Impact of Divorce on Parent-Child Relationships

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[1]*Josee Bakhita

North Gate University

Abstract

Purpose: The general objective of this study was to explore the impact of divorce on parent- child relationships.

Methodology: The study adopted a desktop research methodology. Desk research refers to secondary data or that which can be collected without fieldwork. Desk research is basically involved in collecting data from existing resources hence it is often considered a low cost technique as compared to field research, as the main cost is involved in executive's time, telephone charges and directories. Thus, the study relied on already published studies, reports and statistics. This secondary data was easily accessed through the online journals and library.

Findings: The findings reveal that there exists a contextual and methodological gap relating to the impact of divorce on parent- child relationships. Preliminary empirical review revealed that divorce significantly influenced these dynamics, often leading to challenges in communication, emotional bonding, and co-parenting. Children of divorced parents experienced various emotional and psychological difficulties, such as insecurity and anxiety, with the disruption of family routines exacerbating these issues. However, the consequences varied based on factors like child age, gender, and family functioning. Despite these challenges, many children showed resilience over time, with factors like parental warmth and effective communication buffering the negative effects. Overall, understanding these complexities allowed for the development of strategies to support families during the transition process, promoting positive outcomes for children and families.

Unique Contribution to Theory, Practice and Policy: The Attachment theory, Family Systems theory and Social Learning theory may be used to anchor future studies on the impact divorce has on parent- child relationships. By integrating multiple theoretical perspectives such as attachment theory and family systems theory, researchers gained a comprehensive understanding of the complexities surrounding divorce's effects on parent-child relationships. Evidence-based interventions, including parent education programs and family therapy, were recommended to support families during the divorce process. Moreover, policy reforms advocating for the protection of children's rights and access to supportive services were proposed. These recommendations aimed to enhance the well-being of children and families navigating the challenges of divorce, fostering healthier family dynamics and parent-child relationships.

Keywords: *Attachment Theory, Family Systems Theory, Social learning theory, Well-being, Intervention, Evidence-based, Parent education programs, Family therapy, Policy reforms, Children's rights, Supportive services, Family dynamics, Comprehensive understanding*

1.0 INTRODUCTION

Parent-child relationships are fundamental to human development and socialization, serving as the primary context for emotional bonding, identity formation, and the transmission of values and beliefs (Hernandez, 2019). In the United States, the landscape of parent-child relationships is characterized by diverse family structures and dynamics. According to recent data from the U.S. Census Bureau (2020), approximately 23.1% of children under the age of 18 lived with a single mother, while 4.3% lived with a single father. Additionally, the prevalence of blended families, where children live with stepparents, highlights the complexity of familial relationships in contemporary American society. These statistics underscore the multifaceted nature of parent-child relationships and the diverse experiences of families across different demographic groups (Hernandez, 2019).

Similarly, in the United Kingdom, parent-child relationships are influenced by cultural norms, socioeconomic factors, and governmental policies. Recent reports from the Office for National Statistics (2019) shed light on key trends shaping family dynamics in the UK. Notably, there has been a rise in cohabitation among couples and delayed parenthood, with more individuals choosing to start families later in life. Moreover, the proportion of births outside marriage or civil partnership has steadily increased, reaching 47.7% in 2019. These shifts reflect changing attitudes toward marriage and family formation, impacting the nature of parent-child relationships in British society. As family structures evolve, it becomes imperative to understand the implications of these changes for parental roles, child development, and family well-being (Berthoud & Ermisch, 2012).

In Japan, parent-child relationships are deeply rooted in cultural traditions and Confucian values emphasizing respect for elders and filial piety. However, rapid modernization and socio-economic changes have led to shifts in family dynamics and intergenerational relationships. A study by Ishii-Kuntz (2016) highlights the impact of these transformations on parent-child interactions, with younger generations expressing different expectations and values compared to their parents and grandparents. Economic pressures, urbanization, and the increasing prevalence of dual-income households have also influenced parental roles and childcare practices. Despite these changes, traditional values continue to shape parent-child relationships, underscoring the complexity of familial dynamics in contemporary Japan (Ishii-Kuntz, 2016).

In Brazil, parent-child relationships are characterized by strong familial bonds and interdependence, reflecting the cultural emphasis on collectivism and communal support networks. Research by Ferreira and Camargo (2018) highlights the importance of extended family structures and collective caregiving practices in Brazilian society. However, socio-economic disparities and regional variations impact parenting styles and parent-child interactions across different parts of the country. For instance, urban areas may exhibit different family dynamics compared to rural regions, with implications for child-rearing practices and child outcomes. Understanding the socio-cultural context is essential for comprehending the nuances of parent-child relationships in Brazil and addressing challenges related to inequality and social exclusion (Pilati & Pires, 2019).

In African countries, parent-child relationships are shaped by a combination of cultural traditions, historical legacies, and socio-economic conditions. Research by Madhavan et al. (2019) underscores the significance of kinship networks and communal child-rearing practices in sub-Saharan Africa, where extended families often play a central role in childcare and support. However, rapid urbanization, globalization, and migration have led to changes in family structures and dynamics, posing challenges for parent-child relationships. For example, studies in Nigeria and South Africa highlight the experiences of migrant families, who navigate the complexities of maintaining familial ties across geographical distances (Ogunnubi, Madhavan & Porter (2020); Madhavan & Townsend,

2018). These dynamics underscore the importance of considering cultural context and socio-economic factors in understanding parent-child relationships in African societies.

Divorce is a complex and multifaceted process that involves the legal dissolution of a marital union, resulting in the termination of a marriage contract (Amato & James, 2018). It often signifies the end of an intimate partnership between spouses, accompanied by emotional, financial, and legal ramifications (Amato, 2018). The decision to divorce can be influenced by various factors, including communication breakdown, infidelity, financial strain, and irreconcilable differences (Amato, 2018). Furthermore, divorce can have significant implications for individuals' well-being, family dynamics, and social relationships (Lansford, 2019). The impact of divorce extends beyond the couple involved, affecting their children and broader social networks (Amato, 2018). Research suggests that children of divorced parents may experience a range of emotional, psychological, and behavioral challenges (Amato & Anthony, 2014). For instance, children may exhibit symptoms of depression, anxiety, and low self-esteem following their parents' divorce (Amato & James, 2018). Moreover, divorce can disrupt children's sense of security and stability, leading to difficulties in adjusting to new family dynamics (Amato & James, 2018).

Parent-child relationships are deeply influenced by the experience of divorce, as they undergo significant changes in the aftermath of marital dissolution (Amato & James, 2018). Divorce can impact the quality of parent-child interactions, communication patterns, and emotional bonds (Amato & Anthony, 2014). For example, co-parenting arrangements may require parents to navigate complex dynamics, such as shared custody, visitation schedules, and parental conflict (Lansford, 2019). These changes can affect children's perceptions of parental support, consistency, and trust (Amato & James, 2018). The quality of parent-child relationships following divorce is contingent upon various factors, including parental adjustment, conflict resolution strategies, and children's coping mechanisms (Amato & Anthony, 2014). Research indicates that children fare better in the aftermath of divorce when parents are able to co-parent effectively and maintain positive relationships with their children (Amato & James, 2018). Conversely, high levels of parental conflict, hostility, and disengagement can exacerbate children's adjustment difficulties and strain parent-child relationships (Lansford, 2019).

Divorce can also influence parent-child relationships through changes in parental roles, responsibilities, and involvement (Amato & James, 2018). Following divorce, parents may assume different caregiving roles and responsibilities, depending on custody arrangements and family dynamics (Amato & Anthony, 2014). For instance, non-residential parents may experience challenges in maintaining consistent involvement in their children's lives, leading to strained parent-child relationships (Lansford, 2019). The impact of divorce on parent-child relationships can vary depending on the child's age, developmental stage, and individual characteristics (Amato & Anthony, 2014). Younger children may struggle to comprehend the reasons behind their parents' divorce and may exhibit regressive behaviors or separation anxiety (Amato & James, 2018). Adolescents, on the other hand, may experience heightened emotional distress and may be more likely to engage in risky behaviors as a coping mechanism (Lansford, 2019).

Despite the challenges posed by divorce, research suggests that many children are resilient and can adapt to changes in family structure over time (Amato & James, 2018). Factors such as parental warmth, consistency, and emotional support can buffer the negative effects of divorce on parent-child relationships (Amato & Anthony, 2014). Moreover, interventions aimed at improving co-parenting communication and conflict resolution skills can enhance the well-being of children and strengthen parent-child relationships (Lansford, 2019). Cultural and societal norms also play a role in shaping the impact of divorce on parent-child relationships (Amato & James, 2018). In some cultures, divorce may carry significant stigma and may be perceived as a failure of the family unit (Amato & Anthony, 2014).

As a result, children of divorced parents may face social ostracism or discrimination, which can further strain parent-child relationships (Lansford, 2019). Divorce is a complex process that can have far-reaching implications for parent-child relationships. The quality of these relationships is influenced by various factors, including parental adjustment, conflict resolution strategies, and children's coping mechanisms. Despite the challenges posed by divorce, many children are resilient and can adapt to changes in family structure over time. Interventions aimed at improving co-parenting communication and conflict resolution skills can enhance the well-being of children and strengthen parent-child relationships (Amato & James, 2018; Amato & Anthony, 2014; Lansford, 2019).

1.1 Statement of the Problem

The high prevalence of divorce in modern society has raised concerns about its potential impact on parent-child relationships. According to recent statistics, approximately 40-50% of marriages in the United States end in divorce (Amato & James, 2018). Despite the widespread recognition of divorce as a significant life event, there remains a gap in understanding the specific mechanisms through which divorce affects parent-child relationships. While existing research has explored various aspects of divorce and its consequences, there is a need for a comprehensive investigation into the nuanced dynamics of parent-child relationships in the context of divorce. This study aims to address this gap by examining how divorce influences parent-child relationships, identifying key factors that contribute to positive or negative outcomes for children, and exploring potential interventions to support families during the divorce process.

The existing literature on divorce and parent-child relationships has provided valuable insights into the challenges faced by families experiencing marital dissolution. However, several research gaps remain to be addressed. Firstly, while studies have documented the short-term effects of divorce on children's well-being, there is limited longitudinal research examining the long-term consequences of divorce on parent-child relationships (Amato & Anthony, 2014). Understanding how parent-child relationships evolve over time following divorce is crucial for developing targeted interventions to support families in the post-divorce period. Secondly, much of the existing research has focused on the negative outcomes associated with divorce, such as increased risk of behavioral problems and academic difficulties among children. There is a need for a more balanced perspective that considers both the challenges and strengths of parent-child relationships in the aftermath of divorce (Lansford, 2019). By exploring the factors that contribute to resilience and positive adaptation among children of divorce, this study aims to provide a more nuanced understanding of parent-child relationships in diverse family contexts.

The findings of this study will have important implications for various stakeholders, including parents, policymakers, mental health professionals, and educators. By identifying the factors that shape parent-child relationships following divorce, this research can inform the development of evidence-based interventions to support families during the transition process. For example, interventions aimed at improving co-parenting communication and conflict resolution skills could help mitigate the negative impact of divorce on parent-child relationships (Amato & James, 2018). Additionally, policymakers can use the findings to advocate for policies that promote family resilience and well-being in the face of divorce. Mental health professionals and educators can incorporate the findings into their practice by providing targeted support and resources to families navigating the challenges of divorce. Ultimately, the findings of this study have the potential to improve outcomes for children and families affected by divorce, enhancing their overall quality of life and well-being.

2.0 LITERATURE REVIEW

2.1 Theoretical Review

2.1.1 Attachment Theory

Attachment theory, proposed by John Bowlby, suggests that early experiences with caregivers shape individuals' attachment styles, influencing their relationships throughout life (Bowlby, 1980). According to this theory, children develop a secure attachment when their caregivers are consistently responsive to their needs, providing a safe and nurturing environment. In the context of divorce, disruptions in parent-child relationships can impact children's attachment security, leading to feelings of insecurity and anxiety (Amato & Anthony, 2014). For example, children may experience separation distress and fear of abandonment following their parents' divorce. Additionally, divorce can disrupt the continuity of caregiving, affecting children's sense of trust and reliance on their parents. Understanding attachment theory can provide insights into the emotional dynamics of parent-child relationships following divorce and inform interventions aimed at promoting secure attachments and emotional well-being among children.

2.1.2 Family Systems Theory

Family systems theory, developed by Murray Bowen, emphasizes the interconnectedness of family members and the influence of family dynamics on individual behavior (Bowen, 1978). According to this theory, families operate as interrelated systems, with changes in one part of the system affecting the functioning of the whole. In the context of divorce, family systems theory highlights the ripple effects of marital dissolution on parent-child relationships and family dynamics (Amato & James, 2018). For example, parental conflict and tension during divorce can create a stressful environment for children, impacting their emotional and psychological well-being. Moreover, changes in family roles and routines can disrupt established patterns of interaction and communication, leading to challenges in parent-child relationships. By applying family systems theory, researchers can explore the systemic factors that influence parent-child relationships following divorce and develop interventions that address the needs of the entire family system.

2.1.3 Social Learning Theory

Social learning theory, proposed by Albert Bandura, suggests that individuals learn through observation, imitation, and reinforcement of behaviors (Bandura, 1977). According to this theory, children acquire social and behavioral skills by observing the actions of their parents and other significant figures in their environment. In the context of divorce, social learning theory highlights the role of parental modeling and reinforcement in shaping children's responses to marital dissolution (Amato & Anthony, 2014). For example, children may learn coping strategies and problem-solving skills by observing how their parents navigate the challenges of divorce. Moreover, positive parent-child interactions and effective communication can serve as models for healthy relationship dynamics. Understanding social learning theory can inform interventions aimed at promoting positive parent-child relationships following divorce by fostering constructive behaviors and communication patterns among family members.

2.2 Empirical Review

Amato & James (2018) aimed to compare the impact of divorce on parent-child relationships in Europe and the United States, examining both commonalities and differences across nations. The researchers conducted a comparative analysis of existing empirical studies on divorce and parent-child relationships in Europe and the United States. Data from national surveys, longitudinal studies, and cross-cultural research were synthesized to identify patterns and trends. The study revealed several common challenges faced by children of divorce across both regions, including increased risk of

emotional distress, behavioral problems, and academic difficulties. However, there were also notable differences in the prevalence of divorce, legal frameworks, and cultural norms surrounding divorce and family dynamics. The researchers emphasized the importance of considering cultural context and societal norms when studying the impact of divorce on parent-child relationships. They called for further research to explore the nuanced differences across countries and to develop culturally sensitive interventions to support families affected by divorce.

Lansford (2019) aimed to provide a comprehensive review of research on the impact of parental divorce on children's well-being, considering various aspects of adjustment and development. The author conducted a meta-analysis of empirical studies published between 2012 and 2019, examining the effects of parental divorce on children's emotional, psychological, and academic outcomes. Data from longitudinal studies, cross-sectional surveys, and qualitative research were synthesized to identify key findings and trends. The study found that parental divorce was associated with an increased risk of internalizing and externalizing problems among children, including depression, anxiety, conduct disorders, and academic underachievement. However, the magnitude of these effects varied depending on factors such as child age, gender, and family functioning. The author underscored the need for interventions aimed at mitigating the negative effects of divorce on children's well-being, including parent education programs, counseling services, and legal reforms to support co-parenting arrangements. Additionally, the study highlighted the importance of considering individual differences and contextual factors in understanding children's responses to parental divorce.

Amato & Anthony (2014) compared the effects of parental divorce and death on children's well-being using fixed effects models to control for unobserved heterogeneity. The researchers analyzed longitudinal data from the National Longitudinal Survey of Youth, focusing on children's outcomes before and after experiencing parental divorce or death. Fixed effects regression models were used to estimate the causal effects of divorce and death on children's academic achievement, behavioral problems, and psychological adjustment. The study found that parental divorce was associated with a temporary decline in children's academic performance and an increase in behavioral problems, with effects diminishing over time. In contrast, parental death was associated with more persistent negative effects on children's well-being, particularly in terms of emotional adjustment and family functioning. The researchers recommended the development of targeted interventions to support children experiencing parental divorce or death, including school-based counseling programs, family therapy, and peer support groups. They also emphasized the importance of longitudinal research to track the long-term outcomes of children affected by family disruption.

Hetherington & Kelly (2018) provided an in-depth exploration of the impact of divorce on parent-child relationships, drawing on over four decades of research conducted by the authors. The authors conducted a comprehensive review of empirical studies on divorce and family relationships, synthesizing findings from longitudinal studies, qualitative research, and clinical observations. Case studies and personal narratives were also included to provide insights into the lived experiences of families affected by divorce. The book highlights the heterogeneity of outcomes among children of divorce, emphasizing the importance of considering individual differences and contextual factors in understanding children's adjustment. While some children may experience short-term difficulties following divorce, others demonstrate resilience and positive adaptation over time. The authors advocate for a more nuanced and holistic approach to studying divorce and parent-child relationships, taking into account factors such as family dynamics, co-parenting arrangements, and children's coping strategies. They also emphasize the need for family-centered interventions that address the diverse needs of families affected by divorce.

Ryan & Jones (2017) developed a theoretical framework for understanding the impact of family transitions, such as divorce and remarriage, on children's well-being. The researchers conducted a review of existing theoretical perspectives on family transitions, including attachment theory, family systems theory, and ecological systems theory. Based on this review, they proposed an integrative framework that considers the dynamic interplay of individual, family, and contextual factors in shaping children's outcomes. The study highlights the complex and multifaceted nature of family transitions, emphasizing the importance of considering both the challenges and opportunities they present for children's development. The proposed framework provides a comprehensive lens through which to understand the impact of divorce on parent-child relationships and to identify potential mechanisms of resilience and adaptation. The researchers recommend further empirical research to test and refine the proposed theoretical framework, using longitudinal designs and mixed-methods approaches to capture the complexity of family transitions over time. They also advocate for the development of family-centered interventions that address the diverse needs of children and families experiencing divorce and remarriage.

Schofield & Bierman (2018) evaluated the effectiveness of the New Beginnings Program, an intervention designed to promote children's social and emotional development following parental divorce. The researchers conducted a randomized controlled trial involving families experiencing high levels of interparental conflict and divorce. Families were randomly assigned to receive either the New Beginnings Program or a control condition. Measures of children's social and emotional functioning were assessed before and after the intervention. The study found that children who participated in the New Beginnings Program showed improvements in social competence, emotional regulation, and coping skills compared to children in the control group. Moreover, these positive effects were sustained over time, suggesting the long-term benefits of the intervention. The researchers recommend the widespread implementation of evidence-based interventions like the New Beginnings Program to support children and families experiencing divorce. They emphasize the importance of early intervention and targeted support to prevent long-term negative outcomes associated with parental divorce.

O'Connor & Scott (2014) examined the role of parenting in shaping children's outcomes, including the impact of divorce on parent-child relationships and children's well-being. The authors conducted a review of empirical studies on parenting and child outcomes, focusing on research published between 2012 and 2014. Studies examining the effects of divorce on parenting behaviors and children's adjustment were synthesized to identify key findings and trends. The study found that parenting behaviors, such as warmth, consistency, and discipline, play a crucial role in children's development and adjustment. Moreover, divorce can influence parenting practices and parent-child relationships, with implications for children's emotional and psychological well-being. The authors emphasize the importance of providing support and resources to parents experiencing divorce, including parent education programs, counseling services, and co-parenting interventions. They also highlight the need for policies and programs that promote family stability and positive parent-child relationships to mitigate the negative effects of divorce on children's outcomes.

3.0 METHODOLOGY

The study adopted a desktop research methodology. Desk research refers to secondary data or that which can be collected without fieldwork. Desk research is basically involved in collecting data from existing resources hence it is often considered a low cost technique as compared to field research, as the main cost is involved in executive's time, telephone charges and directories. Thus, the study relied on already published studies, reports and statistics. This secondary data was easily accessed through the online journals and library.

4.0 FINDINGS

This study presented both a contextual and methodological gap. A contextual gap occurs when desired research findings provide a different perspective on the topic of discussion. For instance, Ryan & Jones (2017) developed a theoretical framework for understanding the impact of family transitions, such as divorce and remarriage, on children's well-being. The researchers conducted a review of existing theoretical perspectives on family transitions, including attachment theory, family systems theory, and ecological systems theory. Based on this review, they proposed an integrative framework that considers the dynamic interplay of individual, family, and contextual factors in shaping children's outcomes. The study highlights the complex and multifaceted nature of family transitions, emphasizing the importance of considering both the challenges and opportunities they present for children's development. The proposed framework provides a comprehensive lens through which to understand the impact of divorce on parent-child relationships and to identify potential mechanisms of resilience and adaptation. The researchers recommend further empirical research to test and refine the proposed theoretical framework, using longitudinal designs and mixed-methods approaches to capture the complexity of family transitions over time. On the other hand, the current study focused on exploring the impact of divorce on parent- child relationship.

Secondly, a methodological gap also presents itself, for example, Ryan & Jones (2017) developed a theoretical framework for understanding the impact of family transitions, such as divorce and remarriage, on children's well-being. The researchers conducted a review of existing theoretical perspectives on family transitions, including attachment theory, family systems theory, and ecological systems theory. Whereas, the current study adopted a desktop research method.

5.0 CONCLUSION AND RECOMMENDATIONS

5.1 Conclusion

After an extensive examination of the impact of divorce on parent-child relationships, several key conclusions can be drawn. Firstly, it is evident that divorce significantly influences the dynamics of parent-child relationships, often leading to challenges in communication, emotional bonding, and co-parenting. Children of divorced parents may experience a range of emotional and psychological difficulties, including feelings of insecurity, anxiety, and low self-esteem. Moreover, the disruption of family routines and the introduction of new living arrangements can further strain parent-child relationships, as children navigate the complexities of adjusting to post-divorce life. Secondly, the consequences of divorce on parent-child relationships are multifaceted and vary depending on factors such as child age, gender, and family functioning. Younger children may struggle to comprehend the reasons behind their parents' divorce and may exhibit regressive behaviors or separation anxiety. Adolescents, on the other hand, may experience heightened emotional distress and may be more likely to engage in risky behaviors as a coping mechanism. Additionally, the quality of parent-child relationships following divorce is influenced by parental adjustment, conflict resolution strategies, and children's coping mechanisms. Children fare better in the aftermath of divorce when parents are able to co-parent effectively and maintain positive relationships with their children.

Furthermore, while divorce poses significant challenges for parent-child relationships, many children demonstrate resilience and adaptability over time. Factors such as parental warmth, consistency, and emotional support can buffer the negative effects of divorce on parent-child relationships. Moreover, interventions aimed at improving co-parenting communication and conflict resolution skills can enhance the well-being of children and strengthen parent-child relationships. By providing targeted support and resources to families navigating the challenges of divorce, policymakers, mental health professionals, and educators can play a critical role in promoting positive parent-child relationships and mitigating the adverse effects of divorce on children's well-being. While divorce undoubtedly

poses challenges for parent-child relationships, it is not necessarily a predetermined pathway to negative outcomes. By understanding the complexities of divorce and its impact on parent-child relationships, researchers, practitioners, and policymakers can develop strategies to support families during the transition process. By focusing on factors that promote resilience, such as effective communication, emotional support, and co-parenting collaboration, it is possible to mitigate the negative effects of divorce and promote positive outcomes for children and families.

5.2 Recommendations

Firstly, the study underscores the importance of integrating multiple theoretical perspectives to understand the impact of divorce on parent-child relationships comprehensively. By drawing upon theories such as attachment theory, family systems theory, and social learning theory, researchers can develop a more nuanced understanding of the mechanisms underlying the effects of divorce on family dynamics. This interdisciplinary approach allows for a holistic examination of the various factors that influence parent-child relationships post-divorce, including individual differences, family processes, and socio-cultural contexts. Moreover, the study highlights the need for further theoretical development to account for the dynamic nature of parent-child relationships over time, considering factors such as children's developmental stages and adjustment trajectories.

In terms of practice, the study emphasizes the importance of implementing evidence-based interventions to support families navigating the challenges of divorce. Interventions such as parent education programs, family therapy, and counseling services can provide families with the necessary tools and resources to cope with the emotional and practical aspects of divorce. Moreover, the study underscores the significance of early intervention and prevention efforts aimed at promoting positive parent-child relationships and mitigating the negative effects of divorce on children's well-being. By equipping parents with effective parenting strategies and communication skills, practitioners can help foster resilience and adaptation among children of divorce, enhancing their overall adjustment and functioning.

From a policy perspective, the study highlights the need for reforms to promote the best interests of children and families experiencing divorce. Policies related to divorce proceedings, custody arrangements, and child support should prioritize the protection of children's rights and well-being. This includes ensuring access to affordable and accessible legal services, facilitating co-parenting agreements, and providing resources for family mediation and conflict resolution. Additionally, the study advocates for policies that address the socio-economic inequalities and structural barriers that may exacerbate the challenges faced by families during and after divorce. By advocating for family-friendly policies and support services, policymakers can create a more supportive environment for families undergoing the transition of divorce, ultimately benefiting the long-term outcomes of children and parents alike.

In conclusion, the recommendations stemming from the study on the impact of divorce on parent-child relationships contribute to advancing theory, informing practice, and shaping policy in this critical area of research and intervention. By integrating theoretical insights, implementing evidence-based interventions, and advocating for policy reforms, stakeholders can work towards promoting the well-being of children and families affected by divorce, ultimately fostering healthier parent-child relationships and family dynamics in the aftermath of marital dissolution.

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