**Resiliency in Children**

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Resiliency can be described as the process through which human beings adapt in the face of adversity, experiencing difficulties when dealing with family and relationships problems. It can also be defined as the ability of human beings to bounce back from a difficult experience. Technically, children appear to have a vulnerability, especially when dealing with stress related to family issues. For instance, divorce is a very difficult experience for an individual to showcase resilience during and after divorce. This essay will focus on resiliency in children, especially after and during the divorce process.

Ideally, children going through a divorce can cause damage to their mental health because of the trauma and emotional stress. According to (Khan & Rehman, 2017), children who come from divorced homes have a higher probability of going through traumatic stress and depression. Furthermore, children from these homes also have externalize symptoms such as aggression towards other people, noncompliant behavior, lack of self-regulation, and common sense of social responsibility. This type of stress usually stays for a prolonged period regardless of whether their parents divorced when they were children or adults. Over the past decades, approximately 45% of marriages end up in divorce, with about 80% of children cases placed in the mother's custody (Machaba, 2014).

Children suffer from divorce due to major stressors and risk factors such as parental conflict, financial problems, loss of significant relationships. Studies have shown that children from married families appear to fare better than those from divorced families. However, children from divorced families possess great resilience and adapt and even benefit from this new life. Internal and external features such as the existence of extended family and the surroundings in which the child lives are crucial since they enhance the ability of the child to have resiliency and coping mechanisms.

Fundamentally, children who come from divorced homes can also grow resiliency if they receive good parenting and extra protective factors such as peer relationships, schools, and support from non-parenting adults like mentors. Typically, the effects of divorce vary differently depending on the environment from which the child comes. This may result from separation, parental conflict, and the partnering of the parents, financial problems, and loss of important relations. In most cases, children may have difficulties coping with their parent's divorce in the first one to two years. The departure of one of the parents without a clear explanation about the cause of the divorce can cause externalizing and internalizing disorders in children.

According to (Machaba, 2014), about 25% of children from divorced families experience emotional stress and behavioral problems. This is in contrast with 10% of children who come from complete families. Parental conflict is also a crucial factor that contributes to emotional stress in their children. (Khan & Rehman, 2017) maintains that parents are better off not staying together to protect their children. This is because separating helps reduce the high amount of conflict and negativity in the children's surroundings. High conflict involving violence, threats, or abusive language and conflict in which the child is caught in the middle has very serious repercussions for the child's wellbeing. Additionally, parents who are often involved in conflict mostly have poor parenting characteristics. This is because they tend to use harsher display measures and show less care to their children. Also, divorced parents experience a lot of stress as a result of their separation. Primarily, they end up having no time to support their children through parental guidance and care. Most of these children end p being the only emotional support for their children hence putting on more stress.

Ultimately, the divorce can also cause children to lose viral relationships with friends, family members, and also the nonresident parent, which in most cases is usually the father. (Kołodziej-Zaleska & Przybyła-Basista, 2020) maintains that approximately 24% of children from divorced homes lose contact with their fathers two to three years after the divorce. Some of the factors that contribute to diminished relations between father and children include mother's interference, limited visitation times, geographical restrictions resulting from moving, and new relationships by the father. Male children are the ones that appear to go through a lot of hardships due to a lack of close relationships with their fathers. This may cause them to react more strongly than female children; as a result of their deprivation from paternal contact. Nevertheless, some children often limit their relations with their fathers if they happen to be abusive and showcase tendencies of violence towards them. These decisions represent resiliency from children since they protect them from further harm.

Divorce can also cause difficulty in the financial situation of the custodial mother. This will, in turn, cause the family to move to less expensive neighborhoods. These neighborhoods may tend to have higher crime rates and less desirable peer groups. Children may get involved in crime and drop out of school as a result of joining with the less desirable peer groups. Nonetheless, children that receive financial support from their noncustodial fathers end up being protected from these harmful influences and lead to a more positive relationship with their children. This implies that having paternal support helps benefits children since there is enough financial support from the parents. Studies have shown that male children seem to cope better in instances where there is paternal custody. Also, children from high conflict families often benefit the most from divorced parents since they get to have a better life without a violent parent.

Recent studies suggest that children often experience significant stress when their parents remarry. This case is usually worse, especially in a situation where the divorce has not lasted for a while. This implies that the absence of biological ties and the resistance from children make it difficult for step parents to maintain strong relationships with children. These situations are more crucial, especially when they come from multiple different parents. Despite the significance of stressors related to divorce, approximately 78% of children develop into well-adjusted adults with no lasting psychological and behavioral issues (Khan & Rehman, 2017).

Some of the factors that help these children develop resilience include age, authoritative parents' involvement of noncustodial parents, joint-custody arrangements, and involvement of supportive step-parents. These factors are crucial in helping children lessen the risk of developing external and internalizing conduct. In addition, the existence of extra familiar factors such as having positive relationships with their peers and nonparental adults, authoritative schools, and interventions programs from divorced parents may help ease the transition and adjustment to their new life (Moon, 2011). In most cases, children who come from divorced families end up growing to become better and stronger individuals that are able to cope with life challenges.

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