

## Family Problems Ending in Divorce and their Impact on Children and Adults Psychologically, Socially and Health-Wise

Khalid.H.Alharbi<sup>1</sup>, Talal.O.Almalki<sup>1</sup>, Khaleel.A.Qutub<sup>1</sup>, Ahmd.M.Alzhrani<sup>1</sup>,  
Saud.S.Alsewehri<sup>1</sup>, Hassan.A.Al-lami<sup>1</sup>, Mohammed.M.Alshanqiti<sup>1</sup>, Khalid.S.Almalayo<sup>1</sup>,  
Hadeel.T.Aselmi<sup>1</sup>, Majed.A.Turkistani<sup>1</sup>, Madwi.H.Alhusseni<sup>1</sup>, Hayat.A.Hawsawi<sup>1</sup>,  
Samah.A.Hatim<sup>1</sup>, Humod.S.Alotaibi<sup>2</sup>, Hussein.S.Alzahrani<sup>1</sup>, Abdullah.A.Alkabi<sup>1</sup>,  
Turki.M.Alharbi<sup>1</sup>, Abdashikor.A.Alqorashi<sup>1</sup>, Rayan.A.Alsulami<sup>1</sup>, Aisha.J.Rawah<sup>1</sup>

<sup>1</sup>Ministry of health- health cluster in Mecca

<sup>2</sup>Umdom general hospital

### Abstract

The goal of the current study is to know the causes of family problems that end in divorce, and the health, psychological, and social impact of divorce on children and adults. A questionnaire was created using Google Drive to design it, and then distributed to residents of the city of Mecca, aged 25-55 years. 500 questionnaires were distributed via the social media network, and responses to 480 questionnaires were obtained and analyzed using Excel 2010 and histogrammic graphics.

**Keywords:** *Family problems ending, divorce, impact on children and adults, psychologically, socially and health-wise.*

### Introduction

Divorce (also known as decay of wedding) is the operations of ending a marital related or marital unit (1). Divorce usually entails the cancel or reorganization of the lawful duties and responsibilities of marriage and thus the dissolution of the wedding bonds between spouses under the law of a specific country or state. Divorce laws vary greatly around the world(2), but in most countries divorce demand the intervention of a tribunal or other power in the juristic proceedings which may contain issues of property distribution, child custody, alimony, visitation/or incoming to children, and time allotted for the father/mother to see the children. Providing child backing and dividing costs (3)(4). In most countries there is a law that required persons to be monogamous, so a divorce under this law let each ex-partner to marry someone else. The causes for divorce vary greatly from one country to another.

Marriage may be viewed as a contract, a social legal case, or a group thereof. When wedding is viewed as a contract, the refusal or inability of one spouse to do the commitment stipulated in the contract may constitute grounds for the other party to file for divorce. On the other hand, in some countries (such as Sweden, Finland, Australia, and New Zealand) (5)(6)(7)(8) there is what is called (no-fault divorce), which means that it does not matter what the causes are behind the individuals/couples' wish to isolate, wives can separate of their own free will without the need for one party to confirm the other party's fault or negligence. Recent studies have marked a various of long-term economic, mental health, physical, and social influence of divorce, although the full range of these effects stay a matter of considerable debate (9)(10). There are reports that children are not always so poorly off, and that divorce can help children who live

in homes with a lot of conflict and problems such as those complaining from local force. While a various of studies and papers have presented many thoughts about how best to increase the impact of divorce on children, the issue always relies on the divorce itself (11)(12)(13). Children of divorced parents (who almost always come from unhappy families) are said to have a greater opportunity of troubles. Studies have also marked that these children are more likely to complain from maltreatment than children in healthy families, and they often suffer from extreme poverty (14)(15)(16). Children of divorced parents may have lived in unhappy homes, but they may also have had many unhappy experiences. Many subjects said things like: "I saw some of the things my parents did, and I know I shouldn't do that to my wedding. I saw the way they cured each other, and I know I shouldn't do that to my wife and kids. I found that divorce made me more obliged to my husband." And my children" (17). Some studies have showed that people who have been in divorced families have higher rates of alcohol and other drug addiction. Robert Coombs reviewed more than 130 studies measuring the influence of marital status on personal happiness (18)(19)(20)(21)(22)(23)(24)(25)(26)(27)(28)(29)(30). Some studies have also alleged positive correlations between divorce and rates of: spoiled illness, digestive diseases, parasitic sickness, respiratory infirmity. Cancer - Married cancer patients are also more likely to regain than those who are divorced Stroke (31)(32)(33)(34)(35)(36)(37). Behavioral Problems. Children of divorced or isolated parents exhibit increased behavioral problems, (32) and the marital conflict that accompanies parents' divorce places the child's social competence at danger. Even in intact families that have low to medium steps of conflict, children still have "fewer behavior problems than those in the high-conflict, disrupted families.(33) Another study propose that parental conflict influence the results of children's behavior problems, regardless of parents' marital status, and sometimes "there is no statistical difference in the level of behavior problems watched for children whose parents isolated or divorced and for children whose parents stay together.(34) During a divorce, conflict between parents is often attend by less affection, less responsiveness, and more

inclination to stick their children, which exit their children feeling emotionally unsafe.(35) These children are more likely to perceive their social milieu as unpredictable and uncontrollable.(36) Children who book in fighting and stealing at school are far more likely to come from broken homes than are well-behaved children.(37) Other studies have support that children of divorced parents indicate more behavioral problems than do children.

### Material and Methods:

The study started in (the holy city of Mecca in Saudi Arabia), began writing the research and then recording the questionnaire in June 2022, and the study ended with data collection in June 2022. The researcher used the descriptive analytical approach that uses a quantitative or qualitative description of the social phenomenon (Family problems ending in divorce and their impact on children and adults psychologically, socially and health-wise) The independent variable is the percentage of family problems that end in divorce and their impact on children and adults globally. The dependent variable is the percentage of family problems that end in divorce and their impact on children and adults in the city of Mecca. This kind of study is characterized by analysis, reason, objectivity, and reality, as it is concerned with individuals and societies, as it studies the variables and their effects on the health of the individual, society, and consumer, the spread of diseases and their relationship to demographic variables such as age, gender, nationality, and marital status. Status, occupation (38), And use the Excel 2010 Office suite histogram to arrange the results using: Frequency tables Percentages (39). A questionnaire is a remarkable and helpful tool for collecting a huge amount of data, however, researchers were not able to personally interview participants on the online survey, due to social distancing regulations at the time to prevent infection between participants and researchers and vice versa (not coronavirus participation completely disappearing from society). He only answered the questionnaire electronically, because the questionnaire consisted of nine questions, all of which were closed. The online approach has also been used to generate valid samples in similar studies in Saudi Arabia and elsewhere (40)

## Results and discussion:

The percentage of participants who agreed to answer the questionnaire questions was (100%), and their age percentage was as follows: 25-34 years old (36.8%), 35-44 years old, 45-55 years old (31.6%), and their gender was as follows: administrative 32.4%, technicians 67.6%. As for the educational status of the participants, it was as follows: holders of a primary certificate 0%, intermediate 0%, secondary school 3.8%, diploma 12%, university 50%, master's 34.2%, doctorate 0%. When moving to the questionnaire questions and their responses, the answers to the questions were as follows: The first question: Are there side effects of divorce between spouses? Yes, 97.4% and no, 2.6%. This means that many of them are aware of the danger of divorce to the family in general. The second question: Are there side effects on children and adults resulting from divorce between spouses? Yes 94.7% and no 5.3%. The third question: Did the loss of the family's breadwinner as a result of divorce lead to devastation and psychological devastation among children and adults? Yes 78.4% and no 21.6%. Participants' responses indicate their awareness of the seriousness of divorce. The fourth question: Is one of the effects of divorce a loss of focus among children and adults on their academic achievement? Yes 89.5% and no 10.5%. The fifth question: Are the effects of divorce the frequent incidents of theft in public and commercial stores and banks? Yes, 63.2% and no, 36.8%. Question Six: Are the effects of divorce a loss of the family's reputation among the surrounding community and society? Yes 64.9% and no 35.1%. The seventh question: Is one of the effects of divorce a loss of psychological control over children and adults? Yes 81.6% and no 18.4%. Question eight: Does divorce affect children and adults socially, psychologically, and health-wise? Yes 92.1% and no 7.9%. The ninth question: Is divorce considered the ideal solution to get rid of marital pressures and problems? Yes 55.3% and No 44.7% (Figure No.1).

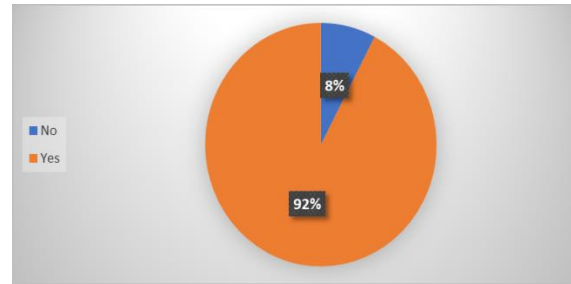


Figure No.1: Opinions and attitudes of participants in the questionnaire about family problems that end in divorce and their psychological, social and health impact on children and adults

## Conclusion:

The presence of family problems exists in every home and is very natural, but if divorce is a solution to these problems, this is a big mistake, because divorce destroys the entire family, as it harms psychologically and health-wise the young and the old, as the young feel that their elders have abandoned them, and have preferred their interests to those of others. Young children, where the result is the loss and destruction of the entire family (young and old), and therefore parents must be wise and patient, and understand each other away from the children. In order not to fall victim to bad companions and other hateful things, they must create a healthy and sound environment for them, so that they do not grow up psychologically shaken and so that their psychological and health do not deteriorate for the worse.

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