



Perceived influence of Divorce on Children: A Qualitative Secondary Data Analysis

Sara Noor¹, Mehwish Noreen², Inam ul Haq³

¹ Research Scholar, Department of Sociology, University of Management & Technology, Lahore, Pakistan.

Email: saranoor1209@gmail.com

² Research Scholar, Department of Sociology, University of Management & Technology, Lahore, Pakistan.

Email: noshirana1990@gmail.com

³ Ph.D. Scholar, Institute of Social & Cultural Studies, University of The Punjab, Lahore, Pakistan.

Email: inamhaq4222@gmail.com

ARTICLE INFO

Article History:

Received: May 18, 2023

Revised: June 20, 2023

Accepted: June 21, 2023

Available Online: June 22, 2023

Keywords:

Divorce/ Separation

Emotional Stability

Financial Security

Drug Misuse

Low Academic Attainment

Funding:

This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

ABSTRACT

Although divorce is the most despicable act in Islam, Pakistan, an Islamic country, has a growing tendency in its divorce rate. Divorce and separation of a couple effects negatively on children, families, financial conditions even society at large. Although children seem to have higher negative exposure after divorce / parental separation that that baggage can last into adulthood. The actual goal of the study is to understand the reasons contributing in divorce and the impact of divorce of children's life on whole analysing its social, occupational, financial, physical and psychological consequences. The current study is entirely grounded in secondary data analysis based on previously released research studies by newspapers or other organizations, such as the Gilani research institution. Additionally, as the main goal of this analysis was to provide a clear picture of the factors leading to the divorce rate in the case of Pakistan, we also consulted the individual/independent research articles. In order to find all relevant articles and studies, we conducted a web search utilizing a variety of keywords.

© 2023 The Authors, Published by iRASD. This is an Open Access article distributed under the terms of the Creative Commons Attribution Non-Commercial License

Corresponding Author's Email: saranoor1209@gmail.com

1. Introduction

Although divorce is the most despicable act in Islam, Pakistan, an Islamic country, has a growing tendency in its divorce rate. In the Gilani Research Foundation Survey for 2022, 60% of Pakistanis expressed the opinion that the divorce rate in the nation has risen. Such a trend can be explained by a variety of factors, including domestic violence. In Pakistan's patriarchal society, regardless of who starts divorce proceedings, women are frequently held responsible, especially if they are educated and in positions of authority. Male chauvinists mistakenly see such women as dangers to conventional practices and traditions in addition to supporters of the western mentality, (The Nation, 2023).

Additionally, according to media reports, the family court in Rawalpindi alone issued 11 notifications of khula in the single month of January 2022, while in 74 cases, the husbands sought divorce. According to these figures, men continue to be the leading candidates for filing divorces, which are frequently 'unilateral' in form. It might be because culture and families both convince men that getting remarried is simpler for them than for divorced women. Second, sometimes families and friends significantly contribute to encourage the differences between the couples. The spoilers tend to be on the masculine side most of the time. Considering this social paradigm, regardless of how irrational the reasons for divorce are, Often a husband will take this unbalanced action. Even if a woman's consent is essential when entering into a marriage, this is no longer the standard when a marriage dissolves, (The Nation, 2023).

As per Gul, Naz, and Baloch (2018), the peace of the partnership is disrupted by a broken house for a variety of reasons and causes. Broken households are the result of interpersonal

issues in a couple's marriage. As per researchers, changing dynamics of socialism contributes in increased divorce rate, as women's independency and knowing their right to life is a vital factor. Thus in result independent females are more prone to file divorce than households. Joint family system, miscommunication leading to misunderstandings in couples, lack of trust, financial disparity, infidelity, extra marital affairs and social status inequalities are other contributing factors leading to divorce/separation.

There are numerous causes for divorce, many of which are dependent on a person's personality, age, status, level of education, and religion. For instance, one or both partners may lack the necessary abilities to commit to a marriage or to communicate their issues with one another. They could have different ideas about how to raise children or rely on conventional role models, which restricts personal development. Have different beliefs about one's personal and professional aspirations, or a couple may experience financial difficulties, which in turn can cause conflicts and eventually lead to divorce, (Margit, 2010).

In Pakistan, the practice of marrying a brother-sister pair from different homes is known as watta satta. This type of marriage is endogamous, which makes relationships extremely precarious since if a husband mistreats his wife, the brother-in-law is expected to mistreat his wife in retaliation for his sister. In this kind of marriage, the likelihood of the relationship ending is doubled. Similar treatment is given to the woman from the husband's family if one of the husband's divorces or mistreats his wife. When both spouses are under 20, the probability of a marriage disintegrating increases by three times the national average (Barry, 1983).

The leading behavioral factors cited by women who divorced in their middle age are alcohol and drug misuse. There is also evidence that an extramarital affair increases the likelihood of divorce. The cheating spouse could feel unloved at home. Participating in an affair may result in both love and sex leads towards the divorce process for one spouse.

Divorce typically follows a husband and wife's separation. The marriage has genuinely been disrupted by this separation (Powell et al., 1951). Arguments, mistrust, masculine dominance, ego, children, miscommunication, and suspicion can all be contributing factors to divorce or separation. Divorce typically results from deceit, demands, and disputes over trivial matters. High risk occupations are those that require frequent absences from home (Barry, 1983).

It is now more socially acceptable to get divorced. Longer life expectancy could mean that married couples grow apart as they age. Young people with high hopes for marriage may divorce later if these expectations are not satisfied. Divorce became simpler to acquire as a result of changes to the Divorce Reforms Act law (Jeynes, 2001).

1.1. Problem Statement

Every person from each family have his/her own identity while having contradicted personalities in term of strengths, weaknesses, emotional exposure and reactions and socio-economic disparity and norms related to family structure before divorce. It's been indicated that divorce decreased child's capacity related to success throughout the lifespan despite all above mentioned variations. Although children are more likely to experience negative outcomes after divorce and parental separation that that baggage can last into adulthood.

1.2. Objective of the study

The actual goal of the study is to understand the reasons facilitating in divorce and the impact of divorce of children's life on whole analyzing its social, occupational, financial, physical and psychological consequences.

2. Methodology

The current study is entirely grounded in secondary data analysis based on previously released research studies by newspapers or other organizations, such as the Gilani research institution. Additionally, as the main goal of this analysis was to provide a clear picture of the factors leading to the divorce rate in the case of Pakistan, we also consulted the individual/independent research articles. In order to find all relevant articles and studies, we conducted a web search utilizing a variety of keywords.

3. Results and Discussions

A literature review done in the UK found that "the discrepancy among children from effected from divorce and non-intact families is minimal, and most of children will not be badly affected in the lifelong", (Mooney, Oliver, & Smith, 2009).

Parental divorce places the experience within the social and developmental framework of children's lives, which allow researchers for more understanding of how parental divorce effects some children to become vulnerable and other children to become resilient as per a process-oriented approach. The current study compares the mental health trajectories of children whose parents remain married with those of children whose parents divorce by 1998. It prospectively tracks a nationally representative sample of Canadian children aged 4 to 7 who were living with two biological parents at the time of the initial interview in 1994 (N = 2,819).

As per Growth curve mode's results, children with parental divorce have increased levels of psychological distress and conduct disorders than children whose parents stays married, even than before the marriage has ended. However, there is no such association between parental divorce itself and conduct disorder or psychological distress in children. Although the compromised child mental health seems to notice at the time of the initial interview among children with parental divorce and fully explained by monitoring for pre-divorce parental socioeconomic disparities and psychosocial capital. Last but not least, a strong relationship between pre-parental divorce and parental divorce levels of family damage implies that when marriages in highly dysfunctional homes are dissolved, kid antisocial behavior diminishes (Strohschein, 2005).

Study suggested that children having baggage of parental divorce are more prone to have lower academic attainment, compromised demeanor, lower skill of psychological adaptation, less resilient and experience restricted social attachments by Amato & Keith in 1991 and the other a decade later in 2001 by Amato & Booth.

This study shows that there are important losses that must be recognized when a youngster experiences parental divorce. 1) the child might spend less time with each parent. 2) The child might compromise economic stability. 3) The child might compromise on emotional stability. 4) The child might experience lower level of social and psychological maturation, (Anderson, 2014).

Single parenting contribute twice as likely to diagnosed with significant psychiatric disease, suicidal attempts, or acquire an alcohol addiction, according to a study of over one million Swedish kids (Brown et al. 1998). According to Keyes (2002), children having single mothers or single fathers are more prone to experience emotional and behavioral issues (8 percent compared to 4 percent for children having both parental figures).

Children in no parental care reported having negative family experiences, according to the CDC. As per study indications, "Children having single biological parent were experience career violence, violent neighborhood behavior, psychological problems and alcohol misuse between 3 and 8 times more likely than children having both biological parents " (Bramlett & Radel, 2014).

Divorce reduces children's ability to cope with conflict. The difference of the question of whether a marriage should remain or be divorced mainly rests on the following points. A partner's ability to manage marital conflict and reach agreement. Parents modeling significantly reduces the ability of many children to have stable marriages in the future however, some children respond by doubling down on their efforts to bring stability. For example, compared to students from safe homes, students who graduated from college, (Silvestri, 1993).

Divorced families increasingly resort to violence to resolve disputes. Both men and women are more likely to be aggressive and physically violent toward their friends. In their own marriages, they tend to be children of divorced parents Unhappiness, more conflict, less communication, more quarrels. Yelling at or physically attacking a spouse during an argument. Therefore, the possibility of divorce is passed down through generations, (Nicole, 1993).

After divorce parental conflicts leads towards decreased level of assertiveness, affection but higher level of emotional insecurity and propensity concerning to discipline within children. These kids experience higher level of social uncertainty. Children who steal and fight at school are much more likely to have troubled households than are children who behave themselves, (Forehand, Long, & Hedrick, 1987).

Other research has supported the finding that kids with divorced parents had greater behavioral issues than kids with intact households. As per study conducted by John (1993), parental divorce is a risk factor for externalizing behaviors including marijuana use, binge drinking, and cigarette use. Increased teenage usage of other illicit substances is predicted by parental divorce or separation as well.

4. Conclusion

Over a thousands of children experience their parents' divorce every year. Everyone in family effected but kids seem to be more traumatized after the divorce damage. Despite the fact that it may be demonstrated to be advantageous in some particular circumstances, it generally results in a temporary decline in children's well-being and places some people "on a downward trajectory from which they might never fully recover."

The family unit and the connection among parents and kids are both irreparably weakened by divorce. It typically results in harmful approaches to managing conflicts, decreased social skills, effect mental wellbeing and decreased social, physical and psychological maturation especially for children.

4.1. Limitation of the Study

This study is based upon secondary data so there is no such new indicators are being highlighted, which can be helpful for upcoming studies. There is no concept of generalizability as per concerned to this study. Factual and figured data is compromised in this particular study.

4.2. Implication & Recommendation of Study

Parental separation contributes in vulnerability to develop psychological issues in children and they might experience chronic distress, attachment difficulties, and aloofness. This sort of traumatic exposure in childhood leads to attachment and relationship anxieties in adulthood. So for better understanding and wellbeing of children it is essential to give support them in parental divorce process.

Mental health professionals should also play a vital role in awareness related to this issue and other related concerns which can make impact on child's wellbeing. It could be through seminars, workshops and lectures in schools, colleges and other significant platforms where masses have easy reach.

References

- Anderson, J. (2014). The impact of family structure on the health of children: Effects of divorce. *The Linacre Quarterly*, 81(4), 378-387. doi:<https://doi.org/10.1179/0024363914Z.00000000087>
- Barry, S. P. (1983). *Royal service: My twelve years as valet to Prince Charles*: Scribner.
- Bramlett, M. D., & Radcliff, L. (2014). *Adverse family experiences among children in nonparental care, 2011-2012*: US Department of Health and Human Services, Centers for Disease Control and
- Forehand, R., Long, N., & Hedrick, M. (1987). Family characteristics of adolescents who display overt and covert behavior problems. *Journal of behavior therapy and experimental psychiatry*, 18(4), 325-328. doi:[https://doi.org/10.1016/0005-7916\(87\)90046-2](https://doi.org/10.1016/0005-7916(87)90046-2)
- Gul, A., Naz, A., & Baloch, M. (2018). High ratio of divorce and its rationale in Pakistan. *Clinical Social Work & Health Intervention*, 9(2), 24-32.
- Jeynes, W. H. (2001). The effects of recent parental divorce on their children's consumption of alcohol. *Journal of Youth and Adolescence*, 30, 305-319. doi:<https://doi.org/10.1023/A:1010440111698>
- Keyes, C. L. (2002). Social civility in the United States. *Sociological Inquiry*, 72(3), 393-408. doi:<https://doi.org/10.1111/1475-682X.00024>

- Margit, K. (2010). AZ ÖREGEDŐ TÁRSADALOM ETNIKAI FÖLDRAJZI JELLEGZETESSÉGEI BULGÁRIÁBAN A 21. SZÁZAD KÜSZÖBÉN. *Foldrajzi Közlemények, 134(1)*.
- Mooney, A., Oliver, C., & Smith, M. (2009). Impact of family breakdown on children's well-being: Evidence review. *London: Thomas Coram Research Unit Institute of Education, University of London (Research Report DCSF-RR113)*.
- Nicole, R. (1993). Images of paradise. *Last Virgin in Paradise. V. Hereniko and T. Teaiwa, eds, 59-64*.
- Powell, R. M., Thrasher, J., Darrough, D., Mobley, C., Spears, E. B., Costner, H., . . . Sharp, W. (1951). The Nature and Extent of Group Organization in a Girls' Dormitory-A Sociometric Investigation. *Sociometry, 14(4)*, 317-339. doi:<https://doi.org/10.2307/2785317>
- Silvestri, S. (1993). Marital instability in men from intact and divorced families. doi:https://doi.org/10.1300/J087v18n01_04
- Strohschein, L. (2005). Parental divorce and child mental health trajectories. *Journal of marriage and family, 67(5)*, 1286-1300. doi:<https://doi.org/10.1111/j.1741-3737.2005.00217.x>
- The Nation, t. (2023). *Spate of divorce*. Retrieved from <https://www.nation.com.pk/02-Apr-2023/spate-of-divorce>