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Negative Impact of Divorce on Teenagers in District Chiniot, Pakistan

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Abstract

Divorce is a significant event that impacts the well-being of children in a negative way, especially that of teenagers. Recognizing the harmful impacts of divorce on teenagers is crucial for parents, educators, and policymakers who intend to foster the welfare of families and children by providing appropriate assistance and resources. The current study attempted to examine the adverse impacts of parental divorce on adolescents, with the objective of gaining a better understanding of the challenges faced by teenagers during and after the divorce. A total of 110 respondents were selected from the city of Chiniot using random sampling technique. The study employed a well-structured questionnaire to gather the data. The statistical analysis of the data was performed using SPSS software to conduct descriptive and inferential analyses with the goal of addressing the research objectives. The results showed "loss of confidence" ranked on 1st position. The results also showed that the responses fell between high to very high. However, they were also shown to be somewhat high with the mean value 3.41. The respondents ranked "emotionally sensitive" at 2nd position and it tended to be somewhat high with the mean value 3.29. "Loss of faith in marriage" was ranked on 3rd position and it showed that the responses fell between somewhat high to very high. However, it tended towards somewhat high with the mean value 3.27. "Over use of smart phone in family time" was ranked on 1st position and it showed that the responses fell between somewhat high to very high. However, it tended towards somewhat high with the mean value 3.47. The respondents also ranked "high levels of conflict and animosity between parents" which was somewhat high with the mean value 3.45. "Mistrust of parents" was ranked on 3rd position and it showed responses between somewhat high to very high, however, it tended towards somewhat high with the mean value 3.11.

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Keywords: divorce, teenagers, negative effect of divorce, parental conflict, societal support

Introduction

The effects of divorce on teenagers can be devastating. Teens whose parents split up are more likely to struggle emotionally and they also show the signs of melancholy and anxiety according to a review of the available empirical evidence. They may also struggle academically and have negative behavioral traits, such as violence and criminality. Divorce affects the lives of more than a million children every month and experts predict that more than half of all the children born today would experience marital disruption mostly due to divorce (Yehl-Marta & Olbrisch, [1997](#)). Within the first 12 months after a separation, women's earnings from personal family activities fall by means of about 20 percentages. Although, men's earnings fall by means of about 10 percentages. Since women typically have primary custody, a decrease in income may have a negative effect on their children's well-being. Of the women who are expected to receive toddler aid bills in order to lessen this impact on children, just 33% really do (Chadwick & Heaton [2012](#)).

Children's future partnerships may be affected by a number of circumstances related to their parents' divorce. Many of these children may grow up wanting to have their own families, however, they may experience trouble committing to one person (Crosnoe & Elder, [2004](#)). Additionally, they may also be uncomfortable resolving disagreements for fear of damaging their relationships with their spouses. As adults, we also face the anxieties of abandonment, change, betrayal, and loneliness and all of these feelings may have a negative impact on our relationships (Wallerstein, [2000](#)).

Constant parental disagreements, shifting family dynamics, and financial challenges are just a few of the many elements that can compound the negative effects of divorce on adolescent children which may potentially last into adulthood. Divorce may have beneficial outcomes in some cases, despite the fact that the factors leading to unfavorable outcomes are present. For instance, parental separation may mitigate the harmful effects of extreme arguments or abuse. Several studies have determined that when children are exposed to serious parental disagreements or violence, divorce

can be the only solution which may improve their behavior and well-being (Dagli & Akyol, [2019](#)).

Understanding the connection between divorce and children's well-being is crucial to formulate policies that may have an impact on family structures. This is especially important because current policies do not pay adequate attention to address the root causes of parental divorce (Patoari, [2020](#)). Increasing the financial burden of divorce may be an effective policy response if it is determined that divorce bears negative outcomes for children. It may be prudent for public policy to include the cost of negative impacts of divorce on children's outcomes in the damages that can be claimed (Painter & Levine, [2000](#)).

Children play important roles in many cases of divorce. One way parents keep their children under control is by steering them towards the other parent. Moreover, children are used by the discern to demean the contrary. This kind of behavior triggers the use of hypothetical-deductive reasoning (Oppawsky, [2000](#)). Children feel rejected, unloved, and unworthy and internalize these negative views of themselves. The alarmingly low level of intellectual fitness among today's youth is a warning sign of imminent peril. Teenagers whose families have fallen apart are more likely to experience mental health issues, such as depression and anxiety (Trzesniewski et al., [2006](#)).

Divorce has long-lasting repercussions on adolescents and these repercussions may worsen due to many issues including persistent parental conflict, shifts in family structure, and financial issues. The divorce between parents may force the adolescents to relocate or switch their schools which makes them experience the feelings of loss or grief. Parents, teachers, and policymakers must be aware of negative consequences of divorce on adolescents. Moreover, they must also provide them with the support as they navigate this difficult time in their lives (Thadathil et al., [2020](#)).

Assistance must be provided to the adolescents going through divorce between their parents in the form of counseling, treatment, schooling, or money. Divorce may have a deep psychological and emotional impact on children. In some cases, children may render themselves responsible for their parents' split and wish for their parents to reconcile. Some children may attribute their parents' fighting and unhappiness on their own bad behavior and wonder what they could do to make them happy again



(Strohschein, [2012](#)). Divorce is only about the parents and not about the parent-child connection, however, it can be hard for children to grasp that concept. Parents usually tend to fight more over any matter concerned with their children which may unreasonably lead a child to feel that they may have contributed to the separation between their parents (Kim et al., [2011](#)).

Effect of Divorce on Adolescent

The negative impact of divorce on families is undeniable, specifically children. Parents are not only learning to parent their teenagers in new ways, however, they are also discovering new ways to relate with each other. Teenagers may react differently to their parents' divorce depending on a number of factors. Divorce may have varying effects on teenagers; some cope well with the change, while others suffer (Krein & Beller, [2004](#)).

Teenagers are usually resilient and the divorce transition may be an adjustment rather than a catastrophe if they are given the support that they need. Divorce has diverse effects on children of different ages and temperaments which is why it is important to treat each child separately. The impact of divorce on teenagers of varying personalities and temperaments is well understood among families with financial resources (Fauchier & Margolin, [2004](#)). Divorce also impacts the emotional state of children in a negative way. Moreover, it may also have an impact on adolescents as well as children's performance in their schools since it disrupts their routine and distracts them from their studies. Children's inability to concentrate on their schoolwork increases in proportion to the degree to which they are distracted (Roberts et al., [2003](#)).

Research Questions

The current study attempted to answer the following research questions:

1. What are the factors that contribute to the negative impact of divorce on teenagers?
2. What is the effectiveness of existing policies or programs designed to support families going through divorce and to identify areas for improvement?

Objectives

The current study attempted to fulfill the following objectives:

1. To identify the factors that contribute to the negative impact of divorce on teenagers, such as parental conflicts, changes in family structure, and financial difficulties.
2. To assess the effectiveness of existing policies or programs designed to support families going through divorce and to identify areas for improvement.

Literature Review

McLanahan and Carlson ([2004](#)) stated that family disruptions, such as divorce, loss of certain resources particularly income, resulting from parental divorce may have adverse effects on a child's academic performance. Parents' separation often leads to a decline in household income which may also limit the options that parents have in terms of which school they can send their children to study (Zineldin, [2019](#)). This may result in children attending schools that may have limited resources or lower academic standards which, in turn, can negatively impact their academic performance. Additionally, with limited financial resources, parents may not be able to afford extra lessons or extracurricular activities to enhance their children's academic and social development. As a result, children from disrupted families may have fewer opportunities to learn and grow outside of their classrooms which can further impact their overall academic performance (Gongala, [2019](#)).

The financial strains associated with divorce may cause parents to change their lives, such as moving, changing their children's schools, or spending more time in childcare settings. These changes can lead to a disruption in the child's routines. Resultantly, they may lose contact with their friends or activities that were important to them. The financial pressures along with the loss of income may affect the interactions that children have with their custodial parents. The parent may be more stressed, less available, or less capable to provide emotional support to their children. The child may also feel a sense of responsibility or guilt regarding the financial situation of the family which may further effect their coping resources (Sirvanli-Ozen, [2004](#)).

Mucanj and Xeka ([2015](#)) argued that parental divorce can have a significant impact on the emotional and social well-being of their children as it can result in changes in their perceptions, beliefs, and attitudes. Adolescents may become overly concerned with how others perceive them



and may strive to avoid negative judgments based on their status as children of divorce which can lead to social isolation and poor social functioning. Additionally, the personality of adolescents may undergo negative changes. These changes make them prone to emotional and behavioral problems, such as anxiety and depression, ultimately increasing the risk of behavioral and social disorders as compared to their peers who live with both parents. It is crucial to address the emotional and psychological needs of children who experience parental divorce. Moreover, they must also be provided with support from their parents, peers, and mental health professionals to develop coping skills and resilience. Creating a stable and supportive home environment and fostering open communication between parents and their children can also be beneficial in mitigating these negative effects.

Strong et al. (2008) contended that divorce is a complex and emotionally charged experience which has a significant impact on both the couple and their children. They suggested that the conflicts and emotional issues that precede the legal divorce processes can take a toll on everyone involved, particularly adolescents who are aware of what is happening. Furthermore, the study underlined that during the divorce processes, some emotional issues that may arise include behaviors that undermine each other's self-esteem, showing indifference, and engaging in destructive criticism. These behaviors can have a negative impact on children who are caught in the middle of their parents' conflicts and can lead to feelings of confusion, anxiety, and distress. During a divorce, numerous logistical concerns must be resolved. These include issues, such as stepparent involvement, child custody, visitation, and financial support. It is not uncommon for teenagers to feel undesired by the parent who filed for divorce or to have loyalty and guilt issues when forced to pick between their parents.

The breakup of a marriage is the most trying time for both partners. A divorce occurs when a husband and wife no longer cohabitate and no longer choose to be married to one another. As a result of their agreement, they are both considered legally single and free to remarry. Divorce has consequences for everyone involved, even the children. The couple may be able to pull through it as adults, however, their children suffer as a result. Their impressionable minds can easily go into shock when they witness their parents' permanent separation.

Methodology

Research design and methodology are the main steps that guide the researcher in the preparation and conduct of research, evaluation and interpretation of data on the question to be studied. The design of the study refers to the choice of particular methods of data collection and analysis (Nachmias, 1992).

Study Area

In February 2009, Chiniot District was elevated to the position of 36th district in Pakistan's Punjab Province. It was a tehsil of the Jhang district until to 2009. The Chiniot district is situated between latitudes $31^{\circ} 23$ and $32^{\circ} 4$ north and longitudes $72^{\circ} 24$ and $73^{\circ} 14$ east. The district borders the districts of Faisalabad on the east, Hafizabad on the north, Jhang on the south, and Sargodha on the west. Faisalabad Division includes District Chiniot. The district has a total population of 965000 people, according to the 1998 Census. Both Punjabi (97%) and Urdu (2.5%) are widely spoken. China's magnificent palace, Umer Hayat Mahal (Gulzar Manzil), is well known. Nawab Saad ullah Khan, Shah Jahan's minister, constructed the Baadshahi Masjid. District Chiniot was a portion of Jhang district prior to its formation. It was made in that year. Nearly in the centre of Punjab Province is Chiniot District. It is situated in the middle of the Punjabi province's four districts of Jhang, Sargodha, Faisalabad, and Hafizabad. The district's center is where the River Chenab runs.

In Pakistan's Punjab province, the city of Chiniot serves as both the district's administrative center and its name in Punjabi. The 28th biggest city in Pakistan, it is situated on the Chenab River's bank.

Sample of the Study and Data Analysis

The objective of this study is to explore the perspectives of people in District Chiniot. To achieve this objective, the study was conducted from, focusing on an urban area in the district Chiniot. A purposive sampling technique were used to select 110 respondents from urban area. Data were collected using a well-structured questionnaire based on Likert scales. After collecting the data, the SPSS software was utilized to conduct an analysis to generate both descriptive and inferential statistics to address the research questions. The rationale for selecting District Chiniot is its easy acceptability, which makes it a suitable location for conducting the study.



Data Collection

Data was collected through questionnaire. Certain unavoidable difficulties were faced during data collection.

1. Some of the selected areas were far away from main road, so it was very difficult to approach the respondents.
2. Due to current country situation in most case of respondents was the main hurdle in getting necessary information.
3. In some cases, the respondents were not available at their spot during the first visit. Thus more visits were paid which caused delay.
Due to suspicious nature, some respondents were reluctant to provide accurate information. I had to spend much time in explaining to them that the information will be only for academic purposes.

Results

This section provided data analysis and interpretation for the research challenges under consideration.

Table 1

Factors of Negative Impact on Teenagers of Divorced Couples

Factors	To some extent		To a somewhat extent		To a somewhat high extent		To somewhat very high extent		To an extremely high extent	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
	Proper social and mental development	16	14.55	26	23.64	24	21.82	37	33.64	7
Lag behind other children in studies	20	18.18	29	26.36	28	25.45	16	14.55	17	15.45
Social behavioral negative changes	24	21.82	33	30.00	21	19.09	20	18.18	12	10.91
Bad effect on health	25	22.73	33	30.00	16	14.55	20	18.18	16	14.55
Loss of Interest in Social Activity	18	16.36	25	22.73	30	27.27	20	18.18	17	15.45
Emotionally Sensitive	10	9.09	12	10.91	38	34.55	36	32.73	14	12.73
Feelings of Guilt	16	14.55	16	14.55	34	30.91	40	36.36	4	3.64

Factors	To some extent		To a somewhat extent		To a somewhat high extent		To somewhat very high extent		To an extremely high extent	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
	Destructive Behavior	9	8.18	25	22.73	26	23.64	34	30.91	16
Loss of Faith in Marriage	13	11.82	12	10.91	32	29.09	38	34.55	15	13.64
Loss of confidence	13	11.82	13	11.82	18	16.36	48	43.64	18	16.36
Loss of decision-making power	20	18.18	26	23.64	31	28.18	25	22.73	8	7.27

The above table describes the distribution of factors that have a negative effect on teenagers of divorced couples using measures, such as mean, standard deviation, and weighted score. The responses to the question "loss of confidence" indicate a distribution ranging from fairly high to extremely high with a trend towards the former and with a mean value of 3.41. The notion of "emotionally sensitive" was mentioned by respondents and its mean score of 3.29 indicates that it was trending quite high.

Table 2

Mean, Standard Deviation, Weighted Score, and Rank for Factors regarding Negative

Factors	<i>M</i>	<i>SD</i>	<i>WS</i>	Rank
Loss of confidence	3.41	1.23	375	1
Emotionally Sensitive	3.29	1.15	362	2
Loss of Faith in Marriage	3.27	1.01	360	3
Destructive Behavior	3.21	0.81	353	4
Feelings of Guilt	3	1.22	330	5
Proper social and mental development	2.94	0.94	323	6
Loss of Interest in Social Activity	2.94	0.45	323	7
lag behind other children in studies	2.83	0.51	311	8
Loss of decision-making power	2.77	0.73	305	9
Bad effect on health	2.72	0.6	299	10
Social behavioral negative changes	2.66	0.63	293	11

The above table describes the distribution of factors that have a negative effect on teenagers of divorced couples using measures, such as mean, standard deviation, and weighted score. The responses to the question "loss of confidence" indicate a distribution ranging from fairly high to extremely



high with a trend towards the former and with a mean value of 3.41. The notion of "emotionally sensitive" was mentioned by respondents and its mean score of 3.29 indicates that it was trending quite high. The responses to the question "loss of faith in marriage" indicate the distribution from somewhat high to very high, with a mean value of 3.27 indicating a rather high trend. The notion of "destructive behavior" was mentioned by respondents at number four and its mean value of 3.21 indicates that it was trending rather high. The respondents ranked the notion of "feelings of guilt" at number six with a mean score of 3 indicating that it was trending quite high. The respondents rated the question of "proper social and mental development" at number six and the mean value of 2.94 indicates a rather high priority. The results showed that the notion of "loss of interest in social activity" was ranked seventh and that responses vary from "somewhat high" to "very high" with a mean value of 2.94 indicating a "somewhat high" trend. The average score of 2.83 indicates that the proportion of students who "lag behind other children in studies" falls within the middle of the distribution of possible responses (slightly high to extremely high) rather than falling outside of it. The responses to the notion of "loss of decision-making power" were distributed between "somewhat high" and "very high" with a mean score of 2.77 indicating a trend towards the former. Responses to the question "bad effect on health" ranged from "somewhat high" to "very high" with a mean score of 2.72 indicating a trend towards the former. In eleventh place, negative alterations were found for social behaviors for which responses ranged from relatively high to very high with mean values trending towards the former (2.66).

Table 3

Factors Regarding Parental Conflicts having Negative Impact on Teenagers

Factors regarding parental conflicts	To some extent		To a somewhat extent		To a somewhat high extent		To somewhat very high extent		To an extremely high extent	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
High levels of conflict and animosity between parents	14	12.73	13	11.82	18	16.36	40	36.36	25	22.73
Developing emotional	21	19.09	22	20.00	22	20.00	37	33.64	8	7.27

Factors regarding parental conflicts	To some extent		To a somewhat extent		To a somewhat high extent		To somewhat very high extent		To an extremely high extent	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
	Social behavioral negative changes	18	16.36	25	22.73	26	23.64	32	29.09	9
Over-use of smart phone in family time	10	9.09	10	9.09	32	29.09	34	30.91	24	21.82
Miss trust of parents	12	10.91	19	17.27	31	28.18	41	37.27	7	6.36

Sirvanli-Ozen (2004) argues that the high rates of marital conflict experienced by children and adolescents in divorced households are the root cause of the difficult transition they suffer. Sirvanli-Ozen found that parents' involvement with their children decreased in proportion to the amount of conflict between them. Therefore, children's social and emotional development, their capacity to control emotions, their coping strategies, and the parent-child interaction were all negatively affected by marital conflict. couples with strained marital connections also tend to have strained parent-child interactions. As a result, it's not unexpected that these kids had lower levels of self-esteem and more challenging behaviors.

Table 4

Mean, Standard Deviation, Weighted Score, and Ranks according to Factors Regarding Parental Conflicts

Factors	<i>M</i>	<i>SD</i>	<i>WS</i>	Rank
Over use of smart phone in family time	3.47	0.96	382	1
High levels of conflict and animosity between parents	3.45	0.93	379	2
Miss trust of parents	3.11	1.16	342	3
Developing emotional	2.9	0.86	319	4
Social behavioral negative changes	2.9	0.73	319	5

Mean, standard deviation, and weighted score have been presented in the preceding Table as descriptive statistics for the factors related to parental disputes that have a detrimental effect on teenagers. The replies to the question "overuse of smart phones in family time" range from somewhat high to extremely high, with a mean value of 3.47 indicating a rather high



trend. The respondents placed "high levels of conflict and animosity between parents" as the second most pressing issue, reporting that it "tends to be somewhat high" (mean value 3.45). Third place on the list, "mistrust of parents" displays a distribution of answers somewhere between fairly high and extremely high, with a mean value of 3.11. The notion of "developing emotional" came up most frequently among respondents at number four with a mean score of 2.9 suggesting a trend towards relatively high. The respondents' comments regarding "social behavioral negative changes" landed at fifth position, indicating a somewhat high (mean value 2.9) level of concern.

Table 5

Factor regarding Elements of Society Supporting Families Going through Divorce

Elements	To some extent		To a somewhat extent		To a somewhat high extent		To somewhat very high extent		To an extremely high extent	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
NGOs	21	19.09	57	51.82	32	29.09	21	19.09	57	51.82
Local leaders	18	16.36	56	50.91	36	32.73	18	16.36	56	50.91
Orphan houses	40	36.36	30	27.27	40	36.36	40	36.36	30	27.27
Agosh markiz	29	26.36	40	36.36	41	37.27	29	26.36	40	36.36
Child labors protection unit	21	19.09	54	49.09	35	31.82	21	19.09	54	49.09
Grand parental	16	14.55	61	55.45	33	30.00	16	14.55	61	55.45
Parents education programs	21	19.09	32	29.09	57	51.82	21	19.09	32	29.09
AO Sulah										
Karwayen (NGOs)	16	14.55	16	14.55	78	70.91	16	14.55	16	14.55
Deeni Madaris	21	19.09	57	51.82	32	29.09	21	19.09	57	51.82

Adjustment to divorce is influenced by a number of elements, as previously mentioned, as stated by Seifert & Hoffnung (2007). Young children and adolescents' responses to family transitions vary depending on their age and stage of development. Children and teenagers face new challenges at each developmental stage. Children's limited comprehension of the divorce throughout early childhood might leave them feeling confused, fearful, and insecure. This age is also associated with a reversion in children's conduct. Children in the middle years of childhood typically

feel responsible for the divorce and desperately want their families to reconcile.

Table 6
Mean, Standard Deviation, Weighted Score and Rank According to Elements of Society That Support Families Going Through Divorce

Elements	M	SD	WS	Rank
NGOs	3.35	1	368	1
Deeni Madaris	3.17	0.78	349	2
AO Sulah Karwayen (NGOs)	2.56	2.69	282	3
Parents education programs	2.33	2	256	4
Local leaders	2.16	2.01	238	5
Grand parental	2.15	2.14	237	6
Child labors protection unit	2.13	1.94	234	7
Agosh markiz	2.11	1.72	232	8

Table above presents the distribution and descriptive statistics about elements of society that support families going through divorce where mean, standard deviation, and weighted score are also discussed. "NGOs" is rank ordered on 1st position. It shows that the responses fall between somewhat high to very high but it tends towards somewhat high with mean value 3.35. Respondents ranked "Deeni Madaris" at 2nd position and it tends towards somewhat high with the mean value 3.17. "AO Sulah Karwayen (NGOs)" is rank ordered on 3rd position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 2.56. The respondents ranked "parents' education programs" at 4th position and it tends to somewhat high with the mean value 2.33. Respondents ranked "local leaders" at 5th position and it tends towards somewhat high with the mean value 2.16.

Table. 7
Factor Regarding Policies that Effect Families Going through Divorce

Policies that effect	To some extent		To a somewhat extent		To a somewhat high extent		To somewhat very high extent		To an extremely high extent	
	f	%	f	%	f	%	f	%	f	%
	Marriage law in Pakistan not give	9	8.18	27	24.55	26	23.64	32	29.09	16



Policies that effect	To some extent		To a somewhat extent		To a somewhat high extent		To somewhat very high extent		To an extremely high extent	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
	right to woman of sudden divorce									
Fear of financial support to child after divorce	13	11.82	10	9.09	31	28.18	38	34.55	18	16.36
Parental education program	12	10.91	16	14.55	19	17.27	43	39.09	20	18.18
Ao Sulah Karwayen (NGOs)	21	19.09	28	25.45	27	24.55	26	23.64	8	7.27
Role of Islamic leaders	13	11.82	14	12.73	18	16.36	34	30.91	31	28.18
Family structure that supports child	11	10.00	18	16.36	27	24.55	43	39.09	11	10.00

Understanding the connection between divorce and children's well-being is crucial to formulate the policies impacting family structures. This is especially important since the current policies do not address the root causes of parental divorce. Increasing the financial burden of divorce may be an effective policy response if it is found that divorce is associated with negative outcomes for children. It may be prudent for public policy to include the cost of negative impacts of divorce on children's outcomes in the damages that can be claimed (Painter & Levine, [2000](#)).

Table 8

Mean, Standard Deviation, Weighted Score and Rank According to Policies That Effect on Families Going Through Divorce

Policies	<i>M</i>	<i>SD</i>	<i>WS</i>	Rank
Parental education program	3.51	0.82	386	1
Marriage law in Pakistan not give right to woman of sudden divorce	3.39	1.01	373	2
Ao Sulah Karwayen (NGOs)	3.23	1.12	355	3
Role of Islamic leaders	3.2	1.1	352	4
Fear of financial support to child after divorce	2.75	0.69	302	5
Family structure that supports child	2.58	1.01	284	6

Table above presents the distribution and descriptive statistics about policies that effect families going through divorce where mean, standard deviation, and weighted score are also discussed. "Parental education program" is rank ordered on 1st position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 3.51. Respondents ranked "marriage law in Pakistan not give right to woman of sudden divorce" on 2nd position which tends towards somewhat high with the mean value 3.39. "Ao Sulah Karwayen (NGOs)" is rank ordered on 3rd position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 3.23. Respondents ranked "role of Islamic leaders" at 4th position which tends towards somewhat high with the mean value 3.2. The respondents ranked "fear of financial support to child after divorce" at 5th position which tends towards somewhat high with the mean value 2.75. Respondents ranked "family structure that support child" at 6th position which tends towards somewhat high with the mean value 2.58.

Table 9
Factor Regarding Emotional Developments

Emotional developmental factors	To some extent		To a somewhat extent		To a somewhat high extent		To somewhat very high extent		To an extremely high extent	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
	Shyness	30	27.27	27	24.55	10	9.09	32	29.09	11
Surprise	26	23.64	51	46.36	21	19.09	9	8.18	3	2.73
Elation	23	20.91	16	14.55	18	16.36	44	40.00	9	8.18
Embarrassment	25	22.73	28	25.45	22	20.00	30	27.27	5	4.55
Shame	24	21.82	28	25.45	19	17.27	34	30.91	5	4.55
Guilt	20	18.18	18	16.36	40	36.36	19	17.27	13	11.82
Pride	20	18.18	20	18.18	31	28.18	33	30.00	6	5.45
Empathy emerges	24	21.82	35	31.82	13	11.82	26	23.64	12	10.91

The emotional development of a child with divorced parents can be influenced by various factors, including the age of the child at the time of divorce, the level of conflict between the parents, the quality of the relationship with each parent post-divorce, and the support system available to the child. Overall, while divorce can be a challenging experience for



children, it doesn't necessarily dictate their emotional development. With love, support, and effective communication, children of divorced parents can thrive and develop resilience.

Table 10

Mean, Standard Deviation, Weighted Score and Rank According to Emotional Developments

Emotional Developmental Factors	<i>M</i>	<i>SD</i>	<i>WS</i>	Rank
Shyness	3	1.11	330	1
Pride	2.98	0.78	328	2
Empathy emerge	2.95	1.23	324	3
Embarrassment	2.88	0.87	317	4
Shame	2.86	0.9	315	5
Elation	2.71	0.91	298	6
Guilt	2.7	0.8	297	7
Surprise	2.65	0.83	292	8

Table above presents the distribution and descriptive statistics about emotional developments where mean, standard deviation, and weighted score are also discussed. "Shyness" is rank ordered on 1st position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 3. The respondents ranked "pride" at 2nd position which tends to somewhat high with the mean value 2.98. "Empathy emerge" is rank ordered on 3rd position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 2.95. The respondents ranked "embarrassment" at 4th position which tends towards somewhat high with the mean value 2.88. The respondents ranked "shame" on 5th position which tends towards somewhat high with the mean value 2.86. The respondents ranked "elation" at 6th position which tends to somewhat high with the mean value 2.71. "Guilt" was rank ordered at 7th position which indicates that the replies range from somewhat high to very high with a tendency to somewhat high with the mean value 2.7. "Surprise" was rank ordered at 8th position which shows that the responses fall between somewhat high to very high, however, tends towards somewhat high with the mean value 2.65.

Table 11

Mean, Standard Deviation, Weighted Score, and Rank According to Cognitive Developments

Cognitive Developmental Factor	<i>M</i>	<i>SD</i>	<i>WS</i>	Rank
Problem solving	3.45	0.93	379	1
Elation organizing knowledge of experience	3.41	1.23	375	2
What develops,' or the content of knowledge, and 'how knowledge develops.'	3.27	1.01	360	3
Acquire, organize, and learn to use knowledge	3.21	0.81	353	4
How' knowledge develops	3.12	0.98	343	5
Executive function	3.06	0.75	337	6
Reasoning	2.9	0.86	319	7
Memory	2.77	0.73	305	8

Table above provides a descriptive statistics and distribution for cognitive advances including mean, standard deviation, and weighted score. The responses to "problem solving" revealed a distribution from fairly high to extremely high with a trend towards rather high (mean value 3.45). The notion of "elation organizing knowledge of experience" was mentioned by respondents twice, with a mean value of 3.41, suggesting a fairly high ranking. "What develops knowledge" or its substance and "how knowledge develops," are ranked third, with answers ranging from "somewhat high" to "very high," but trending towards "somewhat high" (mean value 3.27). The average response to the question "acquire, organize, and learn to use knowledge" came in at 3.21, putting it at 4th position. The question "how' knowledge develops" was mentioned by respondents five times, putting it in the top ten and suggesting a mean value of 3.12, which is on the high side but not quite there. Respondents put "executive function" at 6th position with a mean score of 3.06 indicating that it is trending upwards. The responses to "reasoning" suggest a range from "somewhat" to "very" positive, with a bias towards "somewhat" and a mean value of "2.9." The responses to "memory" range from "somewhat high" to "very high" with a mean score of 2.77 indicating a trend towards "somewhat high."

On the basis of the above, following are the key findings of this research:



Negative Impact of Divorced Couples on Teenagers

"Loss of confidence" is rank ordered on 1st position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 3.41. Respondents ranked the notion "emotionally sensitive" at 2nd position which tends to somewhat high with the mean value 3.29. "Loss of faith in marriage" was rank ordered on 3rd position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 3.27.

Negative Impact of Parental Conflicts on Teenagers

"Over use of smart phone in family time" was rank ordered on 1st position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 3.47. The respondents ranked "high levels of conflict and animosity between parents" at 2nd position which tends to somewhat high with the mean value 3.45. "Mistrust of parents" was rank ordered on 3rd position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 3.11.

Elements of Society that Support Families Going through Divorce

"NGOs" is rank ordered on 1st position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 3.35. The respondents ranked "Deeni Madaris" at 2nd position which tends to somewhat high with the mean value 3.17. "AO Sulah Karwayen (NGOs)" is rank ordered on 3rd position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 2.56.

Policies that Effect Families Going through Divorce

"Parental education program" was rank ordered on 1st position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 3.51. The respondents ranked "marriage law in Pakistan does not give right to women of sudden divorce" at 2nd position which tends to somewhat high with the mean value 3.39. "Ao Sulah Karwayen (NGOs)" was rank ordered on 3rd position which shows that the responses fall between somewhat high to very high, however it tends towards somewhat high with the mean value 3.23.

Resilience Correlated Positively with all Five Protective Factors

"Madrisa/Masjid" was rank ordered on 1st position which shows that the responses fall between somewhat high to very high, however, it tends towards somewhat high with the mean value 3.02. The respondents ranked "peer environment" at 2nd position which tends to somewhat high with the mean value 2.5. "School" was rank ordered on 3rd position and it shows that the responses fall between somewhat high to very high but it tends towards somewhat high with the mean value 2.43.

Six Ways to Increase Your Child's Resiliency

"Minimize the child's exposure to parenting conflict" was rank ordered on 1st position and it shows that the responses fall between somewhat high to very high but it tends towards somewhat high with the mean value 2.7. The respondents ranked "continue meaningful parenting involvement in your children's lives" at 2nd position and it tends to somewhat high with the mean value 2.67. "Establish a detailed parenting plan" was ranked ordered on 3rd position which shows that the responses fall between somewhat high to very high but it tends towards somewhat high with the mean value 2.62.

Emotional Developments

"Shyness" was rank ordered on 1st position and it shows that the responses fall between somewhat high to very high but it tends towards somewhat high with the mean value 3. The respondents ranked "pride" at 2nd position and it tends to somewhat high with the mean value 2.98. "Empathy emerge" was rank ordered at 3rd position and it shows that the responses fall between somewhat high to very high but it tends towards somewhat high with the mean value 2.95.

Social Development

"Clothing style" was rank ordered on 1st position and it shows that the responses fall between somewhat high to very high but it tends towards somewhat high with the mean value 3.29. The respondents ranked "abandonment fears" at 2nd position and it tends to somewhat high with the mean value 3.18. "Music" was rank ordered on 3rd position and it shows that the responses fall between somewhat high to very high but it tends towards somewhat high with mean value 3.13.



Cognitive Developments

"Problem solving" was rank ordered at 1st position and it shows that the responses fall between somewhat high to very high but it tends towards somewhat high with the mean value 3.45. The respondents ranked "elation organizing knowledge of experience" at 2nd position and it tends to somewhat high with the mean value 3.41. "What develops,' or the content of knowledge, and 'how knowledge develops'" was rank ordered on 3rd position and it shows that the responses fall between somewhat high to very high but it tends towards somewhat high with the mean value 3.27.

Discussion

Divorce has negative and devastating impacts on teenagers. Teenagers who experience parental divorce are at a higher chance to develop mental issues, such as sadness and anxiety, according to the empirical data. They may also have to struggle academically and develop negative behavioral traits, such as violence and criminality. According to some estimates, more than half of today's newborns are at a risk to experience marital instability mostly due to their parents' separation. Within the first 12 months after a separation, women's earnings from personal family activities fall by means of about 20 percentages. Although, men's earnings fall by means of most effective about 10 percentages. Since women often have primary custody, a decrease in income may negatively affect their children's well-being. About 25% of women who are legally entitled to get toddler help bills receive zero charge and just 33% receive full charge. Children's future partnerships may be affected by a number of circumstances related to their parents' divorce. Many of these kids may grow up wanting to have their own families but may have trouble committing to one person. They may also be uncomfortable resolving disagreements for fear of damaging their relationships with their spouses. As adults, we also face the anxieties of abandonment, change, betrayal, and loneliness, all of which can have a negative impact on our relationships. The negative effects of divorce on adolescents may last up to their adulthood and be exacerbated by a number of variables including ongoing arguments between parents, changes in family dynamics, and financial difficulties. Divorce may have beneficial results in certain cases, despite the fact that the factors leading to unfavorable outcomes are present. In extremely conflicting situations between parents, for instance, separation of parents may mitigate detrimental effects. When children are exposed to serious parental disputes

or violence, divorce has been found to improve their conduct and well-being. In order to create policies that have an impact on family structures, understanding the connection between divorce and children's well-being is crucial. This is especially important because current policies have neglected to address the root causes of parental divorce. Increasing the financial burden of divorce may be an effective policy response if it is found that divorce is associated with negative outcomes for children. It may be prudent for public policy to include the cost of negative impacts of divorce on children's outcomes in the damages that can be claimed. Children play important roles in many cases of divorce. For instance, parents may exercise control over their children by steering them in the direction of the other parent. The children are also used by the discern to disparage the other side. Lead to the employment of hypothetical-deductive reasoning. The child feels rejected, unloved, and unworthy, and internalizes these negative views about themselves.

Divorce has a devastating effect on children of all ages. The responses to the question "loss of confidence" indicate a distribution from fairly high to extremely high with a trend towards the former and a mean value of 3.41. The notion of "emotionally sensitive" was mentioned by respondents a close second and its mean score of 3.29 indicates its trend towards quite high. The responses to the question "loss of faith in marriage" indicate a distribution from somewhat high to very high with a mean value of 3.27 indicating a trend towards rather high. Teenagers often suffer due to parental disputes. The responses to the question "overuse of smart phones in family time" range from somewhat high to extremely high with a mean value of 3.47 indicating a trend towards rather high. Respondents placed "high levels of conflict and animosity between parents" as the second most pressing issue, reporting that it "tends to be somewhat high" (mean value 3.45). Third place on the list, "mistrust of parents" displays a distribution of answers somewhere between fairly high and extremely high with a mean value of 3.11. The replies range from somewhat high to very high with a trend towards fairly high (mean value 3.35). "NGOs" rank first in social factors that help families through divorce. The notion of "deeni madaris" was mentioned by respondents a close second and its mean value of 3.17 indicates its trend upwards. The results reveal that "AO Sulah Karwayen (NGOs)" is ranked third and ratings for this organization range from moderately high to extremely high with a mean score of 2.56. If certain regulations affect divorced families, then the mean rating for "parental



education program" is 3.51 indicating that most people rate it between "somewhat high" and "very high." The statement "marriage law in Pakistan does not give right to women of sudden divorce" received the second-highest number of votes (3.39 on average) from responders. The results reveal that "Ao Sulah Karwayen (NGOs)" is ranked third and answers range from "somewhat high" to "very high" with a trend towards "somewhat high" (mean value 3.23). All five protective characteristics showed a good correlation with resilience. The responses for "Madrissa/Masjid" range from "somewhat high" to "very high" with a mean value of 3.02. This puts "Madrissa/Masjid" in the first place. The notion of "peer environment" was mentioned by respondents with an even higher frequency, placing it at number two, with a mean value of 2.5. The results reveal that "school" was ranked third and that the responses range from "somewhat high" to "very high" with a little skew towards "somewhat high" (mean value 2.43). Six strategies have been presented to help children toughen up. Respondents' ratings to "minimize the child's exposure to parenting conflict" range from fairly high to very high with a mean rating closer to very high. 2.7. Respondents put "continue meaningful parenting involvement in your children's lives" at number two and the mean score of 2.67 indicates that this is a rather high priority for parents. The results reveal that "establish a detailed parenting plan" was ranked third and that the responses range from "somewhat high" to "very high" with a mean score of "somewhat high" (2.62). Changes in how one feels when "shyness" is ranked first reveals that the responses range from "somewhat high" to "very high" with a trend towards "somewhat high" and a mean value of 3. The notion of "pride" was mentioned by respondents in a close second and its mean value of 2.98 indicates its trend towards rather high. The third-ranked "empathy emerge" displays a distribution of answers from moderately high to extremely high with a mean score of 2.95 indicating a trend towards moderately high. According to the data, "clothing style" was ranked first which demonstrates that answers range from somewhat high to very high with a trend towards fairly high (mean value 3.29). The notion of "abandonment fears" was mentioned by respondents a close second and its mean value of 3.18 indicates its trend towards quite high. The responses for "music" range from "somewhat high" to "very high" with a mean score of 3.13 indicating a trend towards the former. The responses to "problem solving" reveal a distribution from fairly high to extremely high with a trend towards rather high (mean value 3.45). The topic of "elation organizing knowledge of

experience" was mentioned by respondents twice with a mean value of 3.41 suggesting a fairly high ranking. Knowledge is "what develops," or its substance, and "how knowledge develops," were ranked third with answers ranging from "somewhat high" to "very high" but trending towards "somewhat high" (mean value 3.27).

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