controlling for children's adjustment prior to the divorce and other potential confounds. Furthermore, even though children whose parents divorce have worse adjustment than children whose parents divorce have worse adjustment on average than do children whose parents stay together, most children whose parents divorce do not.

In addition, children of divorce are doomed to have emotional problems that last well into adulthood. These polarized positions of divorce as disaster and divorce as inconsequential oversimplify the realities of our complex lives. An accumulated body of findings, however, challenges these extreme positions and reveals a more nuanced picture of divorce, one that defies sound-bite conclusions. It proves that divorce hurts them, because they are still unable to find perfect ways for their situation.

Divorce and the social relations :

Few longitudinal studies have examined the mediate role of children's perceptions of the quality of their relationships with parents. This is somewhat surprising given the crucial role of parent-child relationships in the transmission of interaction patterns from childhood to adulthood, Parental divorce may affect the nature of parent-child relationships by disturbing the attachment bond between parent and child, which, in turn, negatively influences the general representations of fathers, and of the father-child relationship index, .68 for girls and .56 for boys. The concept of an intimate relationship at the age of 32 years refers to steady dating, living with different kind of life, the relationship between parents and their children will be so complicated after divorce, as a result of finding themselves lose, the family atmosphere.

METHODOLOGY

The research design that was utilized was one that was qualitative in character and descriptive. The acquisition of the data involved the use of purposeful sampling. The techniques that were utilized for the gathering of data were an in-depth interview and a case study.

Operational Definition

When defining the important concepts that will be utilized in this study, an operational definition will be utilized.

Divorce: The legal separation of a married couple is referred to as divorce..

Children: In the context of this investigation, "children" refers to the son and daughter of the separated spouse, regardless of how old they are.

Holistic development: In the current investigation, the concept of holistic refers to the growth of the family as a whole in addition to the growth of the children.

Ethical Considerations

- During the course of the procedure, secrecy was carefully protected and upheld at all times. It was made clear to the participants right from the start that anything they said would be recorded, but that this information would not be disclosed to anybody and would be kept secret. During the data analysis, participants' real identities were concealed so as to protect their privacy and retain their confidentiality. In order to protect everyone's privacy and preserve the integrity of the experiment, none of the participants' identities will be revealed.
- The participation of the respondents was entirely voluntary; they were not compelled in any way to take part in the study. Before beginning the interview, the researchers ensured that they had the agreement of the individuals who were going to be interviewed as part of the procedure.
- The experiences that were given by the respondents were in no way influenced or manipulated in any way by the researchers. During the course of the interviews, the researchers did not coerce any of the participants into answering any questions that they were not comfortable answering.
- The information gathered from the respondents was treated with utmost care and utilized solely for the purpose of conducting research.
- During the process of gathering the data, social standards and government regulations are adhered to in a stringent manner.

RESULTS

All of the material that was gathered throughout the study process has been analyzed and interpreted by the researchers in this part.

Table1: Socio demographic information of participants

C aseno	Gender	Age	Education	Occupation
Case1	Male	26	Graduation	Banker
Case2	Male	24	Post-graduation	Employed
Case3	Female	21	Graduation	Student
Case4	Male	12	8 th standard	Student

Table2: The primary difficulties that were found in the cases

Case1	<ul style="list-style-type: none"> • Inferioritycomplex • Theproblembetweenparentsfor alongtime • Disturbance inacademic life • Chronicstressdueto parentalproblem
Case2	<ul style="list-style-type: none"> • Notabletostayathome • Disturbance inacademic life • Affectedcareerdueto parentalconflict • Futureplannotworking
Case3	<ul style="list-style-type: none"> • Itaffectedpersonallifealot • Notfocusedstudy • Noanyfutureplans • Inferioritycomplex
Case4	<ul style="list-style-type: none"> • Mostaffectedchildrendueto parentaldisturbance • Self-conflictpersonality • Notfocusedstudy • Disruption indailylife aswell

The following provides examples of some of the in-depth inquiries that were asked of the participants (cases 1–4) when they were being interviewed:

Case 1 characterized the early stage as having an extremely low level of self-esteem. Both of his parents had the impression that his actions suggested a sense of uneasiness. His sense of self-worth began to rise gradually once the divorce was finalized. He was able to perceive the positive things that life had in store for him, and he developed a heightened sensitivity to the emotions of others around him. He never stopped looking for a chance to seize the moment. He intended to continue working at his current position and count on the opportunities it presented for higher levels of promotion. He was more concerned about meeting his immediate financial obligations than securing his financial future. He was aware of the necessity of future financial independence on an intellectual level, but he chose to disregard the reality of the situation. He did not make plans for his schooling or his marriage; instead, he focused on living in the now and did not give any thought to the future.

Case 2 It was pointed out that in terms of his academic performance, he displayed evident responses such as his grades falling. He had lost interest in doing things that brought him pleasure, despised studying, and developed terrible study habits as a result. Because to absenteeism and issues at home, the academic year after his graduation was not completed. He is a bright student who always had aspirations of working for the government, but a challenge in his home life forced him to redirect his attention elsewhere. Following the breakup of his marriage, he shifted his attention to his professional life and became more goal-oriented. He truly has a passion for learning, but the circumstances in his life have prevented him from being able to pursue it. His conduct with his parents was regularly characterized by irritability, withdrawal, rage, and verbal acting out, yet he maintains a very open and honest relationship with his inner group of friends. In point of fact, he is the introvert kind, which is why he has such a limited number of close friends.

Case 3 noted that at first, she acted in complete disbelief that what was taking place was actually taking place. She was taken aback, and the experience left her with a sense that she had no control or influence over the situation. She eventually stopped denying the divorce and came to terms with it. She never once voiced or displayed any skepticism regarding the occurrence of the event. She distanced herself from the precarious situation by spending more time with her pals. She said that she avoided hearing her parents argue as much as possible by going out with her friends more often. It irked her when people would inquire about how she was doing or ask about the divorce she had recently gone through. She was embarrassed and angry that other people knew about it. She eventually came to terms with the fact that the divorce was official and adjusted to her new surroundings as well as her new life as a parent raising a child alone. In the beginning, one's sense of self-worth was quite low. Her marks started to go worse as the school test progressed. She continued to have very poor results in her academic endeavors. She lacked the drive to put effort into her studies.

Case 4 remarked, "I had a horrible academic performance in school. My schoolwork is giving me a lot of trouble. The disagreement between my parents caused me to lose a whole school year. Children of this age have very little say over the way in which their environment is structured. It was discovered that a prevalent topic among youngsters was that divorce made them feel powerless, frail, and exposed. This child's academic performance was subpar throughout the school year. This youngster had a variety of emotional issues, including worry, feelings of abandonment, and insecurity, among other things. This youngster was left with a sense of hopelessness and impotence as soon as the separation and divorce proceedings got under way. He eventually stopped denying the divorce and started to accept it. He never once spoke or made any indication of scepticism that it was taking place. He eventually came to terms with the fact that the divorce was official and tyadjusted to his new surroundings as well as his new life as a single father.

Outcome from the interview

- The divorce has disturbed life as well as study.
- The post-divorce situation for the children was quite challenging.
- Everyone wishes to have a normal and happy life.
- A lot of financial instability among the family.
- Struggling to adjust to their normal life.
- Inferiority complex has been developed among the children.
- Stressed of thinking about the future
- The entire family structure has been disturbed.
- Facing problem while performing daily activities.

- Sometimes health conditions became worse.
- Hope and belief in God are the only critical factor.
- Career growth became stagnant.
- As the problem between the parents has been prevailing for a long time, children believe this divorce may enhance their personal and professional lives.

Therefore, it is possible to say that the divorce has an effect on the health of the children, in addition to having an effect on the family as a whole. The children's emotional health as well as their physical health has suffered as a result of the divorce. The years following their parents' divorce was an extremely difficult time for the children since they were unable to communicate with either of their parents. Because of the fluid nature of the situation, the children went through a prolonged period of stress as a result of the divorce. Therefore, the divorce of the parents was ultimately beneficial for the overall atmosphere of the family since it allowed everyone more time to focus on bettering themselves. In general, the children experience a great deal of difficulty as a result of the divorce, but they view it as a positive development for the entire family.

DISCUSSION

Many people believe that one's family is the single most essential thing that they can have. Only the support of one's family was able to get an individual through the challenging period. However, not everyone is blessed with a loving and supportive family. In this piece of study, the authors have made an effort to center their attention on the good outcomes that can result from divorce. When we discuss this family, we must take into account the fact that the couple has been married for the past three decades. Because of this, it is simple to draw the conclusion that love and affection are inversely proportionate to the passage of time. Regarding the short term, in the immediate period after the family break-down, the participants reported intense suffering, including feelings of abandonment, sleep disorders, mood disorders, behavioral problems, severe emotional disturbances, and poor school performance, amongst other effects - divorce results in an unfavorable situation for a family. In the long term, the divorce creates an unfavorable situation for a family. Not only are the parents becoming aware of their new behavior patterns in terms of how they relate to each other, but they are also learning new parenting techniques that they may use with their children. The repercussions of a parent's decision to divorce might vary greatly from kid to child. While some children are able to remain patient and composed in the face of their parents' divorce, other youngsters struggle mightily to make sense of the post-traumatic events in their lives. Children are resilient, and the move from marriage to divorce may be experienced more as an adjustment rather than a catastrophe if they are given the appropriate aid. Children who have parents who have divorced tend to be easily distracted and confused as a result of the shifting dynamics of the family structure. The instability that they experience in their day-to-day lives is quite likely to show up in their academic achievement. Children are more likely to have poor academic achievement in proportion to the number of distractions they face. According to the findings of a number of research, children whose parents are divorced may have difficulty expanding their social boundaries, which may result in fewer instances of social intimacy. Children who have been through a divorce frequently get the impression that their household is the only one dealing with the challenges that come along with the breakup of a marriage. The children are better able to adjust to the ever-shifting dynamics of their lives as a result of the divorce. After the divorce, they go through a totally new phase of their outer shell, which in turn has an effect on their inner shell. Their well-being really improves as a result of the shifting family relationships, new schools, and new friends, as well as the surroundings. When it comes to understanding what's going on around them, children frequently have a very tough time. They never stop investigating the factors that contribute to the

tension between their parents. They may occasionally place the responsibility for their parental divorce or separation on themselves, which really impedes their growth and development. These sentiments of guilt really put youngsters into a state of self-conflict, which slows down their general growth and development. Putting oneself in a condition of conflict with oneself might result in a variety of health risks. It adds even more pressure, which can eventually lead to feelings of melancholy, tension, and worry. These feelings of guilt can be alleviated to some extent by providing a kid with context and counseling to assist them comprehend their part in a divorce. According to the findings of several studies, children who have witnessed their parents' divorce are more likely to suffer similar difficulties in their own marriages. This tendency to divorce may be two to three times as high as it is among children who come from households in which there is no history of divorce. Therefore, it is very important to recognize that children who come from broken families are more susceptible to danger.

Conclusion

Going through the process of divorce may be difficult for a family. Both the parents and the youngsters are gaining fresh insights about how to interact with one another and how best to raise their children. It is important for parents to work on improving their parenting abilities in order to better understand the psychological, emotional, and financial requirements of their children. It is imperative that they improve their academic performance in order to forestall the possibility of the youngsters dropping out of school. In addition, parents should make arrangements to provide for their children in other areas of their financial requirements. Children who grow up in homes that have been torn apart should get an appropriate education on the significance of having a healthy, happy marriage that does not end in divorce. This will further modify their perspective of divorce from a regular life event to one that should be avoided since it is aberrant. The children's emotional health as well as their physical health has suffered as a result of the divorce. The period of time following the divorce was difficult for the children since being apart from either parent is upsetting for youngsters. As a result of the fluid nature of the situation, the children went through an extended period of emotional strain during this divorce. Therefore, the separation of the parents was beneficial to the overall atmosphere of the family and allowed for sufficient time for the development of the individual. In general, the children have a lot of problems to deal with after the divorce, but they try to look at it as a positive step forward for the entire family. Children whose parents have gone through a divorce have a greater propensity to have enhanced empathy for other people. They truly comprehend the predicament of others who are going through the same family issue, and as a result, they acquire a feeling of acceptance for the many different difficulties and circumstances that other people go through. It should come as no surprise that severing a connection that is both unhealthy and unpleasant in order to prevent its long-term ramifications. The dissolution of toxic relationships has the potential to be a positive step forward not only for the welfare of the children but also of the entire family. A life that is devoid of stress and is healthy should be prioritized above all else.

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