**Resiliency in Children**

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Date

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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
* 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.
* 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.
* 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.
* 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.
* 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
* . 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.
* 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.

**References**

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