

Causes of Divorce and its Effects on the Socialization of Children: A Case Study of Tehsil Daggar District Buner

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Abstract: *This study examines the viewpoints of persons who have recently divorced to elucidate the causes of marital dissolution and their effects on children's socialization. In-depth interviews demonstrate that several causes lead to marriage breakdown, including opposing financial interests, adultery, inadequate communication, and familial pressure. These situations may significantly undermine a marriage's emotional and psychological basis, perhaps leading to strife and divorce. This study also examines the influence of divorce on children's social and academic relationships. Study indicates that post-divorce children often experience behavioural changes, diminished self-esteem, and mood swings that disrupt their social interactions and academic performance. Divorce parents use different strategies to mitigate these effects; some struggle with childrearing, while others have emotional and communication challenges. The research indicates that reunification is essential for familial support and the welfare of children, as well as for robust assistance and interventions to aid youth in addressing challenges stemming from parental divorce.*

Key Words: Divorce, Socialization, Children, Buner

Introduction

The dissolution of a marriage by a court or by any other means is called divorce. The divorce of marriage and the development of legal obligations of both parties, including property division, alimony and child support for minors. Legal marriages end in divorce, and this can have significant social, economic and psychological consequences for both parties and their families. The process by which people pick up and assimilate the morals, ideologies, social mores, and interpersonal skills required to contribute positively to society is known as socialization. Early childhood is the starting point of this lifetime process, which has an ongoing effect on behaviour, identity, and social interactions. People get the cultural and social skills necessary to engage with their group and society at large through socialization.

According to Dykeman, the main component of divorce is the physical separation of the pair. However, the Arabic Dictionary indicates that the term "Talaq" actually refers to the weakening of the marriage between the married couple. Similar to this, divorce, as defined by Golden & Henders, is the official dissolution of a marriage in conformity with the law, ending the marital union; as a result, both the husband and the wife are permitted to live apart. However, a review of the research reveals that this kind of separation has a variety of effects on the couple and the kids, including both short-term and long-term effects, as Hughes points out. Divorce rates have been rising globally, and one reason for this trend is the financial independence of the married. Smith asserts that women's economic independence is crucial to divorce proceedings since it enables and empowers women to dissolve marriages (Wu, 1996).

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In a similar vein, birth control as a factor enables couples to feel less emotional pressure to live together in a compromised style that primarily exposes children to risk. Research indicates that children of these families struggle with behavioural issues, adjustment, and academic success. These kids have emotional problems, including despair and loneliness, and it negatively affects their academic achievement. Furthermore, research on the education and scholastic achievement of divorced couples' kids points to a number of concerning outcomes for their offspring, including a shift in cognitive maturity and a tendency toward greater sensitivity when compared to kids from married couples. Preschoolers have very little cognitive ability and are frequently perplexed by their parents making it difficult for them to adjust to all the changes that come with starting school (Whitemarsh, [2008](#)).

According to research study findings, these children dream of their parents' previous marriage and are in desperate need of emotional support. Youngsters of this age experience the loss of a parent and are expected to verbally communicate their annoyance. Male and female children of divorced parents react differently to their parents, but adolescents of divorced parents are more willing to change their minds about them and forge new identities. According to McLanahan, guys react in a hostile, rebellious, and aggressive manner, whereas girls react more anxiously. Furthermore, boys typically adjust better when their moms remarry, whereas girls have more trouble and tend to have long-term adjustment challenges. In a similar vein, girls from intact homes may become sexually active earlier than girls from other backgrounds.

"A legal dissolution of the marriage relation; any formal separation of a man and his wife according to established custom; a complete separation of any kind" is how Edet Ukpung defines divorce. The term's original meaning was the dissolution of a formal marriage, but it is currently also used to describe the division of two institutions or circumstances from one another, such as the division of the state from the church or other religious organizations (Vander et al., [2005](#)). It is noteworthy that divorce cannot occur unless a legal marriage tie exists. Because they were never legally married, cohabiting individuals cannot be referred to as divorced when they decide to part ways. According to Allen Fromme, divorce is a "recognized datum of modern life, though it is not always socially approved." It is antisocial and, in contrast to marriage, is not frequently observed with pomp, food, dancing, etc. (Ukpung, [2014](#)).

Literature Review

Three areas are covered in the study:

1. Parental Conflict and Children's Adjustment
2. Parental Stability and its Effects, and
3. Supporting Children in their Adjustment.

Parental Conflict and Children's Adjustment to Divorce

The number of divorced families in the Buner has significantly increased over time. The greatest divorce rates in history have been shown to occur in the twenty-first century. One out of two children will live with one parent (divorced or never married) at some time during their upbringing, according to Khalid Saeed (Khalid Saeed, [2020](#)). This figure is concerning not just because of the many effects divorce may have on children's stability and development but also due to the potential social consequences of divorce. Divorced parents often fail to consider the potential psychological effects of their marital disputes on their kids.

They believe that their issues solely impact and worry the adult couple. However, research has shown that parental conflict before, during, and after separation affects the functioning of the family as well as the relationships between the parents. Parents experience stress and despair as a result of parental conflict. Parents' coping and parenting skills, as well as their relationships with their children, have been shown to mirror these emotions. Research conducted in Buner examined the association between parental disagreement, parent-child interactions, divorce, and the emotional bond between parents and children after a divorce. Following a 12-year analysis, the author came to the conclusion that parent-child relationships and parent conflict were related (Vincent, [2020](#)). The examiners discovered that following divorce, the emotional bonds between fathers and children deteriorated more than those between mothers and children. They also confirmed that the behaviours shown by children after divorce were positively correlated with the length and quality of the father-child connections. Furthermore, these researchers

discovered that several of the issues and poor parental marriage traits shown in the parent-child interactions after separation existed before the marriage was disrupted. Economic issues, a lack of parental participation, and children's restricted contact with their parents may all result from adult difficulties. Khalid investigated the connection between parental conflict after divorce, parenting and custody concerns, and post-divorce situations. Surveys, interviews, and comparisons using several psychological ratings were used to get the data.

In this study, the researchers discovered that couples with moms dissatisfied with their husbands' parenting skills had higher conflict. When children were with the noncustodial parent, the custodial parents were often worried about their safety and welfare. According to their research, fathers' disagreements over mothers' rigidity in scheduling visits were similarly linked to family conflict. Fathers believed that their children were being pushed away from them and that they were losing control over them. The conflict was also linked to custody satisfaction. Parents' stress and irritation levels increased as a result of their concerns and desires about custody not being acknowledged. Children's transition to divorce was negatively impacted by these parental emotional stresses, which also had an effect on the co-parenting relationship. In situations where mothers and fathers agree on a positive parenting plan, affirm each other's dedication to their children, and both parents fulfil the expectations of their respective parental roles following a divorce, these findings are pertinent to the promotion of support groups and interventions that could improve positive co-parental relationships (Colman & Widom, [2004](#)).

It is difficult and difficult to reach a successful legal settlement that benefits children and would be equitable for both parents. However, parents should be willing to compromise and reach a mutually beneficial agreement that would make their post-divorce lives and those of their children less difficult. The findings indicated that parents should work to maintain good co-parenting relationships after divorce and to lessen parental conflict. He suggests that parents who agree to maintain good behaviour and adhere to the agreed-upon terms create fruitful divorces. An example of a good outcome would be a financial settlement in which one parent receives enough financial assistance to provide his kids with a good life while the other parent keeps up a respectable level of financial stability that allows him to keep seeing his kids. Due to the many changes in their lives after a divorce, children may experience ongoing feelings of anger, hurt, fear, and confusion. They no longer feel comfortable and protected.

In a very intimate sense, some people—especially young children with little comprehension—may see divorce as a sign of rejection. These kids start to exhibit more behavioural issues, poorer self-esteem, and greater trouble interacting with others in social situations as a way to get attention and as a reaction to their anxiety and irritation levels. Additionally, they found that parents who were overburdened by marital strife were more likely to respond to their children's misbehaviour by using force. Children in such circumstances had poor social skills, limited emotion management, and increased conflict sensitivity. These kids were more likely to use violent behaviour to vent their feelings and find solutions to their issues at home than at school. Children who experience parental disagreement develop behavioural issues. These negative actions exacerbate parents' annoyance and ultimately damage parent-child bonds. In order to assist children in managing and adjusting to their new lives, the quality of family relationships and the parents' dedication to reducing the dangers associated with divorce are crucial (Rodgers & Rose, [2002](#)).

The Stability of Parents and How It Affects Divorced Children

Parents' and kids' lives might change in a variety of ways as a result of divorce. In addition to their emotional struggles, divorced parents must deal with the stress of moving, changing jobs, and facing financial difficulties. Their lives and their capacity to guarantee the welfare of their children are significantly impacted by this transitional phase. Parents and kids may develop a resilient mindset that is crucial to their adjustment process if they take the initiative and have the guts to go through this challenging circumstance. According to their study, mothers' income, education, ethnicity, ideas about raising children, depressive symptoms, and behaviour all had an impact on children's psychological development, but parental separation itself had no effect. The quality of parenting abilities may be lowered by parental instability. The capacity of parents to discipline, regulate, nurture, be emotionally attentive, and establish a consistent routine is adversely damaged after a divorce. According to their study's findings, moms who were overburdened by their family's financial situation as well as by their own feelings of



despair, worry, and terror were more likely to distance themselves from reality. They neglect the impact that their actions and choices may have on their children's well-being, disengaging from their responsibilities as mothers and carers. Children's bad behaviour patterns and inefficient mother-child relationships resulted from this inattention (Thornton & Camburn, [1987](#)).

For families attempting to regain their feeling of security, respect, and unity, they also recommend the authoritarian parenting style. They contend that although young kids need love and attention, they also require responsibility and limits. The foundation for how children adapt to divorce is laid by the methods used in childrearing. Children feel disoriented and have an unpleasant and unsatisfactory post-divorce experience when they are not in place. Some parents may become caught up in a preoccupation trap after a divorce, which hinders their ability to think critically and maintain a resilient mindset. These parents may get overburdened by their unfavourable family circumstances and reveal their financial and emotional worries to their kids. Children who go through this experience become apprehensive and agitated about resolving family issues. Some kids even accuse themselves of being the reason for their parents' separation. Ineffective parenting may lead to overloaded kids, especially when parents use their own children as confidants and therapists. Children start to look after their parents in these situations. They assume the roles of parents and carers, disengaging from the outside world and sacrificing their childhood rights (Axinn & Thornton, [1996](#)).

Parents and kids may overcome the emotional challenges of a divorce with the help of extended family and professional assistance. Parents who get this support may be able to regain their health and turn into constructive role models for their kids. Children may also benefit from this intervention by learning how to deal with, comprehend, and adapt to the changes that divorce brings. After a divorce, parents are not in a position to solve every problem or stop their children from having bad experiences. For the sake of their kids' growth and welfare, parents may, nonetheless, lessen the causes of damage. However, with the right support and care, a family's assets may be used throughout a divorce, and kids can be taught healthy coping mechanisms for handling parental disputes.

Assisting Children with Divorce Adjustment

These days, a growing number of kids must deal with a family split. Parents are better equipped to handle and get through this trying time if they are informed about divorce and the potential effects it may have on their kids. Their knowledge of this issue enables them to enhance their own well-being and help their kids adapt to their new way of life. Children worry about their future and their living circumstances, much as adults do. Children are attempting to make sense of all that has changed in their lives after a divorce. They are attempting to figure out their place in the world and rebuild their idea of a family. These young people are gradually making plans for their future. As a result, parents need to look for ways to make this transition easier to handle and more effective. Undoubtedly, the family's financial difficulties cannot be concealed after parental separation (Barron, [2010](#)).

Parents in this situation must, however, shield their kids from their emotional and financial worries. When this is unavoidable, parents must explain their circumstances to their children in a way that is appropriate for their comprehension level. Children's anxiety levels will drop, and their coping mechanisms will be strengthened if they feel secure in these areas. It might be difficult to tell kids that their parents have decided to get a divorce. However, this step is inevitable and ought to be taken as soon as the parents have a date set for their divorce. It is essential for parents to decide how and when to break the news of their separation to their children before they do so. They must decide to do it together in an easygoing, straightforward, and genuine conversational setting. Parents should use this special family gathering to reassure their kids that they are not to blame for their divorce.

Parents should utilise this opportunity to convey to their kids that everyone will find this experience difficult and depressing. Children must be reassured by their parents that they will always be loved and that they will always be their parents. They should also promise them that, in their capacity as their parents, they would do all in their power to lessen the pain of the divorce process. Parents need to make sure that the information they provide regarding their separation is appropriate for the age and maturity of their children. Take into account that children's ability to understand and absorb the effects of divorce is influenced by their age and gender. This awareness might assist parents in determining how and what

to respond to, as well as in reassuring their kids about the many divorce-related anxieties. Divorced parents should make an effort to continue being good role models for their kids. Even if they disagree with the formal court settlement, they should follow it and steer clear of parental disputes (after their separation). Prioritising children in these situations will facilitate and improve the quality of life for divorced families. It is important for parents to agree that they should never argue or be critical of one another in front of their kids. They have to establish a designated time and location away from kids where they may talk about their issues or arguments. To improve their kids' social, emotional, physical, and mental health, they should figure out how to keep up good co-parenting connections. These elements play a crucial role in assisting kids in adjusting to moving from one house to another and the abrupt separation from one of their parents.

Research Methodology

This study presents the methods that the researcher used in carrying out the research; it points out the research design, study population, sample size, sampling techniques and data collection techniques. The chapter further presents the sources of data, validity and reliability, and ethical interpretation. care of his wife and children but beat them. Do and harass them. The angry wife asked the husband to take a stand, and the husband refused to defend the brothers. I Can't say anything about it; I am, therefore, from them, Differences came up. On the day of the wedding, the husband marries another girl in the marriage itself. After increasing contact with her, the matter deteriorated to such an extent that the family of this second girl made a condition that if they divorced their wife, then they would give their daughter only. So, this boy divorced his wife to marry this girl. The main reason for the divorce was that the wife's father-in-law and brother-in-law accused him of having an illicit relationship with another professor.

Ineffectiveness of Mediation and Lack of Mutual Effort in Marital Conflict Resolution

When I came to my mother's house from my in-laws, my daughter was 11 months old, and she didn't get her father's love even then, so it didn't affect her that much, but as she grew up, the questions kept increasing with her age which was very difficult for me to face or manage this little soul. Two children were older and supported their father, and two were younger but loved their father very much. Stayed with their mother due to their young age. Our children weren't much surprised as they were aware of our unhappy married life. However, got disturbed and stopped playing with friends. If the boy had been a little more flexible in his attitude and tried to settle the matter through dialogue, the matter would not have reached the point of divorce. There were five children; the eldest son was 11 years old. When the father was taking the children after the divorce, the children went into depression.

Emotional and Psychological Effects of Divorce on Children

Yes, if a person is true to his conscience, he can do anything, and it is a matter of saving his home. The husband should do a lot to save the marriage. Tried, but the wife did not want to stay. A few things that the Shariat has told us before marriage. If they are followed from the beginning, they will have very beneficial effects. The custom of marriage should be abolished from puberty. Before marriage, the way you ask a boy if you like this girl? Similarly, you should ask the girl if you like this boy. Understanding each other's life was the only preventive measure. If the boy had been a little more flexible in his attitude and tried to settle the matter through dialogue, the matter would not have reached the point of divorce. If the husband listens to the wife instead of believing in the accusations and instead of believing the accusation, then the matter will end in divorce. The wife tried to save the marriage by bearing everything, but the husband is the one who is the only one who is in love with this other girl I didn't want to save.

Failed Reconciliation and Lack of Mutual Understanding

Yes, it could have happened, and I contacted him for the sake of my daughter and invited him to my mother's house and said that I would earn on my own, you should stay here only for the sake of our daughter. Just put your hand on the head so that his life is not ruined. But he stayed with me for six months, and during those six months, he used to collect my money, which I used to attend a private school and teach tuition at home, and he would go to his city. If the wife had left her decision and ended the differences with her husband and had not taken the decision to divorce, there would have been no divorce. Looking



back, I think it should be done that before the marriage, the mutual consent of both the boy and the girl is necessary, and it is necessary to ask both about it, and it is also a Shariah issue. We should have tried to understand each other's problems and respect them like my partner should have understood that my workload and financial problems were an obstacle in giving time to her. And her complaint about this lack of attention was a real one, and I shouldn't have ignored it... When things get too bad, whatever the case may be. The situation could not end without a divorce. If the husband had asked for proof from his brothers and had not trusted blindly, things would have deteriorated so much. 6. If that girl had left contact and the girl's family had not stipulated that she would have to leave the first wife, then this divorce.

Signs of a Deteriorating Marriage and Unaddressed Conflicts

When my daughter's first Eid came, and she had neither clothes nor bangles nor slippers nor any cooking equipment at home for the Eid, I had spent one and a half years but could not bear to see my daughter in pain. When the wife does not care about her children and husband and does not respect and care for her husband's family and keeps making baseless accusations against her husband, then the husband realizes that the marriage cannot continue. I knew when I felt that the girl did not like to live with me That the marriage was not working. The main reason was That the girl was angry at the beginning of this marriage, but It was not known, and friends and relatives knew. Constant quarrelling about little things and shouting at each other was a grave sign that the bond was not working. When the boy gave a new tortures the mother and her family every day and humiliates them, doubts them anew, they realise that this marriage cannot last anymore. When the husband kept talking to this other girl all night and did not even care about my feelings, he felt that this marriage could not work.

Struggles to Preserve the Marriage A midst Growing Conflict

Due to the circumstances, I was quite awake, so I could not handle the conflicts and differences, and I came to my mother's house for some time. There was a lot of disagreement between husband and wife, but they forgave each other many times for the sake of their children. If the children are born outside the country, then it is not considered so bad in other countries, that's why there are no changes in the children. The differences ended in "divorce". At first, I would try to calm things down, and my wife would comply, but later on, things got dirty, and my efforts got weaker and weaker, and so did my partner's compliance. Before the divorce, the girl kept agreeing to many words and demands so that no more fights took place. But the girl's abuses and restrictions ended as soon as the relationship ended. Before the divorce, there were no differences between the two. Soon, he took great care of his wife, but after this incident, he divorced without seeing any prophecy. The wife did everything, every abuse and tolerated every abuse of the husband to save the marriage, but the husband did not make any such effort.

Father's Absence and Children's Emotional Struggles

Yes, a great lack that only a father could give is a father whose children's love for their father rises in the form of death, and they get the patience from God, and those who do not get the love of a loving father. Self-care is very difficult. Our children stopped beating naughty and would best avoid their friends and play with them. Children were not as mischievous as children of their age. He always remembers his mother and keeps crying.

Effects of Divorce on Children's Emotional and Academic Wellbeing

Mentally awakened, in addition to his anger and mischievousness, he understands others better than himself and I am working on this at the moment to improve and improve it. Children's school or other activities are not affected. Children have egos with fathers and also with mothers. Because in foreign countries divorce is not considered bad. Our children stopped participating in social activities and would not show any interest in studies, so their performance became low. Due to crying and teasing all the time, the eyes did not get infected, and the children in school became very weak in their studies. Sometime after the divorce, the girl was taken away by her husband and engaged in mobile phones to such an extent that she no longer attends school.

Co-Parenting Challenges After Divorce

After divorce, children live together with both families. It is bad that they did not fail in foreign countries, but when they come to Pakistan, there are effects due to the people here. Yes, Ans I mentioned already our children are avoiding social gatherings and would try not talk to adults especially married couples. The father pampered the girl enough to keep her at home and away from her mother, so the girl is quite temperamental.

Effects of Divorce on Children's Self-Esteem and Behavior

Yes, our children's self-esteem is getting more and more low and they now prefer solitude. Childishness and gentleness have disappeared from the girl's temperament and she lacks the confidence of self-esteem and bold communication.

Family and Professional Support for Children Post-Divorce

No, as we were a small town, there were no facilities of any kind like schools or other institutions. Both the father's family and the mother's family support both the children and show love and affection. I myself try my best to give more and more time to our children, and a psychologist is taking regular classes with them 2 times a week¹³. The children's father, grandfather, grandmother and aunt take care of the children. To a large extent, they live in an effort not to remind the children of that trauma again.

Parental Dynamics and Effects on Children's Relationships Post-Divorce

I am not affected by this question because the child should be with the mother or with the father. In raising the child, there should be no guarantee of the mother's love or the father's love; then, the mother should keep every desire with her. There is a big difference between raising a child by living with parents and raising them separately. Children sometimes live with their mother, Sometimes with their father. Children sometimes live with their father and sometimes with their mother by choice. I and my ex-wife do take out some time together and take our children to dinners frequently.¹⁴ Since the children live with their father, they cannot meet their husbands, and the mother has also remarried, so the children cannot meet their mothers due to the fear of her second husband.¹⁴ The mother tries hard to meet the girl and maintain the relationship with her, but the husband has made the girl so busy with her mobile phone that the girl herself doesn't want to meet.

Parental Efforts to Shield Children from Divorce Effects

Mother will try her best to teach and explain to her child how to face every issue or situation, but most of the time, children give more preference to outsiders' words, due to which they are not able to cope. The children were very confused; they knew that they had tried hard to save the relationship, but the situation was such that the divorce took place. I try not to talk about divorce, and if there is even a talk about it, I try not to put all the blame on my wife, and I tell my children all her good qualities. The mother is not able to meet the children, but the father tries not to remember the past in front of the children so that the children can repeat it. The mother did not say anything to the girl in order not to make the girl angry with the father, which would make the girl feel bad for the father in her heart.

Effects of Divorce on Children's Trust and Relationships

It destroys the child's trust in the relationship. This is for you, brother because you are my brother in a relationship, then I am telling you all the questions you asked and all the answers I gave. Not to mention responsible, our elders are those who are their own people in the cycle of adoration; they makemake the wrong decisionsdecisions in their children's lives. One wrong decision ruined so many lives. May Allah bless you, Amen. I think our divorce has changed our children's perspective about family and relations, and they feel bored and exhausted about relationships. But I do hope my efforts, psychological therapy and time will heal their emptiness. Before the divorce, the girl obeyed a lot of talks and studies so that no more fights were fought. But the girl's abuses and restrictions ended only by ending this relationship. Due to this divorce, the mental condition of the children has deteriorated so much that the children are now quite grown up. But do not meet the mother. They do not have enough confidence to face their mother. Their approach to relationships is quite painful.



Conclusion

To conclude, divorce is a complex process that requires consideration of many different factors, such as the duration and stability of the marriage, the reasons for the divorce, the effects on the children, and the attempt to reconcile. By addressing issues early, developing communication and problem-solving skills, and getting help when needed, couples can reduce the negative effects of divorce and maintain a healthier, better relationship. Family and support are crucial to helping children cope with the emotional and psychological effects of divorce. If these issues are recognized and resolved, families can protect each other's health and cope with divorce more intelligently.

Recommendations for Future Research

1. Make counselling and support services more widely available to divorcing couples and families, with an emphasis on enhancing their ability to communicate and resolve conflicts.
2. Offer parenting education courses to assist parents in resolving the difficulties of co-parenting after a divorce and to promote the mental health of their children.
3. Take into account legislative changes that give the child's best interests first priority throughout divorce proceedings, such as those pertaining to parental support and access.
4. Create networks of community assistance, such as peer support groups and community-based programs, for families going through a divorce.
5. Promote additional study and assessment of family-supporting programs in order to guarantee their efficacy and enhance results.

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