

## Impacts of Divorce on Family Relationships

Khush Chauhan<sup>1</sup>, Chandni<sup>2</sup>

<sup>1,2</sup> School of Legal Studies and Governance, Career Point University, Kota

### **Abstract-**

*The research will explore various aspects related to divorce, including post-breakup lifestyles, psychological disturbances, motivations and expectations of marriage, factors contributing to divorce, effects on parents, children, and the entire family, impact on careers and future life. The mission of the research is to find out the existing grey areas in gender equality and how a positive change can be brought about, along with supporting parents in understanding the needs of their children. The ultimate goal is to reduce the divorce rate in society and emphasize the importance of considering the impact of parental separation on children for the benefit of families and society as a whole.*

**Keywords:** Divorce, Marriage, Life, Parents, Children, Impacts.

### **I. INTRODUCTION**

Divorce is an inevitable part and parcel of the concept of marriage. Since every individual is a distinct entity in his own merit, so the choice to stay with or leave another person is an inalienable right of every person. No person can be forced to stay or live with another person in a domestic relationship. There is no doubt that parting ways with someone can be difficult. Both the husband and the wife suffer trauma and stress along with other financial repercussions. The effect of divorce on children has always been known and studied by social scientists. Enough research exists that talks about the impact of divorce on a child's impressionable psyche. Divorce of parents can affect the child so much that he/she may develop behavioural and psychological issues (Kelly and Emery, 2003). Relationships, emotional and behavioral problems, and an increased risk of experiencing divorce themselves are some of the negative consequences associated with parental divorce (Amato, 2001; Sun, Li, & Wu, 2012). However, it is crucial to acknowledge that divorce can indeed have significant impacts on children. The transition from a two-parent household to a single-parent household or other family arrangements can be challenging for children. The disruption in family structure, changes in routines, and adjustments to new dynamics can cause

emotional distress and difficulties for children to navigate. Indeed, divorce can have long-lasting effects on children's relationships and their ability to commit in future romantic partnerships. The research conducted by Lewis and Sammons (2001) and Kim (2011) supports this notion. Divorce does indeed affect both the couple ending their marriage and their children. The statistic approximately one million children affected by divorce in the US each year, highlights the significant number of children who experience the consequences of divorce. Research, such as the study conducted by Lewis and Sammons (2001), has shown that parental divorce can have negative effects on children. Some of these effects include academic failure, poor peer relationships, and a lack of commitment in future romantic relationships. Divorce is not a new phenomenon. But it has been observed that the incidence of divorce has increased in this century. In earlier societies, marriages were a lifelong affair and divorce was rare. In many societies, divorce was prohibited or stigmatized by the community. But with rising awareness in the general masses and emergence of universal human rights, divorce is now considered as an inalienable right of every individual. Other factors are also cited for increasing rate of divorce. Some scholars say that feminist thought and financial independence has caused an increase in divorce. Some scholars, from the discipline of evolutionary biology say that man is by nature a polyandrous being and that monogamy is a very recent construct which man has self-imposed on himself.

The most common behaviour of married couples who have ended their unions is that they simply start holding the other person responsible. They are not able to comprehend the true fundamental causes of the divorce. Irrespective of their cultural, educational or financial background, neither of the parties is able to understand the full implications of the divorce. Divorce does affect the parties, the economy and also the children (Solo 2014, p.2). A major reason why every separation turns into a affair is because it involves both societal stigma and financial issues. Issues of custody of children, maintenance and alimony are complex matters. Parties to a marriage go through a lot of psychological trouble, which subsequently is also absorbed by their children and other family members.

Divorce and being raised in a one-parent family are two parental and kid situations that are growing more common. Divorce is frequently a difficult process for both parties and may be detrimental to their potential future love relationships. The three main pillars of a successful relationship are intimacy, passion, and commitment, according to Robert Sternberg's triangular

theory of love (Sternberg, 1997). According to this theory, intimacy is the experience of closeness, connectedness, and bloneness in loving relationships, whereas passion is the impulse that leads to romance, physical attraction, and sexual consummation. The decision to love someone and the dedication to preserve that love are both instances of commitment. This viewpoint contends that a spouse's or partner's level of expertise will depend on how powerful.

Researchers have discovered that there is an educational influence in addition to the emotional and behavioural effects. When compared to kids from stable families, kids who grow up in divorced homes perform worse academically. Children who experienced divorce may suffer terrible consequences. Beyond the traits of children who experience divorce and remarriage that have already been highlighted, further indicators include behaviour issues like violence or acting-out. A 1999 study indicated that children whose parents split were more likely to experience depression and delinquency.

## **II. LITERATURE REVIEW**

According to research by Kalter, Alpern, Spence, and Plunkett, children of divorce score higher on tests of internal locus of control when they are expected to take responsibility for their parent's divorce. A child's personality alters as a result of taking on this obligation to accommodate their feelings of shame and powerlessness.

According to Marshall (1998), symbolic interaction theory focuses on how meanings develop through interaction. This theory places a focus on interpersonal relationships in order to establish an understanding of fundamental human interactions through three basic concepts: meaning, language, and mind.

## **RESEARCH OBJECTIVES**

1. The study's primary goal is to discover the different difficulties that divorced couples deal

with in their everyday lives and how these difficulties have hampered continuing family participation a

ndprovided solutions for future dimensions.

2. The affected couples must have faced a variety of challenges in their marriages before

deciding to divorce. Based on their own interpretation, the events and interactions of the divorced couples would reveal the hidden truth and reveal experiences that the conscious mind might not have been able to discern from secondary data.

### **RESEARCH QUESTIONS**

1. What methodology was used for the research?
2. How does divorce affect different relationships?
3. How might the harmful effects of divorce on children be lessened?
4. How does divorce affect the everyday living situation for separated mothers and their kids?

### **III. METHODOLOGY**

This chapter's goal is to give a methodological framework for analysing data related to the impact of divorce on family relationships, but it also permits the development of fresh concepts and their incorporation as crucial information during interviews.

#### **WHY IT HAPPENS:**

1. Adultery is defined as the act of engaging in any type of sexual activity, including extramarital affairs.
2. Cruelty: When a spouse suffers any type of mental or physical harm that puts their life, limb, or health in danger, they have the right to apply for divorce.
3. Desertion-  
The abandoned spouse may sue for divorce on the grounds of desertion if the other spouse voluntarily leaves his or her relationship for at least two years.
4. Mental Illness-  
If the petitioner's spouse has an incurable mental illness or is insane, it is unreasonable to expect the pair to be together. This is a reason to file for divorce.

## IMPACTS OF DIVORCE ON FAMILY RELATIONSHIPS

**Child-Parent Relationships:** When a divorce happens, the next big effect is on the child of the parties to marriage. If the child is in his/her formative years, then the effect can be even more fatal. Some children grow up blaming themselves for their parents' separation. Most children suffer the brunt of inattention

and neglect from their parents. In the case of "*Meenapushpa V. Ananthan Jayakumar*", it is noted that grandparents are also given custody of their grandchildren where doing so is in accordance with the wishes of a child who is of legal age. There are two opposing viewpoints on this. Custody of the child becomes a contentious issue in divorce proceedings. Sometimes, both parents make it an ego battle and try vicious ways to obtain custody. There have been many cases where the court observes that one parent tries to negatively influence the child towards the other parent by lying and bad mouthing. Thus, in this case, the court observed that if it is not in the best interests of the child, the custody may even be given to grandparents. However, the major opposition that comes is the fact that parents have the exclusive right to child's custody since they have given birth.

**Support:** It is self-evident that children of divorced parents receive lesser support on many fronts as compared to their counterparts. Another factor that adds to this is the fact that now small nuclear families have replaced the joint families of yesterday. In a joint family, there were other people to look after the children, which is now not the case anymore.

**Trust:** Parents are the first people in a child's life where he/she learns about mutual faith and harmony. Divorce and separation creates a negative image in the minds of the child, where he trust issues with all other relationships that he forms at later stages of life.

**Early Child Departure from Home:** Due to the poor levels of family cohesion and harmony, children of separated parents leave their families of origin more frequently and earlier than children of intact marriages. The earlier children leave home to get married, cohabitate, or live alone, the more unhappy their parents' marriage is. When a parent's marriage is in trouble throughout adolescence, some children may leave home "at such young ages that it resembles running away from home." Runaway children with stepparents are only 70% as likely to come home as children who live in intact, two-parent families. Over 20% more stepchildren are likely to leave home earlier.

**Mother and Children Relationship:** It is but obvious that a single mother is at a disadvantage as compared to a married mother, both emotionally and financially. Though there are successful single mothers, but generally the mother child relation is affected after divorce. When divorce takes place at the time when child is too young, it creates deep imprints on the child's mind that affects throughout his/her life.

**Father-Child Relationship:** Father-child relationships are difficult for divorced fathers, particularly non-custodial fathers. Fathers often remain out of contact with their children because generally the custody is given to mother. This results in a detached father child relationship.

**Contact:** A study revealed that ninety percent of the children of divorced parents had not met their father for over a year. Similarly, in those cases where the custody was with the father, the children had not met their mother for a very long time. Even if they had met the other non-residing parent, it was for a day or two. This shows that contact is affected a lot after divorce. The reason being sometimes legal issues, while sometimes the emotional disinterest of the other parent.

**Persisting Effect:** The affect of divorce on boy and a girl is different. It has been noted that boys can become aggressive, especially if their custody is with mother. On the other hand, girls develop complexities during college years, if their custody was with their father after divorce. Girls tend to enter into toxic relationships, inviting their own exploitation; or they may altogether avoid to enter into relationships. Boys tend to become addicts during college years. Research and studies on divorce and its effects on divorced and their families have been conducted all over the world. The significant effects of divorce, particularly on children, make it a fertile field for ongoing study. The most recent and pertinent research on the effects of divorce on children and their divorced mothers is briefly reviewed in this section.

Al Gharaibeh and Olimat (2012) discovered in their study that children of divorced parents endure social hardship, issues with social relationships, and behavioural issues in addition to financial difficulties for the divorced women. Sometimes, parents who have divorced use their children as a weapon against one another. Children are seriously harmed by this. It is not rare for some of them to have suicide thoughts because some

ofthemareeventornapartbytheirparents.

#### **IV. CONCLUSION AND SUGGESTION**

Researchers have already determined that divorce and separation have a bad influence on families, but they should focus more on conducting additional study to identify potential solutions to lessen the negative consequences because they have long-term effects on society. However, there are many concerns involved in divorce proceedings that children are unable to understand, making matters worse and ruining their lives; as a result, parents should talk to their kids before divorcing in order to counsel them. However, because the effects of divorce and separation on families differ from person to person and location to location, policymakers, researchers, and other interested parties should conduct studies involving large numbers of participants in order to pinpoint the issues associated with divorce.

#### **V. REFERENCES**

1. <https://indiankanoon.org/doc/1284729/>
2. <https://studycorgi.com/the-impacts-of-divorce-on-family-relationships/>
3. <https://studycorgi.com/reasons-for-high-divorce-rates/>
4. <https://studycorgi.com/the-impact-of-divorce-and-separation-on-family-relationships/>
5. <https://www.iresearchnet.com/research-paper-topics/law-research-paper-topics/>