

**“The Aftermath of Divorce: Evaluating the Well-Being of Women and Children”**

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**Abstract**

Present society, well being is paramount concern by every individual. Significant role of family institution is to maintain the same. Simultaneously, matrimonial institution provides security and support for every aspect of life. Due to societal and population trend, these two institution transform and resulted into divorce. Now, the matrimonial institution has lost its sanctity. This paper reveals that how well being of divorced women and their children affected by divorce. Paper about to understand, during and post divorce alteration in their life. Researcher, focus on the multifaceted impacts of divorce such as social, emotional, economic, psychological well being and physical health too. Also finds issues regarding the feeling of unhappiness and loneliness, depressive, sleeping disturbance, suicidal thoughts, etc. Terrible effects of mother bad financial condition and social stigma has seen various forms upon the divorced parent children. To mitigate the impacts of divorce researcher suggest some coping mechanism.

**Key Words:** Well Being, Women, Children, Divorce.

**1. INTRODUCTION**

In human society, stability brought in the life of individuals only by the institution of marriage in every dimension. Due to some societal changes, matrimonial institution simultaneously affected and resulted into the new concept i.e. Legal Separation. Now, marriage became the dissoluble union. The numbers of individuals and their off-springs are affected by this new concept. Subsequently, Legal separation was majorly rejected by the society. But consequently, it is the matter of embracing and celebration. In earlier times, harmful impacts of Legal Separation were most debatable and only emotional harm was believed to be faced by the victims of divorce. Later numerous research reveals that impacts are worst for divorced parent children.

To know about the post divorce alteration in life of women and children, a comprehensive study is required to conduct upon the various dimensions of the well being affected by the divorce. Also, adoption of some coping mechanisms is required to mitigate such consequences on women and children after divorce.

## 1.1 REVIEW OF LITERATURE

**Paul R. Amato and Keith (2001)** conducted a study titled *Children of Divorce in the 1990s: An Update of the Amato and Keith (1991) Meta-Analysis* to examine the study published in 1990 with the help of new samples. Study incorporates the analysis of 67 new studies for comparison between the divorced parents children and married parents children. Comparison conducted in respect of their academic performance, morale, emotional stability, behaviour, well being, social and personal relations in which divorced parents children score lower than married parents children. The author finds that 1990 this gap between these two categories of children had increased.

**E. Mavis Hetherington, (Oct., 2003)** conduct a study *Intimate Pathways: Changing Patterns in Close Personal Relationships Across Time*, to study the divorce and various changing pattern of intimate relations. It studies how divorce associated with the social, psychological and physical well being. Paper is also discussing the impacts of changing patterns of close relationship upon their offspring also. Paper focused is divided into four aspects, firstly, types of marriage to determine the less or more instability in marital relationship. Secondly, both spouse response to divorce and their adaptive change over time. Thirdly, what are the factors behind instability in relations. Lastly, how generation effect by the transmission of divorce. Findings are gathered from Virginia. Paper suggests that difference between the well adjusted partner of divorced family and non divorced family regarding marriage stability.

**Gilman, Schneider, and Shulak (2005)** conducted a study on *Children's Ability to Cope Post-Divorce: The Effects of Kids' Turn Intervention Program on 7 to 9 Year Olds*, discuss regarding the coping ability of the children with the situations after the divorce, a intervention study was conducted in San Francisco. Effectiveness of this program regarding the coping skills, "behaviour and attitude of the children" aged 7 to 9 years of age is the purpose of this study. The program name was *Kid's Turn*. Like this program lessen the difficulties of the children which are faced by them due to the parental separation. These difficulties can be in the form of emotional problems, adjustment, behavioural etc. for whole family i.e. parents and children, this program is required which continued for few weeks with certain hours. It was resulting in improving in the behaviour of children. This program gave positive impact on children behaviour which resulted into the change in their belief system also. More kids enrolled in this program because of this study.

## 1.2 SCOPE OF THE STUDY

The prime focuses of research on Indian society where divorce still considered as a social stigma. Number of studies had conducted but there is requirement of more study in direction where legal framework fails to protect. The main aim of research is to analyze the multifaceted impact of legal separation with special reference to well being of women and their children. Social, economic, psychological, physical health aspects are explored in this

research. Impact on the quality of life, self esteem, performance in academics, social identity etc also studied to know at what extent divorce is affecting the women and children in these dimensions. Therefore, in spite of having existing numerous literature, there is need of study in order to protect and support them by suggesting some coping strategies and interventions programs as a mandate.

### **1.3 RESEARCH OBJECTIVES**

1. In order to examine the emotional and psychological well being of divorced women and their children.
2. To analyze the economic consequence faced by both women and her children after divorce.
3. To understand the social impact of divorce for women and children.
4. To trace the divorce impact on the physical health.
5. To identify the coping mechanism for mitigate the impact of divorce.
6. To recommend some intervention programs to overcome the negative impact of divorce.

### **1.4 METHODOLOGY**

This study adopts a qualitative and descriptive approach to understand the impact of divorce on the well-being of the women and children. Secondary data in the form of articles, books, papers etc incorporated to explore the impacts of divorce in social, economic, psychological and physical health aspects. Existing legal framework regarding the alimony, maintenance and divorce are also analyzed to know their coverage and effectiveness.

## **2. DIVORCE**

Divorce is most devastating event which resulted into the disintegration of the family. Generally, divorce means separation. Divorce can be defined as when husband and wife fail to fulfill their marital duties and responsibilities towards each other and decide to live separation. From legal aspect it include concept of alimony, maintenance, custody, property division. In this research divorce is independent variable. It influences the well being of the women and their children in every aspect of life. Social, economic, emotional, psychological, physical health aspects are the dependent variable upon the divorce. There are some other variables also which influence the relationship between divorce and well being such as age at the time of marriage, type of family structure, women employment status, custody arrangement, support system, societal background etc.

### **2.1 MULTIFACETS IMPACTS OF DIVORCE**

In many profound ways, families are affected by the divorce. There are numerous challenges faced by the women after the divorce. Such challenges are as social isolation, emotional,

psychological, financial etc. Not only the women but the challenges are also faced by the children like poor academic performance which ultimately impact on the children behavioral and emotional well-being.

### **2.1.1 Emotional and Psychological Impact**

#### **2.1.1.1 Impact on Women**

From emotional perspective, Women are often triggered by the divorce. Significantly, as compared to normal married couples the impact of divorce upon the divorced women is higher regarding psychological distress.<sup>1</sup> Some impacts find the common place in every divorced woman such as sadness, fear, anger, confusion. Therefore, this transition of status from married to singlehood brought the depression and loss of identity in life of women. Single parenting and financial difficulties become reason behind all such feelings.<sup>2</sup> Frequently, the feeling of loneliness and isolation are faced by the women after the divorce.<sup>3</sup> A stigma came into their life after loss of companionship which resultant into the increase of such feelings. In psychological aspect, the impact of divorce can be of acute nature in case of women who lived in long term marriage. Therefore, women identity and self-worth forced to redefine.

##### **2.1.1.1.1 Loneliness and Social Isolation**

As there are several outcomes of emotional and psychological perspective but the common one is loneliness. Women really faced a very hard times without the companionship in rest of the life as earlier, completely relied on marriage. Along with the loss of companionship, Social isolation and loneliness also brought cut off from the social networks which women had during the marriage. Even some cases, women were cornered by their friends and the family members too which bring more isolation.<sup>4</sup>

If the background is conservative, the social stigma can also be the reason behind exclusion of women from society. In such situation, society perception is very judging and negative regarding divorced women in cultural terms. As compared to the progressive society, for

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<sup>1</sup>Amato., Paul R., Denise Pretivi, (July 2003). People's Reasons for Divorcing: Gender, Social Class, the Life Course, and Adjustment, *Journal of Family Issues*, 24(5), 602-626.  
[https://www.researchgate.net/publication/242221794\\_People's\\_Reasons\\_for\\_Divorcing\\_Gender\\_Social\\_Class\\_the\\_Life\\_Course\\_and\\_Adjustment](https://www.researchgate.net/publication/242221794_People's_Reasons_for_Divorcing_Gender_Social_Class_the_Life_Course_and_Adjustment)

<sup>2</sup> Ibid.

<sup>3</sup>E. Mavis Hetherington, (October 2003). Intimate Pathways: Changing Patterns in Close Personal Relationships Across Time, *Family Relations* 52(4), 318 – 331.

[https://www.researchgate.net/publication/227702934\\_Intimate\\_Pathways\\_Changing\\_Patterns\\_in\\_Close\\_Personal\\_Relationships\\_Across\\_Time](https://www.researchgate.net/publication/227702934_Intimate_Pathways_Changing_Patterns_in_Close_Personal_Relationships_Across_Time)

<sup>4</sup> Ibid

regaining the social standing, lot of struggle done by the women of conservative societies and faced loneliness more.<sup>5</sup>

#### *2.1.1.1.2 Depression, Anxiety, and Loss of Identity*

In case of divorced women, feelings commonly reported are inadequacy and failure. On the personal level, one of the biggest failure is divorce itself and faced struggle with their self-esteem. Women who lived for long term marriage institution, her role as wife become the central role to her identity. Therefore, after dissolution such women loose her identity and purpose especially women who financially depended upon the husband and devote her full time in giving care.

Manifestation of psychological distress can be seen in many ways upon the women. Such women faced mostly faced the clinical depression and anxiety. On higher note, women also experience suicidal thoughts. Without any emotional and economic support, adjusting in a new life without the partner puts lot of emotional load upon women. Therefore, there is high risk of having psychological issues and substance abuse became the way to cope with it.<sup>6</sup>

#### *2.1.1.2 Impact on Children*

As the women, children emotional well-being is deeply affected by the divorce. Consistently, children experience more emotional and psychological issue such as anxiety, depression, etc.<sup>7</sup> Children start believing that they are the reason of their parent divorce and feeling of guilt emerges in them. Children feeling of attachment towards their parent also disrupted. As per the Attachment Theory, stability, in order to feel safe security in relationship, self health is required for the children. Due to divorce, disruption occurs in the parents relationship which bring insecurity, trust issues among children and hinder the social development of child and fails to make healthy relationship as a long terms effects.<sup>8</sup>

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<sup>5</sup> Thompson, L., & Spanier, G. B., (1983). The End Of Marriage And Acceptance Of Marital Termination. *Journal of Marriage and the Family*, 45(1), 103–113. <https://psycnet.apa.org/record/1983-27901-001>

<sup>6</sup>Kalmijn & Matthijs., Mond, Christiaan W. S. (December 2006). Are The Negative Effects Of Divorce On Well-Being Dependent On Marital Quality?. *Journal Of Marriage And Family*, 68, 1197, <https://matthijskalmijn.nl/Onewebmedia/Kalmijn%20monden%20-%20jmf%20-%20how%20marital%20quality%20moderates%20divorce%20effects.Pdf>

<sup>7</sup>Amato, Paul R. (2001). Children of Divorce in the 1990s: An Update of the Amato and Keith (1991) Meta-Analysis. *Journal of Family Psychology. American Psychological Association*, Vol. 15(3), 355-370. <https://www.scribd.com/document/620026727/amato2001>

<sup>8</sup> Furstenberg, [Frank F.](#), Kiernan, [Kathleen E.](#) (May 2001). Delayed Parental Divorce: How Much Do Children Benefit?. *Journal of Marriage and Family*, Vol.63, Issue2, 446-457. <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1741-3737.2001.00446.x>

#### *2.1.1.2.1 Trust Issues and Attachment Difficulties*

Trust issue is also profound psychological impact of divorce among the children. There is theory known as the Bowlby's Attachment Theory, states that the security and the emotional well-being served by the attachment bonds of children with whom care is given. When children lose their contact with one parent after the divorce, attachment bond gets disrupted.<sup>9</sup> Family structure after divorce is changed and questioned in terms of stability and which brings trust issues and insecurity.

#### *2.1.1.2.2 Anxiety, Depression, and Behavioral Problems*

Numbers of mental and behavioral problems occurred due to the divorce among children. As compared to the normal children, divorced parent children have higher tendency to face depression, anxiety, disorder etc. many other things like loose focus in studies, witnessing the parent conflict, social isolation, deviant behaviour, struggle between two houses, trying to cope with the pain of family breaking etc.<sup>10</sup> Children start believing that they are the reason of their parent divorce which emerges the feeling of guilt in them. Therefore, sense of responsibility among children vanishes which resulted into low self-esteem and depression. In worst situation, children brought the feeling of self-destruction in them and engaged in earlier sexual activities, start taking abusive substances as a coping mechanism to this emotional distress.

#### *2.1.1.2.3 Academic Decline and Social Impact*

Academic is most significant aspect in the children's life. But impact of divorce resulted into the decline of academic performance as emotional stress has brought distractions in them. As change comes in life after divorce, custodial parent faced various problems such as economic hardship etc which often resulted into academic instability.<sup>11</sup>

From social aspects, children feel embarrassed about their parent separation due to which they alienate from their peers. At a time children are facing a lot of things like they try to adjust with two homes after parent divorce meanwhile dealing with emotional fall-down and also try to fit in schools. Because of all, they fail to form any close friendship, trust-based relations/bond even they prevented to build any relation with anyone due to trust issues and insecurity.

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<sup>9</sup>Gomez, L. (1997). Introduction To Object Relations, Chapter 7, 150-174, John Bowlby: Attachment Theory. New York University Press. <https://tcf-website-media-library.s3.eu-west-2.amazonaws.com/Wp-Content/Uploads/2014/12/20131930/An-Introduction-To-Object-Relations-1997-Chap-7.Compressed.Pdf>

<sup>10</sup> Id at 8

<sup>11</sup>[Yongmin Sun, Yuanzhang Li, \(July 2008\). Parents' marital disruption and its uneven effect on children's academic performance—A simulation model. \*Social Science Research\*, 37\(2\), 449-60, \[https://www.researchgate.net/publication/23649960\\\_Parents'\\\_marital\\\_disruption\\\_and\\\_its\\\_uneven\\\_effect\\\_on\\\_children's\\\_academic\\\_performance-A\\\_simulation\\\_model\]\(https://www.researchgate.net/publication/23649960\_Parents'\_marital\_disruption\_and\_its\_uneven\_effect\_on\_children's\_academic\_performance-A\_simulation\_model\)](https://www.researchgate.net/publication/23649960_Parents'_marital_disruption_and_its_uneven_effect_on_children's_academic_performance-A_simulation_model)

### 2.1.2 Financial Impact

Economic insecurity is one of the impact of divorce upon the children which can be seen immediately after parent divorce. Substantially, divorced women and children faced declination in their standard of living.<sup>12</sup> Reason behind this is non-working nature of women in family. As in family structure the primary duty of women is care giving and responsibilities, ability of doing something is limit by their roles which limit their career.

When woman was fully dependent upon spouse, such single women headed family faced reduction in income of family after divorce. Stress, anxiety occurred due to financial stress. If the custody of a child giving to the mother by the court of law, the women have to struggle a lot in terms of finance in order to meet the expense of child regarding their schools fees, nutrients, health services, bring opportunities in the form of extra-curricular activities.

#### *2.1.2.1 Financial Instability and Employment Challenges*

After divorce, in cases of women, financial hardship is worst which puts noticeable impact upon the standard of living. As compared to men, 27% women faced decline in household income. Even, men get increase in financial stability.<sup>13</sup> This difference is created between these two sexes of society due to custody awarded by the court of law in respect of women. For the best interest of child mostly custody goes with the women which creating hurdle in joining the full time working jobs with higher paid salaries. Other reason for not engaging in the good jobs is her roles in family limit to care giving and responsibilities which ultimately limit their career and ability to participate in work forced. Therefore, women are lacking in skills and education required for secure well paid job. Another restriction in women earning potential is maintaining the balance between the work and child responsibilities by them. In order to meet with their parenting duties, women have to engage in multiple jobs, or work for less wages in order to get flexible hours for working etc.

#### *2.1.2.2 Child Support and Alimony Challenges*

For financially supporting the women, our Indian legal system provides the legal framework after divorce. In the form of maintenance women and children are supported by present legal system but the problem arises when the payment of such maintenance become inconsistent. Now the real struggle of women started, when unwillingness of their ex-spouses seen and women fails to fulfill the expectation of children.

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<sup>12</sup> Pamela, J. Smock (September 1994). Gender and the Short-Run Economic Consequences of Marital Disruption, Vol. 73, No. 1, pp. 243-262. <https://www.jstor.org/stable/2579925>

<sup>13</sup> Ibid

This concept of maintenance is not always awarded to women by the court. This is basically for those women who are dependent upon their husband and sacrifice their career for giving all time care and responsibilities in marriage. The amount of maintenance is not sufficient to meet with basic expenses. Therefore, the changes bring in society regarding the gender roles in society after reduction in maintenance but still many women in vulnerable situation left financially.<sup>14</sup>

### **2.1.2.3 Long-Term Economic Consequences**

On wider sense, economic impact has some long-terms effects such as divorced women don't have their own house, no accumulated wealth as a security like married one. Post divorce situation for women is always struggling as their ex-husband income not accessed to them. It resulted into the poverty in divorced women life. Now, divorced women are more depend upon the welfare programs to meet basic needs.<sup>15</sup> Therefore, Children education and well being is compromised by the financial instability.

### **2.1.3 Social Impact**

Legal separation is considered as a social stigma on the basis of it women are judged by the Indian societies. Even sometimes such women appearance in social gatherings is not acceptable by the society. In conservative societies, women are face difficulties in getting remarry and their reputation is damages at social level.<sup>16</sup>

In case of children, social environment of children is impact by the divorce. Children social environment is school environment. Children faced difficulties at schools regarding their lower academic performance, behavioral problem, difficulties of peer relationships.<sup>17</sup> Divorced children in schools feel embarrassed about their parent's divorce in front of children of parents still together.

#### **2.1.3.1 Social Impact on women**

In societal perspective, divorce for both women and men are different. For women, divorce is considered as a social stigma. Society believes that there is fault on the part of women where divorce yet not accepted. On the basis of divorce, women are judged and exclude by the

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<sup>14</sup> Sayer, L. C., Bianchi, S. M. (2000). Women's economic independence and the probability of divorce: A review and reexamination. *Journal of Family Issues*, 21, 906-943.

<https://www.scirp.org/reference/referencespapers?referenceid=375171>

<sup>15</sup> [Karen C. Holden](#) , [Pamela J. Smock](#) (1991). The Economic Costs Of Marital Dissolution: Why Do Women Bear A Disproportionate Cost?. *Annual Review of Sociology*, vol. 17, 51-58.

<https://www.annualreviews.org/content/journals/10.1146/annurev.so.17.080191.000411>

<sup>16</sup> Supra note 6

<sup>17</sup> Supra note 12



society after making them a target and they blame more for breaking the marriage.<sup>18</sup> This stigma carries in the society because of traditionally pre-decided roles of men and women in family institution by the society. Women ability to maintain the marriage is only thing which recognized their worth in society otherwise divorce is considered as their personal failure.

Sometimes society itself made isolation from divorced women. Friend, family, social circle themselves create distance from them for not taking the sides. Social network what they had due to the marriage relation, become to shrink after divorce and bring loneliness, difficulty in rebuild their life.<sup>19</sup> Therefore, judging attitude resulting into the less social interaction which deepening their isolation.

#### **(a) Changing Gender Roles and Re-entry into Social Life**

Traditionally, women had pre-determined roles in family institution but divorce become the reason of self exploration in terms of their roles. Now, the roles of women are redefining outside the domestic roles in marriage institution. Instead of considering the divorce as a social stigma in society, social identity can be the part of divorced women life. Many women find themselves to develop in making their own identity in society. As, women forced to work for meeting their basic needs after divorced. So, it can be opportunity for them to make social network, new relation, but it is again hinder by women single motherhood roles.<sup>20</sup>

After all starting a new journey after divorce is full of challenges. Re-entry couldn't be easily for single mother headed family as active part of social activities and for forming new relation. For women, the combination of single parent and financial pressure are become barrier in socializing with the society. While on other society puts other pressure in form of social expectations such a remarrying.

#### **2.1.3.2 Social Impact on Children:**

##### **(a) Peer Relationships and Behavioral Problems**

In case of children, peer-relationship is the social groups for them which they find in school mostly. Divorced parent children feels embarrassed in front of peer groups of intact families about their parent's separation. Due to this children avoid social interaction with other children of intact families and also struggled to fit with peers. Therefore, feeling of loneliness and alienation emerges in them. Behavioral problems faced by the divorced children due to instability in their life. At school and social levels faced behavioral problems such frustration and confusion as they fully handicapped for understanding the emotional impact. Specifically, deviant, aggressive poor academic concentration saw as common outcomes of divorce among divorced children. This is resulting in disturbance of emotional well-being and struggle faced by children in coping with change in their family structure.<sup>21</sup>

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<sup>18</sup> Ibid at 17

<sup>19</sup> Supra note 3

<sup>20</sup> Kitson, G. C., Holmes, W. M. (1992). *Portrait of divorce: Adjustment to marital breakdown*, Guilford Press.

<sup>21</sup> Id at 5

#### **2.1.4 Impact on Women and Children Physical Health**

For both women and children, divorce puts impact on physical health which increased the stress level caused different kinds of illness to the body. Majorly, high blood pressure issue, heart disease, auto-immune disease specially, skin disorders happen to the body of women. Even, it also affects the immune system of the divorced women as compared to married one and makes them more vulnerable.<sup>22</sup>

In cases of children, affects in terms of sleep, frequent headaches and other psychosomatic issues. Activities like earlier engaged in sexual activities, drug addiction, alcohol addiction as a coping mechanism.

##### ***2.1.4.1 Sleep Disturbances and Physical Health Decline***

Stress is one the thing which affects the physical health of the any person. After divorce, stress is become the part of the women and children life which affects their physical health. Most common issues emerge due to sleeping disturbance such as insomnia or disrupted sleep. There are numerous reasons behind women awakening at night such financial instability, single headed family, societal pressure etc. therefore, there is deprivation of sleep in women which leads to affect the mental health in the form of depression etc.

There is a co-relation between stress and physical health of divorced women and their offsprings as the stress increases, health issues come into existence in the form of hypertension, heart disease, auto-immune disease, weak immune system. Due to stress, the cortisol level in the women body also increases and which has direct link with the heart disease and other illnesses.<sup>23</sup>

##### ***2.1.4.3 Physical Health Problems in Women***

As compared to the married women, divorced women faced higher physical health problems. Issues, which are faced by them is gastrointestinal issues, headaches, fatigue. Even the emotional strain of having divorce puts long term effects in the form of peak level anxiety, sleep disturbance.<sup>24</sup> Prolong stress result into so many issues such as weaken the immune system of women more susceptible one, sleepless nights, hypertension, heart disease, auto-

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<sup>22</sup> Williams, [Kristi](#), Umberson, [Debra](#) (April 2004). Marital Status, Marital Transitions, and Health: A Gendered Life Course Perspective. *Journal of Health and Social Behavior*, 45(1), 81-98. [https://www.researchgate.net/publication/8526811\\_Marital\\_Status\\_Marital\\_Transitions\\_and\\_Health\\_A\\_Gendered\\_Life\\_Course\\_Perspective](https://www.researchgate.net/publication/8526811_Marital_Status_Marital_Transitions_and_Health_A_Gendered_Life_Course_Perspective)

<sup>23</sup> Id

<sup>24</sup> Frederick O. Lorenz K. A. S. Wickrama, Conger, Rand D., Elder, Glen H. (2006). *Journal Of Health And Social Behavior*, Vol 47, 111-125. <https://www.healthymarriageinfo.org/wp-content/uploads/2017/12/lorenzwickrama.pdf>

immune disease. Risk of having such issues increased in number of divorced women and contribute as an long terms effects of divorce.<sup>25</sup>

#### *2.1.4.4 Physical Health Problems in Children*

Divorced parent children faced numerous physical health issues such as emotional stress due to new arrangement between the two houses, witnesses to parent conflict etc. Physical issues like stomachaches, sleep disturbance, headaches, more than the normal children of non break family.

To counters this emotional strain, divorced parent children find some activities as coping mechanism such as substance abuse, early engage in sexual activities. Theses mechanism resulted into the self destruction of the children behavior. After divorce, parent supervision upon their children all most diminished due to which they experience drug and alcohol addiction.

### **3. COPING MECHANISMS AND RESILIENCE STRATEGIES**

There is need of adopting the some coping techniques by divorced female and her offspring, in order to address the impact of legal separation. Therefore, the negative impact of divorce can be mitigated and promote good well being after the divorce. Let's, explore various mechanisms.

#### **3.1 Psychological Coping Strategies for Women**

In order to mitigate the emotional and psychological impact women should adopt some effective coping strategies such as counseling and therapy which can be done individually or with their children's. For women, in rebuild their lives and emotions these therapy and counseling work as a medicine. This professional mental support system is very fruitful for them for countering the issues of anxiety, depression, loss of self esteem, identity at social level etc.

Therapy helps in connecting with new friends, family in situation of transition from companionship to singlehood. Women feel supportive after connecting with them and less isolated. Women get society for themselves to share their experiences, medium of advice, help in rebuilding their self esteem.<sup>26</sup>

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<sup>25</sup> Supra Note 23

<sup>26</sup> Supra note 21

### **3.2 Economic Empowerment and Career Development**

Independent personality of women is key to improve their well being which was affected during and after the divorce. After gaining financial stability, women were equipped better in order to meet with social and psychological challenges. For developing skills in women work force, it is necessary to give career counseling and job training. So, women get higher paid job and meet with the financial needs of their children in terms of education, extra-curricular activities, even for improving their own self worth. Recently, government and non-governmental programs are also focused upon the divorced women in order to empower them financially.

### **3.3 Co-Parenting and Emotional Support for Children**

After divorce, children required stability and the supportive environment. Maintain strong relationship between parents and children should adopt, which work as a most effective coping strategy. Children lives happily when they get conflict free environment in the homes.<sup>27</sup> When parenting done by both parents together, well being of divorce children can be prioritize. In order to bring security and stability, co- parenting resulted into minimal the parent conflict. Other things like therapy will also be fruitful for children especially in emotional fall down situations. In order to mitigate the depressions and anxiety, coping mechanism can be suggest by the children psychologists and counselors. Even with same peer groups who are going through with similar situation of parent divorce, children should provide some space with them.

### **3.4 Encouraging Resilience and Emotional Growth**

For helping both divorced women and their offsprings in order to mitigate the impacts of legal separation, resilience is helpful. In order to get positive mind, focuses on emotional growth will nurtured the resilience. Divorce work as opportunity in order to get development in women at personal level and even help in discover themselves. Therefore, divorce help in exploring of new life paths, self reliance and also strengthen the emotions.<sup>28</sup>

Stability in case of divorce children bring by the resilience. Even through loving environment which brought by resilience, children get access of emotional support. Parents should also help their children with positive attitude for catering the emotions and changes of life after parent divorce. Counseling services, extracurricular activities offering by the schools and communities helps in children resilience.

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<sup>27</sup> Kelly, J. B., & Emery, R. E., (2003). Children's Adjustment Following Divorce: Risk and Resilience Perspectives. *Family Relations: An Interdisciplinary Journal of Applied Family Studies*, 52(4), 352–362, <https://psycnet.apa.org/record/2003-09485-005>

<sup>28</sup> Froma walsh, Family resilience: Strengths forged through adversity, Normal Family Processes, 4th ed, pp. 399-427, New York: Guilford Press. [https://www.researchgate.net/publication/232567591\\_Family\\_resilience\\_Strengths\\_forged\\_through\\_adversity](https://www.researchgate.net/publication/232567591_Family_resilience_Strengths_forged_through_adversity)

#### 4. CONCLUSION

Multifaceted impacts of divorce upon the well being of the children and women in terms of social, economic, physical, emotional, psychological health have seen. In women cases, financial instability, physical health, social isolation and in children cases, trust issues, poor academic performance, emotional insecurity, long-term psychological effects are impacts of divorce after breakdown of marriage.

Significant challenges posed by the divorce should be cater with the help of coping mechanisms adopted by both women and children. This resulting into foster the resilience and emotional growth. Therapy and counseling suggested by the professionals of child psychologists help in mitigating the negative impact of divorce.

In order to get future stability, women through education and career development getting financial independence. Children are getting emotional support which required to adjust with the new single headed family structure, when they get conflict free relationship.

The society must change with the certain presumptions regarding the divorce and divorced women. As divorce can thrive the women and children deeply after separation. Divorce as social stigma upon the women must remove. A supportive environment must create for the women and children in every aspect, either legal or social which help in alleviate the financial and emotional distress upon them.

However, adopting the appropriate coping mechanism made a divorce life changing event of women life. This not only help the women and children in their growth and development but at the same times help in adjust with new circumstances. Ultimately, help in mitigating the impacts of divorce by encouraging the resilience, women financial empowerment and also providing the social network which result in rebuilding their lives along with security and stability.

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