

Impact of Divorce on Children in China

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Abstract: This review tries to detect effects of divorce and parental responsibilities on the psychological health and growth of kids. Through interaction and imitation, parents have a big impact on how their kids act, think, and behave. While some divorced parents raise their children properly, others fail to fulfill their obligations. The impacts of divorce on children's academic performance, social behavior, emotions, and mental health are all covered in detail in this study. Lower academic accomplishment, social difficulties, and intensified negative emotions are frequently caused by the loss of a parental role model and instability brought on by divorce. The study stresses understanding the outcomes of the absence of a parental role during a child's upbringing. It explores mitigating factors like parental interactions' quality and support systems. More diverse research is needed to explore the impact of parental roles on children's development. In conclusion, this review highlights parental roles and divorce's substantial influence on children's development and advocates for support for children of divorced parents.

Keywords: Divorce, Children, Mental health

1. Introduction

Parents have played an extremely important role in the development of their children's growth. On one hand, they played as a role model. Kids inherit their parents' behavior patterns, mindset, personality, and other aspects by imitating their parents. The imitation of parents even contributes to weight, dietary intake, and physical activity.

Parental accompaniment is an important determinant of children's well-being [1]. In Li's study, they record the time people spend in 24 hours from China at 2 different times to calculate the time their parents spend accompanying their children. After that, researchers apply a survey with questions asking participants questions of whether they are happy or not. By analyzing these data, they get this result. Their company would enhance children's positive attitudes and encourage them to express their thoughts, promoting the well-being of their kids. Despite these benefits with enough parental company and care, many problems relating to their children may occur when insufficient company is given to the kids. Common problems are their academic performance, social skills, and mental issues. Their grades can easily be influenced by the behavior of parents, not only by their reaction toward children's academic results but also as a model for them to learn no matter how well the parents perform. Parents also teach kids many things, including how to deal with people. In other words, a kid would be easier to get on well with others given that he or she was treated with more love from parents. When kids fail to gain love and care from their parents, their loneliness suddenly increases.

Mental illnesses such as autism spectrum disorder and depression are greatly influenced by family factors. Violent parenting techniques such as abuse or criticizing can also harm children, meaning that they may turn to treat others around them the same way as their parents did to them, fostering their anti-social behavior. Overall, since the parent role is crucial to the development of children, the loss of any one of them can cause serious consequences to children's personality, health, and social skills.

Getting divorced is one of the most common things that hurts children. The loss of a single gender of parents in their growth can result in unbalanced childhood development. Thus, it changes many aspects of children in a single-parent family: personality, grades, skills, and so on. Although some have discussed the benefits to children whose parents were divorced, it can only be applied on a few occasions, typically when a kid was exposed to torture from one of his or her parents. Generally, experiencing divorce itself is a disaster for children's mental health, disturbing their normal life, and pressuring them. Kids not only learn to receive different ways of love and nurture from each parent but also treat them as a model. The sudden loss of a male or female role who means a lot to the kid is related to the underdevelopment of a personality, and even some mental illness or dangerous ideas such as anxiety, dependence on alcohol, suicide, smoking, and even drugs.

Nowadays divorce is very common in our society. Single-parent family refers to a family who experienced divorce and raised a child mainly by one parent. Some families would provide enough care to the child after divorce, yet some irresponsible parent might abandon their kids, leading to a huge impact on their children. By studying this we can help children living in divorced families to solve their mental issues, helping children to reduce the harm from this event and try to encourage them to find their way out. The current study of the influence divorce brought on children lacks generalization of the influences brought by this event, therefore this article aims to combine them and provide an overview of the whole concept.

By reviewing previous papers, the main question addressed is what the influence is caused by the missing of a parent's role during the growth of a child. This paper aims to investigate more questions such as: what do these roles mean to children? Even if any of them did not miss, the inappropriate way their parents treat their children may lead to different consequences. In this passage, previous research and papers will be cited as evidence or be used to support the authors' point. Articles will be discussed and reviewed to answer these questions. Throughout the discussion, useful points and studies could be kept and those limitations could be reduced. The results are expected to help children with similar problems raised by experiencing divorce, allowing them to adjust their inner environment and overcome the challenges they may face.

2. Literature review

Although different families can produce different results for their children through divorce, many of them contribute to negative results for children. Based on previous studies and articles, the negative impact of divorce can be divided into external and internal effects. External effects include those related to behavior patterns, practical social skills, academic performance, and so on. The internal effects are those diseases, illnesses, and emotions brought up by divorce. In the following part, both internal and external effects will be divided into several small parts to be discussed, they will be summarized into education, behaviors, emotions, and illness. Each part would be supported by more than one study, yet the article would mainly focus on one study per part to provide compelling evidence.

2.1. Academic performance

The impact of divorce can hurt children's behavior patterns. Most children are attending schools while

their families collapse. Thus, academic performance is a direct measurement that can show the impact of divorce on children's normal life. It shows that children whose parents divorced often performed poorly than those whose parents kept married. More specifically, this phenomenon is more prominent in Math subjects for kids. These behaviors are believed to further influence their education level. Although divorce is not uniformly disruptive to children's educational attainment, it is generally associated with unfavorable outcomes for children, who have a lower chance of attending college or graduating from high school. However, the estimation of Heterogeneous Effects of Parental Divorce shows that as the propensity of divorce increases, the negative effect decreases. Overall, Brand's study suggests a negative correlation between children's education level and parents' divorce. Furthermore, when parents separate before the kids enter the school, it would have a lower impact on children's school performance. All these problems associated with learning could be explained by two reasons: the loss of a model who can keep encouraging children to learn and the unstable feelings caused by divorce.

2.2. Social Behavior

Every single change in family structures is like the cutting off of the bonds between family members. The loss of a parent means less chance and time to learn how to get on well with a type of gender, and fewer opportunities to learn how to socialize with others. The influence of divorce may also change their personality, bringing negative feelings to them. All these factors can change their mindset. A kid could be anti-social, they may be addicted to alcohol, smoking, or even drugs. There's also an increase in violence for those whose families get divorced. A survey suggests that, among the families who divorced because of violence, most of their children were influenced. They perform behaviors from suicide to depression, suggesting a strong connection between them. Also, one typical reason for divorce is family violence, usually husband to their wife, sometimes from their children. The possession of violence by one parent can easily lead to the imitation of that kind of behavior, or it may be learned through parenting. Departing from an important family member indeed influences children's mood in the long term and leads to these behaviors.

In addition, previous studies have examined other aspects of divorce affecting the learning process. For example, it has been demonstrated that parental separation results in more negative learning attitude among children [2]. There are also studies that demonstrate the negative effects of divorce from the perspective of academic burnout [3]. In addition, previous studies have demonstrated that the level of learning anxiety is also affected by the idea of parental separation [4,5].

2.3. Emotions and negative feelings

Emotions and negatives feelings might occur after the divorce of parents. Not only because there are arguments between parents when they are divorced, but also because they miss an important parental role. The parent's role is crucial for the development of children, including their health, growth, characteristics, and so on. Such loss would trigger anxiety, depression, sadness, and loneliness. These emotions affect their daily routine, harm their self-esteem, and influence their resilience, and adjustment to the social model. These negative emotions may disappear for most people after a while, yet for those who cannot get out of them, it may be chaos.

This article is about divorce's effect on middle school students' personality development. It is concluded that divorce will have an impact on junior high school SHE that personality nature structure, so that their paranoid personality weakened, avoidance, dependence personality strengthened, active and positive interpersonal interactions on campus can enhance the effect of personality education of junior high school students from divorced families.

The experiment used junior high school students as the research object, based on home visits to

collect data and the questionnaire together with the implementation. The research applies IBM SPSS Statistics to analyze the data. With the definition of certain personalities, the research makes it clear what change took place in the divorced family. By listing the validity of the study. It also emphasizes its validity by listing the ways in which its use has been scientifically proven. It also draws conclusions from the analysis. The article addresses the impact of a single-parent family structure on children from two perspectives. One of them is the lack of material goods and lack of energy due to work pressure, which reduces parental support for the child and thus creates stress in the child, creating negative emotions that in turn affect the personality. The other explanation concerns the reduction of parent-child interaction due to the absence of a father or mother role. Healthy relationships help promote normal academic life for students, and if parents are in conflict, divorce is a better option instead. Divorce can lead to growth, adaptation to the environment, and self-strengthening. Parent-child relationships also have an important impact. Although there is not much difference in the character of children educated in the father's family and mother's family, boys are better in the father's family and girls are better in the mother's family. Parents' behavioral and educational patterns also have a great influence on children. The paper also listed the influences of peers and education environments. This paper also examines the effects of family separation and family upbringing on children's personality development. The methodology utilized in this experiment is relatively scientific and reliable, but its interviews are not rigorous enough to allow for the possibility of bias and misinterpretation. A variety of situations are cited and the influences behind them are analyzed. It was analyzed with specific examples. The process of data analysis is also very comprehensive, but the article does not have a sufficient sample size and is therefore flawed. However, this article provides a very comprehensive macro-concept with multiple perspectives and samples to analyze this topic [6].

This literature is about the effects of divorce on high school students, and the article analyzes the factors that influence it and discusses solutions to the phenomenon [7]. The study shows that high school students from divorced families are generally more anxious than high school students from intact families. Questionnaire method, interview method, and comparative study method were utilized. It aims to provide theoretical guidance and practical help for children's mental health in divorced families. The study starts with the family, analyzes the importance of the family, defines the divorced and reorganized family, and cites three foreign theories for theoretical help. There are impact theories, limited impact theories, and positive impact theories. They explore three possible outcomes of divorce.

In the experimental aspect, this paper adopts the Mental Health Diagnostic Test Manual revised by Prof. Zhou Bunching of East China Normal University in 1991 as the test material, which contains several topics and content scales. The results were subjected to a t-test, descriptive statistical analysis, and one-way ANOVA. The result shows that a divorced family would negatively influence high school students' personality, academic performance, and behaviors.

The experiment utilized a scientific approach to information collection and mathematical analysis. 200 samples concentrated in a uniform area could not be determined to have an extremely high degree of fitness and comprehensiveness. In addition to the insufficient number and the geographical concentration prone to errors and limitations, this paper will have some flaws in the information processing of the interviews and questionnaires. However, the conclusion is objective and most of the variables are controlled to increase the validity of this study.

In conclusion, this experiment contributes to a further step to this topic. Though there are several existing short that the author failed to solve, the points made by the passage are still worth reading and inspiring.

This study also focuses on middle school students, and the author first shows the increasing divorce rate and the vastness of this group and then lists some of the problems with the hope of helping them [8]. By presenting the experiment as a help for middle school students, the significance and purpose

of the experiment is fully explained to help middle school students with such problems. In the literature review, the author selects articles from famous Chinese professors and websites, describing their psychological characteristics, causes of unhealthiness, and educational strategies.

Immediately after that, the authors investigated the problem of junior high school students, defined the concept of children of divorced families, and used questionnaire items with a two-tier scoring method to analyze them from multiple perspectives, such as learning, life, and interaction. Scales and test papers were used for analysis. Conclusions were analyzed in a sample of more than 200 participants. This paper abolished the questionnaire with a failed polygraph scale and single answer in discriminating the data. This reduces the effect of errors and subjective factors to some extent and is analyzed using related software computers.

This paper's conclusions and scientific tools are worth learning and referring to. For example, methods such as social support and elimination of anxiety are given specific practices and bases, making it a relatively mature and reliable literature.

In addition, scholar Ping Wang's research proved the negative effects of divorce on individuals' anxiety towards people, loneliness as well as self-blame (See Table 1) [9]. In addition, prior study indicated the destructive effect of divorce on children's well-being [10].

Table 1: Comparison of the psychological status of children from divorced families and complete families in middle school years [9].

		Lear ning Anxi ety	Social Aneity	Loneli ness	Tenden cy to Blame Oneself	Allergic Reaction	Physical Symptom	Terro rist Tende ncy	Impul sive Tende ncy
Complete family	M	5.15	5.48	5.52	5.21	5.49	5.34	5.57	5.00
	SD	3.05	3.53	3.34	1.97	2.89	0.82	2.87	4.24
Divorced families	M	5.12	7.56	7.48	5.74	7.26	6.37	6.04	7.68
	SD	2.65	2.52	2.24	1.12	3.49	2.92	3.48	4.46
	t	0.68	8.41**	7.13**	3.10**	7.07*	5.21**	2.84**	9.13**

* P< 0.05, **P< 0.01

3. Conclusion

According to the previous study on the influence of parents role to children, it has been proved that there is a strong connection between them. Through their parenting skills, behavior as a role model, and many other unconscious reactions, they shaped children's values, mindset, personality and lead to their health, academic performance, and skills. When two parents get divorced, it refers to the collapse of a family, meaning that a child would probably loss the company of a parent role. Considering the great impact of parents discussed in the introduction part that includes their inner and outer well-being, this could be a great challenge to their growth and future life. Even if some individual parents are responsible that they continue visiting their children and companying with them, the time they spent together shows a decrease generally. Therefore, it is reasonable to conclude that the divorce of a family will negatively influence their children. Furthermore, by reviewing more lectures and studies done by previous scholars, we summarized the influence from parents into two major parts and several minor parts. This paper divided them into inner and outer influences. In the inner parts, we then divided them into emotions, mental issues; For outer influences, we divided them into academic performances, and learning of practical skills. Which are all consequences of the lost of parents' role.

Then through literature review, the present study summarized other people's ideas and elaborate

on the four parts. Discussing their influence, explaining the theories behind them, giving examples, and stating their conclusions. However, there are still many limitations in this passage. From the beginning, the author's family role does not have a clear boundary. For instance, an LGBT family might have a different family role. Nowadays more and more new families like them emerged, and it is getting harder to identify or define their gender. Thus, their role in raising a kid is even more complicated or different from traditional families. Furthermore, many experiments cited in this passage are conducted in a relatively small location or limited to a certain group of people, making them less generalizable and valid. More specific studies have to be done to investigate or measure the influence of family role on children. For instance, inviting participants from different cultural backgrounds and control as many variables as possible.

The result of the study can be used to raise people's awareness of the impact divorce or improper parenting style can have to a child's growth. Schools and society can take their action to focus on the discovery of potential children with these problems and help them to reduce the stress from their perspectives

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