

A Review Study on Effects of Child Growth and Development Owing to Parental Separation

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Abstract:

The psychological and physical health of children is the main emphasis of this paper's analysis of the complex impacts of divorce on them. It draws attention to the serious upheaval divorce brings about in family dynamics, which in turn causes major changes in children's emotional states, behaviours, and academic achievement. A significant amount of study has been done on the psychological effects of divorce, including behavioural problems, sadness, and elevated anxiety, the paper states. It does, however, point out a significant deficit in research focused on preventative and intervention tactics. Furthermore, less research has been done on the physiological effects of divorce, like as health issues and developmental difficulties. The study recommends broadening the scope of research to include larger and more varied demographic samples and promotes qualitative research to explore the individual experiences of impacted children. It emphasizes the necessity of creating all-encompassing solutions to lessen the negative effects of divorce on children and stresses a complete approach to helping impacted families. The purpose of the study is to steer future research efforts, with an emphasis on comprehending and averting the detrimental effects of divorce on the welfare of children.

Key Word: Separation, Divorce, family structure, violence, Emotional Dysregulation

I. Introduction

In legal terms, divorce is defined as the annulment of a married relationship that has been recognized by both society and the law. This annulment has the effect of changing the obligations and privileges that are applicable to the two individuals who are involved in the marriage. Separation without the presence of a child includes the termination of the marital relationship between two individuals. In contrast, the situation becomes more problematic when a person has a child and they are separated from them. There is evidence to suggest that there is a correlation between the separation of parents and considerable hazards for children and adolescents, including negative consequences for their mental health and overall well-being. The child is left open to experiencing a variety of environmental and psychological pressures as a consequence of the collapse of the marriage. These pressures interfere with the child's overall growth and development. Parenting is a basic and essential element of the process of development that takes place throughout one's life span due to the fact that the way in which a kid is brought up has an effect on the way in which the next generation is developed.

The method of child-rearing that parents utilize is typically dictated by their own attachment styles. Parenting, which is often referred to by the term "child-rearing practices," is the act of providing a kid with love, care, and discipline in order to assist them in their progression toward a healthy and successful adulthood. Their cultural backgrounds, which they have been exposed to, exert a significant impact on them. Some of the other factors that have a negative impact on parenting include personality traits, the generation gap, developmental history, preconceived beliefs and notions about parenting behaviours, socio-cultural factors, insufficient time investments, parenting styles, emotional and physical health, attachment styles, and family structure. Because of the complicated interactions between nature and nurture, each and every parent takes a unique approach to providing their children with a model and guidance to help them follow the correct route in life.

The way that parents raise their children has an impact on their development. The focus of parenting styles is on the quality of the interaction that takes place between a parent and their child. Diana Baumrind, who is a clinical and developmental psychologist, has identified four distinct types of parenting. Baumrind says that these various approaches to parenting have arisen as a result of two primary factors: responsiveness and demandingness. Four different types of parenting were identified based on these two dimensions: authoritative, authoritarian, permissive, and uninvolved. When it is referred to as "strict parenting," authoritarian parenting is characterized by a high level of demandingness and a low level of responsiveness. Parents who fit this description are extremely demanding, exceedingly ambitious, and anticipate that their offspring will follow their instructions without raising any objections. This parenting style is characterized by a high degree of restriction and punishment, and parents who adopt it frequently place unreasonable demands on their children.

High in both demandingness and responsiveness, Authoritative Parenting is also known by the name Balanced Parenting. Parents provide explanations to their children when they expect them to follow the rules and regulations that have been established. By offering their children disciplinary strategies that are more encouraging than punitive, parents strive to strike a balance between being authoritative and overstepping. Permissive parenting, which is often referred to as indulgent parenting, is characterized by a high degree of attentiveness but a low degree of demandingness. The parents that exhibit this particular style hardly reprimand their offspring. Their methodology is characterized by a non-traditional, tolerant, and very responsive attitude. They avoid conflict and have few expectations for their own maturity and self-control. These kinds of parents see their child as their companion rather than as a child whom they are responsible for raising. They end up raising children that are spoiled brats or spoiled sweets as a result of this. And finally, uninvolved parenting is not characterized by either demanding or responsive qualities. Although caregivers are responsible for providing for their children's fundamental requirements, they maintain a relatively limited connection to their children's daily lives. It is for this reason that, in rare instances, they deny their child of the most basic necessities, which is why it is often referred to as neglectful parenting. The parents are completely emotionally unavailable and do not demonstrate any form of warmth or control in their interactions with their children.

The idea that John Bowlby presented, which was subsequently elaborated upon by Mary Ainsworth, is known as Attachment Theory. The considerable consequences of attachment on behavior were revealed by her pioneering "Strange Situation" study. Attachment is described as the "emotional bond between a human infant or a young non-human animal and its parent figure or caregiver" in the work that they completed together on attachment types. In addition, they provided an illustration of the three different types of attachment patterns, which include secure attachment, insecure-avoidant attachment, and insecure-resistant attachment. Main and Solomon subsequently introduced a fourth dimension to this list, which they named "Insecure-Disorganized Attachment Style," based on the findings of their own research. Children that have a secure attachment style are typically reared in a loving environment that provides for their needs and is comforting to them. This makes it easier for individuals to establish trust in their relationships with other people.

This attachment style fosters the development of a high level of self-esteem, a high level of emotional intelligence, and the ability to cultivate relationships with other people in society that are healthy. Children with the insecure avoidant attachment style do not have caregivers who meet their emotional needs, and as a consequence, they develop an independent nature. Because they do not trust or depend on their partners, they typically have difficulty developing close relationships with them. That being said, they place a high priority on autonomy. According to the findings of several studies, insecure-avoidant attachment style is more commonly found in adults who have experienced parental divorce. During the most critical phases of their development, individuals who exhibit insecure resistant attachment styles experience a relationship with their parents or caregivers that is characterized by periods of closeness and periods of distance. The individuals who provide care for them exhibit inconsistency in their provision of care for their children, at times fulfilling their requirements and at other times failing to do so. They grow up to be individuals that experience a great deal of anxiety and have a craving for continuous reassurances in their relationships. They are apprehensive about being turned down, frequently rely on their spouses for support, and have feelings of jealousy. Children that have an insecure attachment style come from a chaotic and toxic familial environment, according to the theory of Insecure is Organized Attachment Style. As a result of this, they frequently end up with competing sets of behaviours and mental processes. Attachment styles can change over time for most people as a result of a number of variables, both inside and outside the person.

The quality of a child's upbringing is influenced by the structure of their household. Family systems are complex, and they can have both positive and negative consequences. When broadly categorized, family structures can be broken down into two categories: nuclear families and joint families. In general terms, a nuclear family is a family unit that consists of two parents and their children, whether they are biological or adoptive, all of whom reside under the same roof. Children who are raised in such an environment have a greater impact on the dynamics of the family than merely receiving love, care, and social interaction from their parents. When many generations of a nuclear family reside together under one roof, the result is a joint family. A joint family is distinguished by the development of coping mechanisms, the transmission of moral and ethical principles, the distribution of responsibilities among members, and the sharing of resources with other members. Additionally, it is distinguished by the presence of wider social networks. According to research, children who are raised in nuclear families tend to be behind in their growth and development. The child does not receive appropriate direction.

Children who are raised in joint families tend to build deeper relationships of unity and affection with the other members of their families in comparison. As a result, children who are raised in a mixed family experience a greater degree of growth in their social, cognitive, and language skills compared to children who are raised in a nuclear family. Research studies have provided documentation of the different problems that can arise for children and adolescents in the aftermath of their parents' separation. These issues include, but are not limited to, depression, risky sexual behaviours, difficulties in school, substance addiction, changes in attachment styles,

adjustment challenges, disruptive behaviours, low self-esteem, and other concerns. Children may also experience regression, a withdrawal from their classmates, and difficulties in recognizing and controlling their emotions.

II. Review of Literature

Amini, B. et al (2024) They carried out an investigation of the effects that divorce has on children in Iran. Participants were given a variety of questions that were connected to their views, anxiety, stress, cultural identification, and the role that culture plays in divorce, as well as their adjustment to divorce. Both quantitative and qualitative methods were employed in the administration of these questionnaires. The research came to the conclusion that there is a positive association between the current levels of stress and anxiety and the process of adjusting to a divorce, as well as a negative correlation between these two factors and the beliefs that are held.

Hooshmandi, M. (2023) In order to investigate the effects that divorce of the parents has on the emotional regulation, depression, and adjustment levels of the child, he conducted a review. It was determined by the findings of the study that divorce has a major impact on emotional adjustment. Children regard their overall quality of life to be poor when they believe there to be a disconnect between themselves and their parents or when they are in conflict with them. On the other hand, when youngsters are able to deal with challenges in a proactive manner, they are joyful.

Agusiobo, Hilda, et.al, (2023) To gain an understanding of how divorce affects the academic achievement of children in primary school. A total of eight hundred students were the subjects of the study, which was carried out with the use of a questionnaire that was carefully designed. According to the findings of this study, children who come from families in which their parents are divorced have a number of educational difficulties. These difficulties include not having access to enough textbooks, difficulties maintaining their attention during the educational process, and low academic achievement.

Chavda K, Nisarga V (2023) The long-standing ideas that are held by society are being questioned, and they are continuously undergoing change as a result of urbanization, industrialization, and modernization, all of which have obscured the structure of the family and the duties of the family members in terms of gender. Research that was carried out two to three decades ago indicated that instability in the family environment can have detrimental effects on the development of children. The emotional and physical health of a kid, as well as their overall development and future relationships, are impacted not just by the absence or loss of a single parent but also by the conflicts that arise between parents who have separated or divorced. Parents who are single frequently find themselves overwhelmed by the duties that are normally shared between two parents, are subjected to societal stigma, and do not have a support system in place. This situation makes it difficult for them to spend time with their children. Therefore, children who live with only one parent tend to have worse academic achievement, fewer social relationships, and emotional and behavioural difficulties. More recent studies have concentrated on the favourable results and protective variables that can guide a youngster toward a more favourable outcome. In order to assist the child in making adjustments in both the short and long term, we must concentrate on those protective and resilience-building elements.

Guetto, R., et al in (2022) They conducted an investigation into the detrimental consequences that separation of parents can have on the educational qualifications of children, taking into consideration the socioeconomic status of the parents. According to the results of the study, there is a more significant negative correlation between the likelihood that children will obtain a college degree and the separation of their parents. This correlation is more pronounced when the parents have received higher levels of education. This review touched with the impact of different parenting styles and the relationship between a parent and kid on the child's ability to process information and make decisions.

Lanjekar et al (2022) They explored the intricacies of puberty, child development, and parenthood. The conclusion of this review study was that positive parenting plays a role in the early cognitive development of the kid, the development of emotional intelligence, and the advancement of thought processes.

Sanayeh, E. B. et al in (2022) To investigate whether there is a relationship between Lebanese adolescents' nicotine addiction and their parents' divorce. Participants in the study were 1,810 adolescents who were between the ages of 14 and 17 and who were enrolled in one of the 16 Lebanese schools that were selected. Linear regressions were used to compute the outcomes. According to the findings of the study, adolescents who come from families that have been divorced are more likely to rely on cigarettes and water pipes than those who come from homes that are intact.

Tullius, M, J, et al. (2022) They were interested in investigating the circumstances surrounding the onset of emotional and behavioural issues that may arise in adolescents following a divorce and determining how these issues impact them as time goes on. There were 2,230 youngsters who were between the ages of ten and twelve and who were enrolled in the study. In order to evaluate the data, the Youth Self-Report was used to measure the investigations that integrated EBP. The conclusion of the study was that following a separation of parents, an adolescent begins to develop behavioral and emotional difficulties that have a lasting impact and require special care and attention.

Lange, A, MC, et al (2022) They made the assumption that children who are involved in divorces that are very contentious are likely to encounter symptoms of post-traumatic stress as well as disagreements between their parents. In the study, there were 167 parents who took part as subjects. The Children's Revised Impact of Event Scale was utilized in the research. According to the data, a positive association has been shown between the conflicts that occur between parents and the symptoms of post-traumatic stress disorder that are exhibited by children.

Juwariah, T. et al (2022) They have conducted a comprehensive study on how emotion regulation relates to academic achievement in Children of Divorce. The study recorded 715 articles from three databases like CINAHL, PubMed and Scopus. The presented study found a significant relationship between individuals with parental separation and academic performance and emotion regulation.

S. Muskan (2022) conducted a study on the impact of divorce on a child's emotional development. Her study concluded that a child who has suffered the pain of divorce of her parents tend to find difficulties in forming new relationship as well as sustaining relationship with her friends and family. They tend to withdraw themselves and become inattentive in their classroom consequently impacting their academic performance. The study further stated that, children with separated parents tend to succumb to psychological disorders like anxiety and depression.

Issen.I (2022) on the relationship between divorce and academic performance of the high school students, divorce involves a significant amount of stress for the child involved in the conflict. It interferes with the child's daily routine thereby impacting his/her academic performance. Due to the changes caused by the event, the child may feel a sense of loneliness and abandonment taking a toll on their self-esteem. This consequently has the potential to lead to rejection of school rules, hostility towards teachers and disinvestment on the contrary.

Abate Ashenafi Nigusse (2021) on the impact of divorce on the academic performance of the secondary school students, there exists a statistical mean difference between student's academic performance before and after parental divorce. The author further recommends that these children should be provided with appropriate care and support to enhance the psychological well-being of the children as they are susceptible to depression.

D'Onofrio B, Emery R. (2019) All across the world, more and more children are experiencing family instability because of the divorce or separation of their parents, as well as the repercussions of pregnancy and cohabitation outside of marriage. While alternative options to stable marriages are most prevalent in Western nations (particularly Australia and New Zealand), they are also emerging in industrializing Asian countries, albeit to a lesser extent. There is a higher prevalence of cohabitation, which is a more unstable arrangement than marriage, in Northern and Western Europe. This has the consequence of reducing the rates of divorce, but not the rates of single-parent homes. With its early (the rate of divorce started to rise in the late 1960s) and high growth in the rate of divorce, followed by an explosion in the rate of nonmarital births with or without cohabitation, the United States has been a "leader" in family change. Divorce rates rose in the majority of other Western countries a decade or two later, and it seems as though industrializing Asia is in the beginning of a transformation. In the United States, approximately 60% of children currently reside with their married, biological parents. This statistic ranks the United States as having the second-lowest rate of children living with their biological parents, just behind Latvia. Some people consider the instability of the family to be a significant public health issue for children, while others believe that divorce or separation is largely harmless or even beneficial, particularly for women who are in unhappy marriages or children who are exposed to high levels of conflict. There is research that demonstrates that the separation or divorce of parents is connected with an increased likelihood of adjustment problems in children and adolescents. These issues include disruptive behaviours, such as substance use and conduct problems, as well as academic difficulties, such as poorer grades and school dropout, and sad moods.

III. Conclusion

We may make the conclusion, based on the results of this study, that divorce is a situation that has a negative impact on the children and parents who are directly involved in the divorce proceedings. If the children are to have a healthy growth in the physical, social, psychological, emotional, and academic domains, then it is necessary for them to have a positive environment in which to grow up. Children who are separated from their parents or who are subjected to ongoing conflict in the home tend to exhibit a wide range of behavioral and academic problems. This is because children desire affection, love, togetherness, and a sense of stability both emotionally and financially from their parents.

Emotional stability, social behaviour, academic achievement, and overall well-being are all aspects of a child's growth and development that can be affected by parental separation, which can have wide-ranging consequences. Although it is common for children to demonstrate resilience and to adjust to their circumstances over time, the initial period of separation frequently results in a variety of negative emotions, such as fear, bewilderment, and insecurity, as well as changes in behaviour. If they are not adequately treated, these emotional disturbances might influence the way that they relate to others, their level of self-esteem, and their ability to cope with difficulties. Stress and disruptions in one's routine might lead to a reduction in academic performance as well.

On the other hand, the consequences are not all detrimental. The negative outcomes can be substantially mitigated by providing supportive caring, maintaining stable routines, fostering positive co-parenting, and ensuring access to emotional assistance. Children have significant advantages when their parents make an effort to reduce the amount of conflict that takes place, maintain a regular level of communication, and provide reassurance along with emotional warmth.

In summary, although the separation of parents does not always and unconditionally impede healthy development, its consequences are mostly determined by the extent of the discord between parents, the quality of the parenting that occurs after the separation, and the extent to which emotional and social support is available. Providing a caring, stable, and conflict-free environment for children will allow them to manage difficult situations in a more effective manner and continue to grow up to be persons who are emotionally comfortable and well-adjusted.

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