

# The impact of divorce

Psychology



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Divorce In the present day, families are undergoing many problems, and among the major problems lies divorce. However, the function of divorce in this portrayal has been disregarded because its damaging upshots are understated, yet deceptive. In the 1960s, when the rate of divorce augmented, few people would have foretold the dreadful outcomes three decades later. Nonetheless, divorce has transformed both the composition and the meaning of family. Generally, divorce is devastating to both adults and children. This is a perspective where divorce has negative effects on individuals involved. The other perspective in which divorce affects families is by ending the incompatible relationship. This paper will analyze the two different perspectives in which divorce may affect families.

The individual risk and vulnerability perspective stresses that some individualities of both parents and children may sway their exposure, and susceptibility to harsh conditions. Individual characteristics such as antisocial behavior in adults put them at risk for marital conflict and many marital changes (Bridges and Insabella 167). It is a human inclination to associate with people who have had the same experiences as them and therefore adults with mental problems will automatically go for people with same mental problems. This augments their risk for matrimonial problems and eventually divorce. Children, alternatively, possess attributes that may boost their susceptibility or safeguard them from adverse consequences of stress linked to their parent's matrimonial changes (Bridges and Insabella 167).

The stress and social economic disadvantage perspective underscores that matrimonial changes causes a sequence of negative economic and social changes, pressure, and complications that can affect the comfort of parents and children. Divorce makes it hard for custodial mothers with no jobs to

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raise their children. Remarrying, alternatively, eases the economic burden for single mothers (Bridges and Insabella 168). Divorce effectually cuts off one generation from another. Children are brought up without the presence of the mother or father. This may have adverse effects on the children's lives. Usually, children are obliged to take sides in the divorce battle. In addition, children will carry the wounds of the conflict and often blame themselves for their parents' separation. Adults have a way of dealing with issues, but divorce incurs terrible scars and generates strong emotions. Most adults will be stigmatized and feel neglected, lonely, disappointed, and devastated by the divorce.

To some extent, both perspectives are true in their vivid expressions. What the individual risk and vulnerability perspective has left out is that, there could be a high chance of things working out when a person pairs up with another who has had same problems as them. This is because sometimes people feel obligated to do the right thing and avoid putting other people through problems that they may have had personal experience with too (Bridges and Insabella 169). For instance, in a magazine interview two couples both in their second marriage confessed to being better persons than they were in their first marriages. They explained that the experiences they went through in their first marriage equipped with ways of dealing with issues. It is true that divorce incurs economic strains especially for divorced single mothers as clarified by stress and social economic disadvantage perspective. For instance, in a newspaper blog, a divorce mother had to work between jobs in order to provide for her three children. She said that it was very stressful and tasking (Bridges and Insabella 167).

Conclusively, the stress and social economic disadvantage perspective is

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more comprehensive than the individual risk and vulnerability perspective. This perspective provides a typical scenario of divorce upshots. It is factual in its own sense. Its standpoint on divorce goes hand in hand with the real life issues. Nonetheless, divorce has transformed both the composition and the meaning of family. Though divorce is devastating to both adults and children, there are some instances where it is most preferable than a relationship that does not work.

#### Works Cited

Malvis, Hetherington, Margaret, Bridges, M., and Glendess, Insabella. What Matters? What Does Not? Five Perspectives on the Association Between Marital Transitions and Childrens Adjustment. American Psychological Association, Inc. 1998. Print.