

The psychological social impact of divorce on children and adults

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Abstract:

The aim of the current study is to know the social, psychological and health effects of divorce on children and adults, what are the problems resulting after divorce, especially children and adults, what are the effects of divorce on the psychology of children and adults. A questionnaire was created using the Google Drive program to design it, and then it was distributed to residents. The city of Mecca and Khamis Mushayt, where it was distributed via the social networking network (WhatsApp) in the amount of 750 questionnaires, and responses were obtained in 730 questionnaires, and they were analyzed, using frequency tables, and creating histogram drawings, and the results presented before you were obtained. It is concluded that, Divorce destroys the entire family, and it is psychologically and socially harmful to children and adults. Young people feel that their elders have abandoned them and have preferred their interests to the interests of others. Young children, parents must be wise and patient, and understand each other apart from the children, so that they do not fall victim to bad companions and other hateful things, and a healthy and sound environment must be created for them, so that they do not grow up psychologically shaken and so that their psychology and health do not deteriorate to the worst.

Keywords: the psychological, social, impact, of divorce, on children and adults.

1-Introduction:

Divorce (also known as dissolution of marriage) is the process of ending a marital relationship or marital union⁽¹⁾. Divorce usually entails the abolition or reorganization of the legal duties and responsibilities of marriage and thus the dissolution of the marriage ties between spouses under the law of a particular country or state. Divorce laws vary greatly around the world⁽²⁾, but in most countries divorce requires the intervention of a court or other authority in the legal proceedings which may involve issues of property distribution, child custody, alimony, visitation/or access to children, and time allotted for the father/mother to see the children. Providing child support and dividing expenses⁽³⁾⁽⁴⁾. In most countries there is a law that requires individuals to be monogamous, so a divorce under this law allows each ex-partner to marry someone else. The reasons for divorce vary greatly from one country to another. Marriage may be viewed as a contract, a social legal status, or a combination thereof. When marriage is viewed as a contract, the refusal or inability of one spouse to perform the obligations stipulated in the contract may constitute grounds for the other party to file for divorce. On the other hand, in some countries (such as Sweden, Finland, Australia, and New Zealand)⁽⁵⁾⁽⁶⁾⁽⁷⁾⁽⁸⁾ there is what is called (no-fault divorce), which means that it does not matter what the reasons are behind the individuals/couples' desire to separate, Spouses can separate of their own free will without the need for one party to prove the other party's fault or negligence. Recent studies have indicated a variety of long-term economic, mental health, physical, and social impacts of divorce, although the full extent of these impacts remains a matter of considerable debate⁽⁹⁾⁽¹⁰⁾. There are reports that children are not always so poorly off, and that divorce can help children who live in homes with a lot of conflict and problems such as those suffering from domestic violence. While a variety of studies and articles have offered many ideas about how best to reduce the effects of divorce on children, the issue always depends on the divorce itself⁽¹¹⁾⁽¹²⁾⁽¹³⁾. Children of divorced parents (who almost always come from unhappy families) are said to have a greater chance of behavioral problems. Studies have also indicated that these children are more likely to suffer from maltreatment than children in healthy families, and they often suffer from extreme poverty⁽¹⁴⁾⁽¹⁵⁾⁽¹⁶⁾. Children of divorced

parents may have lived in unhappy homes, but they may also have had many unhappy experiences. Many subjects said things like: "I saw some of the things my parents did, and I know I shouldn't do that to my marriage. I saw the way they treated each other, and I know I shouldn't do that to my wife and kids. I found that divorce made me more committed to my husband." And my children" ⁽¹⁷⁾. Some studies have revealed that people who have been in divorced families have higher rates of alcohol and other drug addiction. Robert Coombs reviewed more than 130 studies measuring the impact of marital status on personal happiness ^{(18)(19)(20)(21)(22)(23)(24)(25)(26)(27)(28)(29) (30)}. Some studies have also claimed positive correlations between divorce and rates of: Infectious diseases, digestive diseases, parasitic diseases, respiratory diseases. Cancer - Married cancer patients are also more likely to recover than those who are divorced ⁽³¹⁾⁽³²⁾⁽³³⁾⁽³⁴⁾⁽³⁵⁾⁽³⁶⁾⁽³⁷⁾. Behavioral Problems. Children of divorced or separated parents exhibit increased behavioral problems, ⁽³²⁾ and the marital conflict that accompanies parents' divorce places the child's social competence at risk. Even in intact families that have low to medium levels of conflict, children still have "fewer behavior problems than those in the high-conflict, disrupted families." ⁽³³⁾ Another study suggests that parental conflict affects the outcomes of children's behavior problems, regardless of parents' marital status, and sometimes "there is no statistical difference in the level of behavior problems observed for children whose parents separated or divorced and for children whose parents remained together." ⁽³⁴⁾ During a divorce, conflict between parents is often accompanied by less affection, less responsiveness, and more inclination to punish their children, which leaves their children feeling emotionally insecure. ⁽³⁵⁾ These children are more likely to perceive their social milieu as unpredictable and uncontrollable. ⁽³⁶⁾ Children who engage in fighting and stealing at school are far more likely to come from broken homes than are well-behaved children. ⁽³⁷⁾ Other studies have confirmed that children of divorced parents exhibit more behavioral problems than do children

2-Material and Methods:

The study started in (the holy city of Mecca and Khamis Mushaytin Saudi Arabia), began writing the research and then recording the questionnaire in January 2024, and the study ended with data collection in June 2024. The researcher used the descriptive analytical approach that uses a quantitative or qualitative description of the social phenomenon (the psychological social impact of divorce on children and adults). This kind of study is characterized by analysis, reason, objectivity, and reality, as it is concerned with individuals and societies, as it studies the variables and their effects on the health of the individual, society, and consumer, the spread of diseases and their relationship to demographic variables such as age, gender, nationality, and marital status. Status, occupation ⁽³⁸⁾. And use the Excel 2010 Office suite histogram to arrange the results using: frequency tables Percentages ⁽³⁹⁾. A questionnaire is a remarkable and helpful tool for collecting a huge amount of data, however, researchers were not able to personally interview participants on the online survey, they answered the questionnaire electronically, it consisted of ten questions, all of which were closed.

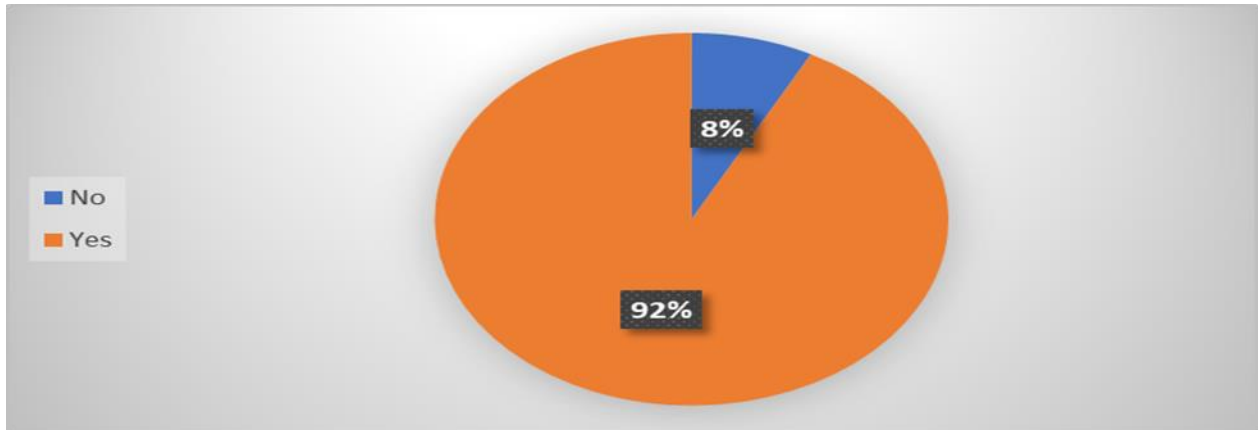
3- Results and discussion:

The percentage of participants who agreed to answer the questionnaire questions was (100%), and their age percentage was as follows: 25-34 years old (36.8%), 35-44 years old, 45-55 years old (31.6%), and their gender was as follows: administrative 32.4%, technicians 67.6%. As for the educational status of the participants, it was as follows: holders of a primary certificate 0%, intermediate 0%, secondary school 3.8%, diploma 12%, university 50%, master's 34.2%, doctorate 0%. When moving to the questionnaire questions and their responses, the answers to the questions were as follows: The first question: Are there side effects of divorce between spouses? Yes, 97.4% and no, 2.6%. This means that many of them are aware of the danger of divorce to the family in general. The second question: Are there side effects on children and adults resulting from divorce between spouses? Yes 94.7% and no 5.3%. The third question: Did the loss of the family's breadwinner as a result of divorce lead to devastation and psychological devastation among children and adults? Yes 78.4% and no 21.6%. Participants' responses indicate their awareness of the seriousness of divorce. The fourth question: Is one of the effects of divorce a loss of focus among children and adults on their academic achievement? Yes 89.5% and no 10.5%. The fifth question: Are the effects of divorce the frequent incidents of theft in public and commercial stores and banks? Yes, 63.2% and no, 36.8%. Question Six: Are the effects of divorce a loss of the family's reputation among the surrounding community and society? Yes 64.9% and no 35.1%. The seventh question: Is one of the effects of divorce a loss of psychological control over children and adults? Yes 81.6% and no 18.4%. Question eight: Does divorce affect children and adults socially, psychologically, and health-wise? Yes 92.1% and no 7.9%. The ninth question: Is divorce considered the ideal solution to get rid of marital pressures and problems? Yes 55.3% and No 44.7% (table.no.1) (figure No.1).

Table.no.1:Group participating in the questionnaire according to job classification

administrates	technicians
32.4%	67.6%

Figure No.1:Opinions of participants in the questionnaire about the psychological and social impact of divorce on children and adults



4-Conclusion:

There are side effects of divorce between spouses, 97.4%. There are side effects on children and adults as a result of divorce between spouses, 94.7%. Losing the breadwinner of the family as a result of divorce led to psychological devastation and devastation among children and adults, 78.4%. Among the effects of divorce is the loss of focus among children and adults on their academic achievement. 89.5%, Among the effects of divorce is the frequent incidents of theft in public and commercial stores and banks, 63.2%. Among the effects of divorce is the loss of the family's reputation among the surrounding community and society, 64.9%. Among its effects is the loss of psychological control over children and adults 81.6% Divorce affects children and adults socially and psychologically Yes 92.1% according to participantes.

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