



DR. Priya Kumari

Divorce and its effects on children

Assistant Prof. - Department of Home Science, M. M. Mahila College, (Veer Kunwar Singh University) Ara (Bihar) India

Received-29.08.2025,

Revised-07.09.2025,

Accepted-13.09.2025

E-mail : priyakumari122014@mail.com

Abstract : *Divorce is the legal dissolution of a marriage, a process that formally ends the marital union and its associated legal duties and responsibilities. The process varies by location but generally involves filing a petition with the court, serving the other spouse, and proceeding through stages such as a trial or mediation until a final order is granted. Divorce can be based on specific legal grounds or, in "no-fault" divorces on grounds like an irretrievable breakdown of the marriage.*

Key words – Divorce, legal dissolution, marriage, marital union, no-fault, parental divorce.

Understanding the Effects of Divorce on Children - Divorce can have a wide range of effects on children, depending on factors like their age, personality, family dynamics before and after the divorce, and how the separation is handled by the parents. Parental divorce can impact children in various ways, including academic difficulties, emotional distress like anxiety and depression, and behavioral problems such as aggression or substance use. Many of these effects are short-term, but some can persist into adulthood, leading to lower educational attainment and less satisfying relationships. The impact can be influenced by the level of parental conflict, a child's age, and the presence of a supportive environment. While every child reacts differently, research and clinical experience have identified several common ramifications.

**1. Emotional and Psychological Effects -**

- **Feelings of Loss and Grief:** Children may feel like their family has been broken, leading to sadness, confusion, or anger.
- **Anxiety and Insecurity:** Divorce can disrupt a child's sense of stability and security.
- **Depression:** Some children may become withdrawn or exhibit signs of depression.
- **Guilt:** Younger children often blame themselves for the divorce.
- **Fear of Abandonment:** If one parent becomes less involved, children may fear being abandoned by both.

2. Behavioral and Social Impacts -

- **Aggression or Acting Out:** Some children may express their emotions through behavioral problems.
- **Academic Problems:** Decline in concentration or grades can result from emotional distress.
- **Withdrawal:** Others may become socially withdrawn or isolated.
- **Loyalty Conflicts:** Feeling torn between two parents can strain social and family relationships.

3. Long-term Consequences -

- **Relationships in Adulthood:** Children of divorced parents may struggle with trust and commitment in their own relationships.
- **Mental Health Risks:** Higher risk of anxiety, depression, and substance abuse.
- **Education and Economic Outcomes:** Some studies suggest children of divorce may be less likely to finish higher education or may face more economic challenges.

4. Positive Outcomes (When Handled Well) -

- **Resilience:** Many children adapt and even thrive if the divorce reduces family conflict and both parents remain supportive.
- **Better Environment:** If the marriage involved high conflict or abuse, divorce can lead to a healthier, more peaceful environment.
- **Emotional Growth:** Some children develop greater empathy and maturity through their experiences.

Factors that Influence the Impact -

अनुरूपी लेखक/ संयुक्त लेखक

ASVP PIF-9.805 /ASVS Reg. No. AZM 561/2013-14



- Age of the Child:

- * Young children may not understand what's happening and may fear being left alone.
- * School-aged children often feel responsible and may fantasize about parents reconciling.
- * Teenagers may react with anger or blame one or both parents.

- **Parental Conflict:** Continued conflict after divorce is more damaging than the divorce itself.

- **Custody Arrangements:** Stability, consistency, and fair parenting time are crucial.

- **Support Systems:** Emotional support from extended family, counselors, or friends can buffer negative effects.

- **Economic Stability:** Financial hardship post-divorce can add stress and instability.

Tips to Mitigate Negative Effects –

- Maintain a stable, predictable routine.
- Minimize parental conflict in front of the children.
- Reassure children that they are loved and not to blame.
- Encourage open, age-appropriate communication.
- Seek professional counseling if needed—for children or parents.
- Cooperate in co-parenting with consistency and respect.

Conclusion - Parental divorce is a major life event for a child, but it is not inherently damaging. The quality of parenting, the level of post-divorce conflict, and the emotional support provided are much more critical than the divorce itself. Divorce can impact children emotionally, behaviorally, and academically, causing issues like anger, anxiety, lower self-esteem, and poor school performance. These effects can range from short-term adjustment challenges to long-term struggles with relationships and trust in adulthood. While children may be upset, with parental support and a stable, loving environment, many can adapt and even develop resilience.

REFERENCES

1. https://familyreunionusa.org/7-helpful-ways-to-navigate-divorce-as-a-dad/?gad_source=1&gad_campaignid=22393039569&gbraid=0AAAAADqpF7rrjOlzgMbZt_5EC4VQG-
2. TIMESOFINDIA.COM || Powered by Bombay Times
3. Divorce: causes and consequences / Alison Clarke-Stewart and Cornelia Brentano.
4. <https://pmc.ncbi.nlm.nih.gov/articles/PMC6313686>
5. <http://www.familymeans.org/effects-of-divorce-on-chi...>
