Review of the Impacts of Parental Divorce on Outsprings

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Abstract. The divorce rate around the world has risen, though only a few investments can be found that have complete conclusion to the future effects on children of the separation of parents. Therefore, in the present study, the impacts of divorce on the next generations are examined by searching and collecting the previous research. The research found that parents' separation could influence children's recent psychological state. More significantly, the separation of parents can also have a critical influence on a children's long-term development, an impact that was proven in research to persist into adulthood. Mental illness, worse academic achievements, suicide thoughts, fragile marriage and higher probability of crime are all the impacts of parental divorce. In summary, the consequences of parental divorce are widespread and long-lasting. Based on this, the paper provides suggestions on how to prevent the impact of parental divorce on individuals in youth from the perspective of the family, the school, and the individual.

Keywords: Parental divorce, parental separation, childhood, development.

1. Introduction

It has been increasingly common to find the divorce rates all around the world has a significant rise in recent 5 years. According to the related statistics, China had 3.2% divorce rate in 2018 [1]. Outsprings of divorced parents might have increasing risk of several emotional and mental problems. They would have more depressing feelings and thoughts compared to the non-divorced kids [2,3]. But only a few research which are associated with children's mental disorders and divorce has been done except for depression. In addition, sometimes those who are in divorced families would have some extreme thoughts and behaviours like suicides and crime [4,5]. Furthermore, the impacts of parents' separation on kids are not only short-term, which are on their academic achievements, but also long-run, that are related to future sex intercourses and marriage [6,7,8]. Finally, some brutal crimes were caused by some outsprings of divorced families, due to their fragile families' structures [9, 10].

1.1. Mental disorders

The divorce of parents might be a trauma for kids, and it seems like adolescences who have divorced parents are more possible to have mental illness compared to those with nondivorced parents.

By interviewing 121 women who were nearly 23 years old with a specific interview method which is test for the disorders in the DSM-IV Axis I and II and asking them to finish questionnaires which evaluate the care of parents, social linkages like loneliness, anxiety, childhood trauma and depression, a connection between divorced parents and Axis I disorders which conclude anxiety disorders, mood disorders, schizophrenia and so on [2].

For instance, depression is the most common mental disorders that might occur on adolescences. The feelings of being frustrating such as melancholy, irritability, or emptiness or the absence of amusement combined with extra cognitive, behavioural, or neurovegetative signs that have a significant implication on the individuals' competence for daily life are the indications of depression. Parental separation could cause children to be in low mood for a long time due to the conflicts of their parents. Thus, it would be more possible for those whose parents are divorced experience depression. In May and June 2011, a study was carried out on the sample which includes 168 people, which 38.1% of them were college students at Zenica and the rest of them were senior high students who were from two cities which are Zenica as well as Maglaj cities, by using some specific questionnaire like Beck's

Depression Inventory (BDI) II and Miller Social Intimacy Scale etc [3]. Teenagers from divorced families demonstrated a quantitatively considerably greater degree of depression ($p<0.05$); 20 (24.69%) of these juveniles had either severe or moderate depression, in contrast to six (6.89%) of those from intact families [3]. By analysing BDI-II, adolescents who have dissociative parents had great gaps in the agitation ($p<0.01$), and it is more difficult for them to focus and socialise [3]. Moreover, they might feel more sorrow and pessimism compared to those who are come from nondivorced families.

Consequently, dissociative family structure might be a cause of the mental disorders, because of the parental divorce, children would be in an environment where conflicts often happen, and children would more worry about their parents' relationship. Thus, this would be a trauma to them because of the furious parents. Divorce frequently contributes hardships on daily finance and communication. Youngsters might suppose that themselves are the causes of the separation. The feelings of being unworthy, nervous, and grief would lead to have guilt. As for parents, due to their unhappiness on the relationship, as well as the tough time dealing with the financial and social problems, they would be more sensitive and fractious. Therefore, they might relieve their feelings on their kids or pay less attention on kids' developments. So, children would lack attentions of their parents and lack confidence for themselves. All these factors might raise the probability of mental illness occurring.

1.2. Suicide

Some research found that children's suicide attempts and thoughts are related to their parents' separation. Researchers assessed gender-specific variations in a sample of 6,647 persons, 695 of them are suffered parental divorce before the 18 years old, in a report that was posted online in the journal Psychiatry Research [4]. In accordance with the study, males with parents who had divorced had over three times the risk of having suicidal thoughts as those whose parents had not divided [4]. 83% greater possibility of females with divorced parents have suicidal thoughts than the contemporaries who are in the non-divorced families [4]. Moreover, it is found that males with single parent might be easier to get the thoughts of suicide and attempt to kill themselves due to the mood or anxiety disorders [4]. Thus, this could be the evidence that explains parental divorce might bring some disappointing thoughts and down moods to the children and having a great influence on their ways of considering the meaning of lives. So, they may end their lives with ease, just because of some anxious and stressful stuffs that they cannot stand. From my perspective, those who have divorced families are more sensitive and have less anti-pression abilities, these traits might cause more low moods than the normal. Therefore, they would be more likely to have thoughts and attempts of suicide.

A cross-sectional public health investigation with 28,029 individuals between the ages of 18 and 80 was carried out in the year of 2012 in a city in southern Sweden called Scania, , adopting sending questionnaire to participants [5]. A logistic method was adopted to investigate the relationships between parental divorces during development and ever considering about suicide or having attempted suicide [5]. Nearly 12% of men and 16% of women said they'd thought considering suicide, whereas 3.2% of men and 5.3% of women reported having committed suicide [5]. Furthermore, 20.4% of males and 22.3% of women claimed to have experienced divorced parents from the time they were children until the age of 18 [5]. With rare exceptions, experiencing parental split or divorce as a kid had a significant correlation to have considered about suiciding, with the greatest probability ratios for those who had gone through it between the ages of 0 and 4 years [5]. However, only 51.7% people took part in the survey, which might cause the results to be less persuasive and universal. In addition, it could possibly be seen as a restriction as the data on childhood financial hardship was self-reports.

1.3. Academic achievements

The Enugu Eastin the Enugu State research examined the consequences of divorce on the educational achievement of elementary school students [6]. The investigation used a descriptive survey methodology, and the study was directed by two research questions and one research hypothesis. 831 Grade 6 students from 23 elementary schools in the research region made up the

study's whole population [6]. 249 students in the sixth grade made up the participant pool size for this study. To choose an appropriate sample, investigators utilised a straightforward random sampling procedure [6]. Three experts in measurement and evaluation, curricular investigations, and recommendations and counselling face verified a structured questionnaire that was used to gather the information [6]. Applying Cronbach Alpha, a general dependability value of 0.78 was calculated. In addition, the mean and standard deviation were utilised to respond to the study questions, and a 0.05 level of significance independent sample t-test was performed to evaluate the assumption [6]. According to the study, children with separating parents experienced scholastic difficulties such a shortage of textbooks, inferior grades, and trouble focusing on class [6]. To sum up, parental divorce would cause the stress of children and they probably could not concentrate on the study, they might wonder the relationship between them and their parents rather than the grades. Thus, the separation of parents might cause teenagers' plunges in academic achievements.

1.4. Marriage

It is seemed that the adults who have divorced parents may hold more negative attitudes to marriage compared to those who have non-divorced parents. A study evaluated parental divorce and interparental conflict that was retrospectively reported in a sample of 265 engaged couples before they got married, as well as relationship commitment and relationship confidence [7]. This investigation demonstrates the association between parental divorce and female's lower relationship commitment and relationship confidence, which might increase their possibilities of divorces [7]. Women with divorced parents may feel more ambivalent when contacting with a partner, and they might be more sensitive and fragile to the relationship [7]. However, the current investigation has certain drawbacks. Initially, the group of participants was not representative. All of those involved were married by a religious institution, the majority of whom were White and of average education, which means the results might not generalise to partners with different racial or academic qualifications, or to individuals who elect not to get married in a religious institution [7]. Additionally, the internal coherence of the romantic commitment scale for women was less than ideal [7]. Finally, the examiners do not test whether the lower degrees of dedication and trust in romantic relationships found in girls of divorced parents ultimately lead to greater incidences of marital unhappiness and breakdown [7]. To sum up, due to the childhood memories of parental separations and conflicts, outsprings may have disappointments of marriage. Thus, they may have less confidence and commitments to the partners and keep thoughts of their parents' awful marriage. So, it would be harder for those who have experienced parental divorce to set up connects with their lovers. Therefore, it would be more difficult for them to have stable or long-term marriage.

According to a study, parental divorce may affect children's first sextual encounters as well as their sexual and marital wellbeing. In relation to research based on data from the Chinese Private Life Survey, though all the approximate age married at, kids with divorced families had more propensity to had sexual intercourse earlier compared to the counterparts [8]. The accumulation of premarital sexual interactions had a positive relationship with higher rates of sexual dysfunction, premarital as well as extramarital sex attitudes, and sexual dissatisfaction throughout marriage [8]. Though this research also has some limitations. Initially, the heterogeneous impacts of the divorce by the respondent's age at when the separation began or by their socioeconomic status were unable to be investigated due to the absence of specific data on the the participants' own experience of separated parents, sexual activity, as well as other sociodemographic variables [8]. Due to the absence of all these information, it is indeed difficult to deduce the outsprings' responses to their parents' divorce and their own premarital sexual behaviours. Additionally, the influence of genes could not be neglected, which might have some impacts on outsprings' sexual activities and subsequent marital issues [8]. Overall, parental divorce might influence their attitudes and behaviours on sex and marriage. In my own view, maybe their parents' experiences make them be more desirable to the sex, but they still cannot trust their partners. All these may lead to higher level of divorce proneness among outspring who come from divorced family.

1.5. Crime

The child-parent separation state in the research was determined using residence addresses from the Danish registry [9]. The research was conducted by supervising the participants since the time they were 15 years old till their first conviction of crime. [9]. The risk rate proportions were counted using methods for survival analysis which was done between 2016 and 2017 [9]. This nationwide cohort investigation contributes to the body of research revealing that growing up without a parent raises the possibility of becoming an adult violent criminal [9]. The separation of parents might be adversities for a kid's development and influence his whole life [9]. On the other hand, the limitation still occurs. The records of familial offending for many cohort participants are insufficient since criminal offending statistics were only accessible from 1981 onwards [9].

The conflicts and traumas that children in dysfunctional families undergo may raise children's worries and anxiety [10]. In addition, due to the absence of parents, kids might be less supervised and got less attentions compared to those who live in an unbroken family [10]. Moreover, adolescences with divorced parents may lack linkages with their parents [10]. All the factors above might indulge children in deviant behaviours.

Some gunmen of shooting tragedies are from divorced family. For example, a man in America called Salvador Ramos shot 19 kids and 2 teachers at a primary school in Uvalde, Texas in 2022, who was born in a broking family which had no father attendance in his life. The gunman of Red Lake High School in 2005 was a 16-year-old student called Jeff Wiese. He lived with his grandmother who had separated with his grandfather, and he had a stepfather who married his mother. Therefore, their broken family structures might indulge children in deviant behaviours.

2. Suggestions

In order to decrease the negative influences on outsprings of divorced families, the present study provide some suggestions. Firstly, as for parents, less conflicts need to be occurred in front of children. And it could be better if parents spend some time communicating with their kids and pay more attention on children's development like setting a period as activity time that parent and children can do some meaningful activities such as going for a walk and hiking etc. Thus, adolescences would feel less lonely and lack parents' cares. Simultaneously, schools could pay more attention to those kids who come from divorced family and provide some professional mental therapies. Detailly, some questionnaires kids need to complete to test their mental conditions like the Security-Insecurity Questionnaire (S-I, Family Adaptability and Cohesion Evaluation Scale (FACESII) and Patient Health Questionnaire-9 (PHQ-0). Moreover, though the governments have already tried to give a month reconsidering time for parents to reduce the divorce rates, they can provide some intimacy therapies for the divorced families to help them cope with the new relationship and other issues. When it turns to children, more interactions with parents might be helpful.

3. Conclusion

Parental divorce may have lots of negative effects on next generations no matter short-term or long-term. For instance, it is more likely to outsprings suffering from mental disorders, higher suicide rate and crime rate, lower education level, and worse marriage attitudes. Such kinds of trauma might make kids be more sensitive, less confidence on themselves as well as less commitments to others. Another impact might be that would be more desirable of sex compared to the non-divorced outsprings. Furthermore, for some extreme situations, they would also do some extreme things like crimes which are harmful to the whole society. Thus, some effective actions need to be done for different roles like parents, schools and governments.

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