

Introduction changes
that take place in
their lives



**ASSIGN
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INTRODUCTION This research study is a course requirement for technical writing in Psychology assigned by instructor Nasreen Sayeed.

The topic of the research is Children experiences of parental divorce which mainly encompasses of experiences of the separation process and the change in child's relationships after the parent's divorce. The divorce rate in Pakistan has increased even though the divorce rate in Pakistan is relatively lower than the regional and western countries because of the fact that most of the marriages are arranged. Even if a girl is unhappy with the marriage, she would compromise and stay because of the prevailing cultural taboos but still, it isn't as low that could be neglected. Divorce, not only leave a lasting impact on the couple but leave long term impact on their children. These children are at risk for developing a myriad of negative consequences from their exposure to divorce. Children exposed to prolonged inter-parental conflict tend to suffer from variety of emotional, behavioural and physiological problems that can continue into adulthood.

Exposure to such conflict threatens a child's emotional security, can negatively affect the parent/child relationship, and can increase a child's risk of internalizing and externalizing disorders. **BACKGROUND** The amount of divorce cases in Pakistan is increasing, which raised the consequences faced by the child who experience this sort of change in his/her life. The purpose of this research study is to explain how parental divorce affects children's lives, from their standpoints, including their feelings regarding the changes that take place in their lives because of their parent's separation. **PURPOSE OF THE STUDY** The purpose of this research study is to gain insight, from children's own particular viewpoint, of the effect of parental divorce on their

lives and relationships. Parental divorce brings about a series of modifications in a child's life, such as changes in family arrangements and most importantly, in relationships with parents that brings worry on both parents and children.

As everything carries both positive and negative connotation so, in this scenario, sometimes, the separation of parents brings positive changes to child's lives as well. Divorce usually leads to a decline in the quality and frequency of children's relationship with their parents. Contact with the other parent becomes less and it eventually leads to diminish ties with that parent. Children engage into more distant relationships with that parent which leads to a negative change in their bond.

Their relationship with their parents usually gets worse after the divorce, they demand reassurance as they have already faced one parent leaving them forever without explanation. Some children only ascertained that separation had happened when a parent left home and did not return.

METHODOLOGY The methodology we used was qualitative and the fundamental accentuation was on understanding the importance of parental separation for children, drawing on their subjective experiences. The use of qualitative methodology is important to comprehend the lived experiences of children of divorce as well as to reveal possible new outcomes that cannot be measured by fixed quantitative processes. Five respondents from the Divorced sample agreed to participate in one-to-one interviews. The interviews were semi-structured, consisting of 8 core questions. Respondents were informed before the session that their contact information will remain

confidential and that the interview would be audio-recorded and transcribed verbatim for quality data analysis purposes.

Design of the Study The research was conducted by using the case study method which encompasses one-to-one interviews and observation. **Target Audience** The study explores the experience of parental separation for children aged 8-22. **Program Evaluation** Program evaluation included parents as well as professionals who work with children and families. The participants were asked semi structured questions which revolved around the research topic.