

# A STUDY ON THE EFFECTS OF DIVORCE ON MEN AND CHILDREN

DAVID A SAMARITAN

David A Samaritan

St. Josephs University

## ABSTRACT

*Men and children especially suffer greatly from divorce. Men sometimes deal with emotional pain, financial difficulties, and social isolation that causes loneliness and despair. Children's age and degree of parental conflict affect their emotional and behavioral problems, which range from anxiety to academic challenges. Long-term effects on children include difficulties in relationships and the chance of future divorce. Reducing these impacts and advancing well-being depend on good co-parenting and mental health support.*

---

## Introduction

Divorce is the legitimate separation of a marriage that closes the marital bond between two individuals. It is a legal approach that permits wedded couples to separate and live their lives individually. Separation is a difficult and frankly charged participation that's possible to go with my sentiments of stress, sadness, outrage, and anxiousness.

It is important to realize that in numerous places, distinct regulations and methods are created to safeguard the interface of both partners and any children that will be included in the handling. The approach typically involves a court continuing where the parties must concur on how to separate their resources and debts, determine kid care courses of action, and build up the child and spousal support installments. Although the process of separation may be challenging and distressing, it may also be a necessary step for everyone involved to have a happier and more happy life. Even while it may seem desirable to want to keep things peaceful and avoid disagreement, there are times when it is just incorrect to do so.

Ultimately, divorce is a sophisticated legal procedure that needs careful analysis and the involvement of skilled lawyers to guarantee that all parties involved obtain a fair and reasonable resolution.

## OBJECTIVES

- To study the emotional impact of divorce on fathers and their children.
- To evaluate the psychological effects of divorce on mental health and relationships.
- To understand children's emotional development and adjustment after their parent's divorce.

## REVIEW OF LITERATURE

Simon et al. intended to compare the mental health of men who had recently suffered divorce to those who were still married in 2012 research. The experiment used a cross-sectional method, gathering data from a sample of 3,534 male.

The sample for the research consisted of volunteers whose ages ranged from 20 to 84. At the time of the study, 1,982 people in the sample were married, whereas 1,552 people had recently divorced. The research group used the Patient's Health. The findings of the research are consistent with past examinations investigating the impact of divorce on men's mental health. Divorce is a huge life stressor that may cause many negative emotions and psychological anguish. Men who experience divorce could lose their social networks, have financial difficulty, and have their daily routines disturbed, all of which can have a detrimental effect on their mental health. The research highlights the need of recognising the potential consequences of divorce on men's mental health and providing appropriate assistance and resources to help men cope with the emotional fallout of divorce. Mental health methods like cognitive-behavioral therapy or support groups may be used to alleviate the symptoms of depression and anxiety. Substance addiction therapy may also be necessary for males who develop drug or alcohol dependence after a divorce.

Williams and Dunne-Bryant (2006) tried to investigate the link between divorce and post-traumatic stress disorder (PTSD) in individuals in different research. A sample of 129 males, 62 of whom had divorced before and 67 of whom had not, underwent the examination. According to the research, males who had gone through a divorce were more likely to have PTSD than men who had not. According to the findings, 5.9% of men who had never been through a divorce and 22.6% of men who had divorced before satisfied the diagnostic criteria for PTSD. The study's results are especially pertinent since they suggest that divorce may be a traumatic experience for certain individuals and cause the onset of PTSD. Post-traumatic stress disorder (PTSD) may be brought on by a catastrophic event, such as a natural catastrophe, war, or sexual assault. The symptoms of PTSD can include intrusive thoughts, avoidance, depression, and hyperarousal. It may also be referred to as battle disorder.

For mental health professionals who work with men going through a divorce, the study's findings have important implications. Clinicians should be aware that divorce may cause PTSD, and they should consider doing PTSD assessments for any symptoms that divorced men may have. It is crucial to keep in mind that there are numerous limits to the study that should be taken into account. While analyzing the outcomes. The sample size was rather limited, which would limit how widely the findings might be applied.

Secondly, the results of the study on PTSD and divorce may have been altered by the use of self-report measures, despite these negative aspects, the research contributes to the body of information concerning the impacts of divorce, particularly on men's mental health. The study's findings suggest that counseling or therapy may be helpful for men going through a divorce to help them cope with any potential trauma.

Juby and Farrington's research found that divorce may have a big influence on how well males get along with their kids (2001). This research found that divorced dads were less satisfied with their interactions with their children compared to dads who are married. Also, they were less inclined to participate in their kids' lives. These results suggest that the quality of father-child connections may suffer as a result of divorce.

Moreover, Amato and Gilbreth (1999) did research in which they found that the lack of a father. The figure was a strong predictor of behavioral issues in children of divorced parents' problems. According to the research, children from divorced homes were shown to be more prone to display externalizing behaviors including hostility, behavioral issues, and hyperactivity. These results highlight the importance of fathers in the family and the possible harm that their absence may do to children growth. Divorce may have a negative influence on men relationships with their children for several reasons. It may be more difficult for fathers to provide for their children basic requirements, such as food, clothes, and shelter, as a consequence of their financial issues as a result of their divorce. This may cause guilt and shame emotions. Inadequateness, which might cause parents to be less involved in and satisfied with their kid relationships.

According to research by Juby and Farrington (2001) and Amato and Gilbreth (1999), it is crucial to provide men support and resources so they may continue to be dads even after a divorce. Fathers might find a secure environment in counseling and support groups and encouraging setting in which to express their feelings and deal with the challenges of co-parenting. Fathers who get financial and legal support are better able to manage the financial and legal challenges of divorce and provide for their children.

Juby and Farrington (2001) and Amato and Gilbreth (1999) both claim that divorce may have a detrimental effect on father-child interactions and the behavioral outcomes of children. By offering assistance and tools to assist men in maintaining their responsibilities as dads, we can lessen the detrimental effects of divorce on families and encourage favorable outcomes for children.

Cummings and Davies (2002) undertook research. The objective of the research was to determine if social support from family and friends minimize the harm divorce does to men's mental health. 69 males who had recently separated or divorced were included in the research. Self-report questionnaires on psychological distress, social support, and life events were completed by participants. The assessments of psychological suffering included signs of sadness, anxiety, and psychological distress. The social support measures evaluated the level and availability of assistance from friends and family. According to the study, men who got social support from friends and family had less psychological anguish than those who did not. The research found that social support, particularly for men who were already under a lot of stress and adversity, buffered the detrimental effects of divorce on men's psychological suffering.

The research found that the quality of social support was more significant than its quantity. Males who reported getting more high-quality support from their social networks fared better than guys who got more low-quality assistance in general. This shows that a key element in maintaining the mental health of divorced males is the emotional component of social support, such as empathy, understanding, and validation.

Men suffering through a divorce may benefit from encouraging social assistance, such as counseling, support groups, and community-based initiatives. Secondly, the study finds that social support emotional level is a significant influence in encouraging good mental health outcomes. This implies that social support therapies should emphasize emotional connection and affirmation. For divorced males in particular, networks may be advantageous. Thirdly, the research emphasizes how crucial it is to specifically target social support treatments for males who are experiencing stress and hardship. This shows that the best way to promote favorable mental health outcomes for males may be to identify and help those men who are more prone to suffer psychological distress after divorce. The research by Cummings and Davies (2002) sheds light on how social Support may help divorced males achieve good mental health outcomes. The research emphasizes how crucial social support is in reducing the detrimental consequences of divorce on men's mental health, particularly emotional support.

### **Case Study on Swaroop Roshan: The Impact of Divorce on a son's Relationship with his Father.**

The interviewee has roots in Trivandrum, Kerala, with their mother having origins in Kasaragod. Both parents were born and raised in Trivandrum. The interviewee describes their childhood as ordinary, with nothing particularly noteworthy about it.

The interviewee was eight years old when their parents split and 12 when they divorced. Before the breakup, the interviewee's connection with their father was strained. The father was not around much, and when he was, there was chaos. The interviewee preferred the fact that his father wasn't present. Following the breakup, the interviewee did not contact their father and maintained their distance.

### **Impact of Divorce on Mental Health**

The interviewee revealed that there has been greater peace in their lives following reduced engagement with their father. There were some behavioral changes, like growing more mature and appreciating the responsibility they had towards their family. Yet, the interviewee preferred not to answer the question concerning emotional or behavioral changes following the divorce. This shows that the interviewee may still be processing the emotional effect of the divorce and may not feel comfortable addressing it.

### Feeling Caught in the Middle

When asked whether the interviewee felt stuck amid their parents' quarrel throughout the divorce process, they preferred not to comment. This might signal that the divorce was a source of stress and conflict, and the interviewee did not want to rehash those sentiments

### Father's Involvement after Divorce

The interviewee mentioned that their father had no participation in their lives following the divorce. This lack of touch may have led to the interviewee's preference for keeping their feelings to themselves. If the interviewee did not have a supporting adult to speak to about their concerns, they may have felt isolated and alone during this challenging time.

### Adapting to Changes

The interviewee reported that there were no changes in their living status following the divorce. They continued to live with their grandpa, mother, and brother. This stability may have helped the interviewee adapt to the changes brought about by the divorce.

### Effect on Future Relationships

The respondent indicated that building deep connections with others has been challenging. This issue may originate from the interviewee's earlier experiences with their father and the divorce. The interviewee may have learned to keep their feelings to themselves, which might make it tough to build close ties with others.

## **ANALYSIS AND INTREPRETATION**

Divorce may be started for several reasons, including adultery, abuse, financial problems, irreconcilable differences, and just falling out of love. Despite the cause, divorce may have a significant effect on the lives of people involved, especially children. The impact of divorce on children may be complicated and diverse. Some children may endure emotional stress, sadness, anxiety, and behavioral issues, while others may adapt reasonably well to the changes in their family structure. The amount of these impacts depends on a range of Circumstances, including the kid's age, temperament, and the quality of the connection between. In addition to the emotional effect of divorce, there are also substantial financial ramifications to consider. When a couple separates, they must split their assets and debts, which may be a complex process that needs the expertise of attorneys and financial specialists.

When discussing divorce, it's crucial to get the aid of experts who can assist you with the process's legal, emotional, and financial aspects. Having a lawyer can help you understand your legal rights and duties and can advise you on how to reach an acceptable deal with your partner. You can review your current financial condition with the aid of a financial expert and create a strategy to ensure your financial stability in the future. Additionally, a therapist or therapist may provide moral and emotional support and assist you in overcoming the difficulties that lie ahead.

Separation is one of the most challenging and stressful experiences anybody can go through. This major shift in one's life may hurt their mental health. In this answer, we'll talk about how divorce could affect a person's mental health.

First of all, going through a divorce might leave you feeling nervous and depressed. As a consequence of a broken marriage, a person could feel a sense of loss, failure, and loneliness. They could experience intense feelings like sadness, fury, and guilt, all of which might be detrimental to their mental health. Additionally, divorce may exacerbate pre-existing mental health conditions including bipolar disorder, anxiety, or despair.

People with mental health conditions may find it more difficult to cope with the stress of divorce and may need extra care.

Second, divorce could affect a person's self-esteem and feeling of value. After having a divorce, some people may feel as if they failed at one of life's most important institutions: marriage. Divorced people could feel less valued or worthy than they did before. This could lead to a negative self-image and decreased confidence.

Thirdly, divorce could affect a person's social life. They can find themselves cut off from their friends and family, they could feel humiliated by the divorce and avoid social situations. People adopt habits they formerly enjoyed. They could therefore experience loneliness, which is detrimental to their mental health.

Fourth, divorce may affect a person's financial situation, adding to stress and worry. For the party divorcing, divorce-related costs including alimony, child support, and legal fees may be highly costly. Additionally, the division of property and assets can cause a significant decrease in income, which might exacerbate anxiety.

Finally, a divorce may have a significant negative impact on children. The stress and strain of the divorce might cause kids to experience emotions of perplexity, grief, and concern. Children may also feel guilty about the divorce or stuck in a disagreement between their parents. It is essential to prioritize children's mental health and provide them with the necessary attention both during and after a divorce.

## CONCLUSION

This case study emphasizes how a man's bond with their father and mental health are affected by divorce. According to the interviewee's personal experience, divorce may be difficult and painful for everyone involved, but particularly for kids. The absence of parental participation may exacerbate feelings of loneliness and make it more challenging to manage emotions. Yet, children may adapt to the changes brought about by divorce with stability and assistance from other family members. Future studies might look at ways to help men cope with divorce and maintain good ties between them and both parents following divorce.

According to the study we can understand that it is a difficult and complicated process for everyone related, divorce is never an easy choice, and it frequently causes both partners and their families a lot of pain and loss. Although not having gone through a divorce myself, I have witnessed how it has affected many of my friends and family members. I have personally experienced the heartache and stress that can follow a marriage's breakup, and I am aware of the large toll it can have on one's mental and emotional health. Given the challenges, I also think that for certain couples who are unable to continue a happy and meaningful relationship, separation can be the best option for choice. Staying in a difficult marriage can result in years of bitterness, anger, and misery, as well as negative effects on the couple's kids.

Separation can occasionally give both individuals a path toward healing and personal development. It may give a chance to start over, to rethink one's objectives and goals, and to create new identities and goals. It can be a trying and confusing experience for kids, but it can also present chances for development and recovery.

While going through a separation can be a trying and stressful time, it can also be an opening to development, healing, and new beginnings. I can only imagine the difficulties and feelings involved because I haven't personally gone through it, but I think it is possible to get through this difficult process and come out the other side with greater strength and with the correct resources and support.

As a student, I have spent time studying and understanding the issue of divorce. After a thorough review through many journals, articles and data, I have come to the opinion that divorce is a complicated and different problem that impacts people, families, and society as a whole. Divorce is the legal ending of a marriage by a court or other acceptable authority. It usually comes with mental suffering and financial difficulty, particularly for the people involved and their children. One of the biggest reasons of divorce is marital conflict which may be caused by a range of situations such as cheating, difficulties with communication, struggle with money, and compatibility issues. Unfaithfulness,

Communication issues may also lead to misunderstandings and disagreements which can finally lead to the breakdown of the relationship.

Children with separated parents may also experience unfavorable effects, such as emotional discomfort, academic difficulty, and behavioral disorders. However, it is important to note out that not all children of separated parents experience these poor results, and some may even gain from the divorce if it leads to a healthier family environment. Despite possible negative outcomes of divorce, it is important to remember that it may also have helpful benefits. For example, divorce can provide individuals with the choice to escape violent or unhealthy relationships, which may be good for their mental and physical health. Divorce may also allow people to explore new options and relationships that may not have been available in their past marriage.

In conclusion, divorce is a complicated problem that has both positive and negative consequences on people, their families, and society as a whole. While it is necessary to understand the expected negative implications of divorce, it is also important to realise the advantages that may come from quitting an unhealthy or violent relationship. Ultimately, it is up to each person and couple to decide whether divorce is the correct course of action for their particular situation.

## **SUGGESTIONS & RECOMMENDATION**

While love can act as the basis for a relationship, it is not enough to keep it going over a lifetime.

One of the most important abilities needed for a successful partnership is communication. Conflicts can start when there is lack of interaction, which can lead to misunderstandings. Both partners should be able to speak to each other honestly and openly in a good relationship. This includes having the freedom to express their needs, interests, and worries without worrying about being criticized or rejected. Active listening, which involves paying attention to your partner's words, tone, and body language, is one more part of effective communication. This makes it more likely that both partners will get opinions of one another.

Another important part for a good partnership is patience. Since no two persons are alike, there are bound to be differences. Even if you don't always agree with your partner's differences, patience is accepting and appreciating them. It also includes being able to reach agreements and come up with solutions that satisfy both sides.

The use of emotion is an important skill for a good connection. This means being able to control your emotions and react to the actions of your partner. It's important to keep cool through decisions that you don't agree with. This makes it easier for a more positive discussion and helps avoid the problem from getting worse. Emotional control helps in the ability to understand, control, and empathize with your own emotions as well as those of your partner. A good relationship also requires clear limits. This involves being aware of limits and telling your partner about them. It is important to be up forward about your comfort levels and your limitations. Having clear limits in a relationship increases mutual respect and trust.

Finally, a positive relationship requires being able to express your needs. This requires strong communication of your needs and choices. To discover a solution that satisfies both of you, it is important that you communicate your expectations and work with your partner. While love can act as a relationship's base, it is not enough to keep it going over a long period of time. A good relationship requires both basic compatibility and other qualities including communication, controlled emotions, patience, setting limits, and boldness. To maintain a happy and satisfying relationship, it's important that you focus on improving these skills and finding a connection with your partner.

## **ANNEXURE**

### **QUESTIONNAIR FOR THE INTERVIWEE**

- 1.How old were you when your parents divorced?
- 2.How would you describe your relationship with your father before the divorce?
- 3.How did your relationship with your father change after the divorce?
- 4.How did your parents' divorce impact your mental health?
- 5.Did you experience any emotional or behavioral changes after the divorce?
- 6.Did you feel like you were caught in the middle of your parents' conflict during the divorce process?
- 7.Did your father remain involved in your life after the divorce? If so, how did he continue to stay connected to you?
- 8.Did you feel like you had someone to talk to about your feelings regarding the divorce, or did you feel like you had to keep your emotions to yourself?
- 9.Did you have any trouble adjusting to changes in your living situation or routine after the divorce?
- 10.Did you feel like the divorce impacted your ability to form close relationships with others, including romantic partners?
11. What advice would you give to parents who are going through a divorce and want to support their children?

## **BIBLIOGRAPHY**

- Simon, R. W., Reimuller, A., & Song, L. (2012). How divorce affects men's mental health: Implications for research and intervention. *Journal of Men's Health*, 9(1), 22-30. <https://www.liebertpub.com/doi/10.1016/j.jomh.2011.10.003>
- Williams, C., & Dunne-Bryant, A. (2006). Posttraumatic stress and divorce among men and women. *Journal of Divorce & Remarriage*, 44(3-4), 61-76. [https://www.tandfonline.com/doi/abs/10.1300/J087v44n03\\_04](https://www.tandfonline.com/doi/abs/10.1300/J087v44n03_04)
- Juby, H., & Farrington, D. P. (2001). Disentangling fatherhood: An empirical study of fathering in the context of maternal and paternal divorce. *Journal of Divorce & Remarriage*, 35(3-4), 129-152. [https://www.tandfonline.com/doi/abs/10.1300/J087v35n03\\_07](https://www.tandfonline.com/doi/abs/10.1300/J087v35n03_07)
- Amato, P. R., & Gilbreth, J. G. (1999). Nonresident fathers and children's well-being: A meta-analysis. *Journal of Marriage and Family*, 61(3), 557-573. <https://www.jstor.org/stable/353558?origin=crossref>