

MENTAL STRESS OF CHILDREN OF DIVORCED PARENTS

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Abstract - *This study aims to investigate the mental stress of children of divorced parents. The mental stress and life of the children of divorced parents can be seen as important in our society. The relationship between marital bliss and harmony is the couple's cohesive life. But a marital breakdown begins when a completely selfish attitude develops rather than working together. But they do not see the life of the children in this relationship. That is why the lives of children are being ruined. The dream of living together with one's parents is disappearing. Life through the separation of parents disturbs the physical and mental sphere of children. However, children have to live with mental problems for the rest of their lives.*

Keywords: Mental Stress, Parents, Children's, Divorce

1. INTRODUCTION

A complete family is a community consisting of a mother, a father and children with mutual love, respect, support/solidarity and the sense of belonging to each other. Such a family is the fundamental factor in the emotional, social and moral development of the child. In sum, a complete family is a natural environment where the child is socialized in the broadest sense (Akyüz E, 2014). In today's social life we see so much in society one of the issues is the mental stress on children of divorced parents. Separation of

parents can lead to different levels of behavior in children's attitudes, and the trauma they cause can lead to emotional instability, depression, restlessness, unwanted, unacceptable, and incompetence, and exposure and manifest psycho-neurological problems. Such children are not able to achieve their life success, get proper education and are isolated in the society through various anti-social activities. In addition to learning, their involvement in all aspects of the society in which children look may not be entirely successful, but if they are to have a proper life, they must live and grow under the discipline of their parents. The future of such children becomes a question mark if they are not able to lead a proper and orderly life even after examining the mental state of the children. Therefore, children of divorced parents face a great deal of stress in their personal lives. This adversely affects their education and everything else. Childhood is the most intense time for a person's emotional, moral and psychological development. It is at this point that children clearly understand themselves, friends and family. However, the mental state of children born to divorced parents can sometimes be different. Even a child's behavior is fraught with inconsistencies. That parental divorce is associated with multiple problems for youth that extend into adulthood, including internalizing and externalizing problems,

interpersonal difficulties, poor physical health, and substance abuse” (Sigal, 2012, 150).

The psychological compatibility is a continuous dynamic process carried out by the individual, it is a process that targets changes in the individual behaviors which makes him more compatible with himself and allows him to occur relations with other people and the environment surround him (Mahjob, 2003). The psychological compatibility includes harmony with the surrounding environment and the ability to satisfy the individual needs and allow him to face the most physical and social requirements and give him the ability to organize his life and resolve conflicts down to the harmony with himself and with others and raise his self-confidence (Aldamd,2003).

Discrimination and isolation shown by society towards the children of divorced parents can be avoided by giving proper and necessary awareness and support to them from society. Such children who live in isolation become addicted to depression and do things that should not be done in society. Children who experience their parents going through a divorce are susceptible to becoming depressed, being withdrawn, acting out, and acting differently. Psychosocial stressors constitute a significant, pervasive risk for children’s mental health problems” (Velez, 2011, 244).Understand how much such children are analyzed and influenced by society. Therefore, in today’s social life, the study of such children is essential.

1.1 Specific areas and dimensions affecting children owing to parental separation

Poor academic Performance

Academics are one of the most important aspects of a student’s life. Relationship transitions occur more frequently following parental divorce, and such

instability disrupts children’s lives and their schooling (Lee and McLanahan 2015; Sweeney 2010).Children in primary education who lose the closeness of their parents due to divorce and separation. Their peers than children living with family poor learning and functioning (Daniel Potter, 2010), this gap persists through primary education.The mental state of the children in the divorced family suffers greatly.To parentssuch a situation for cohesive children creates issues in every way.For a variety of mental stressorschildren who become slavesno focus on academic and non-academic matters. Consequently, contempt and hatred for learning leads to hatred of learning beyond learning progress.In a school where children rely on their learning by approaching learning without a sense of purposeLearning and non-learningit is not possible to have a precise focus on everything. Learning is absolutely essential. However, there are situations where children do not pay attention to learning or focus on learning. In the face of this situation, children are living in a society that is completely addicted to mental stress.

Loss of Interest in Social Activities

Wallerstein and Blakeless (2004), in middle-class children of divorced parents about half of the children, experience long-term stress and insecurity that adversely affects their work and social relationships. The situation of living forward according to the social status is not entirely effective due to the lack of physical and mental condition that is not received from the parents. Every child is a role model for their parents moving forward in life. That is why it is said that the social environment of children is an important factor for parents. The child feels guilty that he or she is the cause of the problem in addition to making guilt is on the rise. It also causes a great deal of stress and can lead to many health problems such as depression.

If the child is exposed to such issues at a very young age, it is necessary to put him or her back on track and bring him or her back to a life where guilt has been eliminated. Adults in the home need to take the initiative. It is important to look at the lives of the children as much as possible and to address their issues accurately. In addition, children should not be subjected to any mental or physical activity that could lead to mental illness.

And think for yourself. It is essential that the child live in the care of his parents as long as he is able to do his things properly. By not getting so he realized his isolation and reaching a preferred life that is not fruitful. Such a state of mind is completely unsuitable for social status. This kind of approach to the social life of the child is brought up in the subjects in his future life.

Difficulty Adapting to Change

Any subject in the family relationship has a huge impact on children. Anything that is constant and very simple is going on in every home without emphasizing its exact things. Therefore, men and women have to end each other's lives in order to save themselves from the rhythms. But in any activity, such as divorce, without thinking about the future of the children in the relationship, children may experience a great deal of psychological and physical problems, such as depression. Children of all ages are sensitive to parental divorce; their reactions are expressed in ways consistent with their developmental stage (Emery RE, 1999). Children in divorced households may find it difficult to adapt to their family environment. New family dynamics may not be compatible with them. Accurate without getting the atmosphere of life.

Emotionally Sensitive

Divorce can lead to emotional distress in children caused by mental disorders. Through it, going into a lot of topics. Divorced children's have an increased risk of problems, such as physical disorders, emotional disturbances, troubles with social relationships, and academic failure (Aghajanian, 1986). Emotional changes in children may be due to the inability to receive the love and affection that parents have for one another. Issues that undermine children's mental strength precisely in emotional adaptation are paving the way. Emotional distress can bring a lot of emotions to the fore from the mental stress that can occur in children. Children develop emotional and sensory factors such as anger, anxiety, confusion, and incompatibility. An accurate fact in terms of how precious their feelings are to children unable to understand. Any rhythm in the family relationship affects the child. We need to understand the fact that children have so many emotional problems. From the point of view of family relationships, the degree of any psychological problem in children is of paramount importance. It is essential to look closely at any emotional issue and approach it, respectively. Mental rhythms have a great deal of influence on the emotional subject. As a result, many characteristics may be present in children. It may take a long time for the emotional state of the child to change, depending on the child's mental state. Only then will such severe complications in children be reversed.

Anger/Irritability

Parental divorce can overwhelm children. Suppose a child does not know how to respond to or cope with their parent's divorce. In that case, they may experience increased anger and irritability. They might direct this anger toward their parents, themselves, their friends, or another authority figure such as a teacher (Anderson, J., 2014). Absolute anger /

resentment for children in a divorced relationship they may have a lot of issues and may have such issues in their future lives. Such tendencies may be due to. It can create a situation that can range from anger / rage to absolutely very serious mental disorders. Because children do not receive the equal love they receive from their parents. Their together living in discipline because children who are supposed to be a new citizen do not get any proper care in life there is a situation where the mental state of the child changes completely. Every moment the closeness of the parents they want not being able to get it means having to live for something. Mental growth in proportion to physical growth if the child wants to get it, he has to get things accordingly. Mood disruptive circumstances and circumstances because it occurs in children changes in their behaviour and so on. If anger / resentment is to be completely present in children, it is essential to understand and address such a situation.

For children who have to live with their parents from an early age. Their mental and physical condition is deteriorating for some reason and making changes. If children have such experiences as they mature, their future life may become a question mark. And struggle with circumstances why children who are motivated to live in harmony it can't. This is because of the fact that if parents have solved exactly what their children do, they will not have any problems. Therefore, if the children do not have parents living together with them it is not possible to fill that gap in the lives of children. For any angry behaviour that occurs in children behind there may be a clear pain hidden. So maybe for children living in such situations poisons and occur. Such issues come to mind for children living in proper care can be controlled. For children who live otherwise their mental state cannot be maintained.

Feelings of Guilt

The child knows the family atmosphere in his home very clearly. Separation between his parents and issues between them their separation also causes a lot of mental and physical problems in children. The children are constantly wondering why such a thing happened in his house. Assessing how others view the condition of his home children feel guilty every time they think that. Parental separation does not affect children in the slightest. The child thinks of himself as the cause between the parents even thinks to himself that such a thing has happened. Perhaps because he was born, his parents are far apart he always sees such a thing in his house in a very big way. In his growth all stages the subject of one's own parents is carried on as a pain.

For children of divorcees. How long only children can know that they have stress. The guilt that arises in their mental state is not just a fact but a consequence of a clear subject. Although this is common in children living in normal conditions, it does not affect the mental state as much. Then the child who suffers from such problems will not be able to control his mental state. However, it is not right to hold on to such mental misconceptions throughout life. From the lack of mutual love of the parents to the subjects, the mental state of the child is hurt under misunderstanding the subject travels with them in whatever the child reaches for himself. Therefore, the future life of the child is a life of mental stress and guilt throughout his life.

3. CONCLUSIONS

In today's society, the rhythm of many families can be seen to be eroding. At the end of it all, the husband and wife are getting divorced without understanding the depth of the family bond. We need to take into

account the life of children that were born in the relationship when the marital tie breaks. They may have a lot of stress in all their physical and mental aspects. This can be very damaging to children's education and social interaction. Even children's lives can have flaws. The present society is also preparing itself to fall into the unethical and immoral conditions of life and society.

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BIOGRAPHIES



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