Vol. 23(2), 2023, pp.181-195, ISSN: 2072-0394(Print), ISSN: 2663-8886(Online)

Psychological Well-being of Divorced and Married Mothers and their Children's Psychological Difficulties

Urooj Sadiq
Department of Professional Psychology
Bahria University, Lahore Campus

Maryam Abbas
Department of Psychology
University of Central Punjab

Musfirah Nasr Ch.
Department of Behavioral Sciences
Azra Naheed Dental College

Abstract

The study aimed to examine the psychological well-being of divorced and married mothers and their children's psychological difficulties. Cross-sectional research design and purposive sampling techniques were used. The participants for the current study consisted of 120 mothers (60 divorced mothers / 60 married mothers) with an age range of 25-40 years. The divorced mothers were selected from Lahore High Court with a duration of a minimum of one year of divorce. Those mothers having children (male/female) with an age range of 4 to 10 years were included. Demographics along with respective variable questionnaires were given to the subjects for collecting information from them. Simple Linear Regression and Independent sample t-tests were used for analysis. The analysis of the variables indicates that mother's psychological well-being significantly predicts the psychological difficulties of their children ($p > .05$) i.e., emotional problems, conduct problems, hyperactivity, and peer problems. Results showed that children of divorced mothers have more psychological difficulties as compared to children of intact families. The findings also depicted that there is a significant difference between children's psychological difficulties of divorced and married mothers. This study helps raise community awareness of children's experiences and mother's well-being after divorce.

Keywords: Psychological well-being, Psychological difficulties, Divorced women.

تلخیص

اس تحقیق کا مقصد طلاق اور شادی شدہ ماؤں کی نفسیاتی صحت اور ان کے بچوں کی نفسیاتی مشکلات کا جائزہ لینا تھا۔موجودہ تحقیق کے شرکاء 120 ماؤں 60) طلاق یافتہ 60/شادی شدہ مائیں (پر مشتمل تھے -جن کی عمر 40-25 سال تھی -طلاق یافتہ ماؤں کا انتخاب لاہور

This work is Licensed under a Creative Commons Attribution-NonCommercial 4.0 International License

ہائی کورٹ سے طلاق کی کم از کم ایک سال کی مدت کے ساتھ۔ کیا گیا تھا۔ ان ماؤں کو شامل کیا گیا تھا جن کے بچوں کی عمریں 4 سے 10 سال) مرد/عورت (کے درمیان تھیں - متعلقہ متغیر سوالنامے کے ساتھ آبادیاتی معلومات امیدواروں کو ان سے معلومات اکٹھی کرنے کے لیے دی گئیں -متغیرات کے تجزیے سے ظاہر ہوتا ہے کہ ماؤں کی نفسیاتی صحت ان کے بچوں کی نفسیاتی مشکلات کی نمایاں طور پر پیش گوئی کرتی ہے (p>.05)یعنی جذباتی مسائل، طرز عمل کے مسائل،ہائپر ایکٹیوٹی اور ساتھیوں کے مسائل.نتائج سے پتہ چلتا ہے کہ طلاق یافتہ ماؤں کے بچوں کو محفوظ خاندانوں کے بچوں کے مقابلے میں زیادہ نفسیاتی مشکلات کا سامنا کرنا پڑتا ہے۔ نتائج نے یہ بھی ظاہر کیا کہ طلاق یافتہ اور شادی شدہ ماؤں کے بچوں کی نفسیاتی مشکلات میں نمایاں فرق ہے۔ یہ تحقیق طلاق کے بعد بچوں کے تجربات اور ان کی صحت کے بارے میں کمیونٹی میں آگاہی پیدا کرنے میں مددگار ہے۔

کلیدی الفاظ: نفسیاتی صحت ,نفسیاتی مشکلات,طلاق یافتہ خواتین ,شادی شدہ خواتین

Introduction

Marital termination and parenting practices are characterized to be associated with children's psychological difficulties. Hence critical attention needs to be given to this pattern of relationships. Mothers with inadequate well-being and subsequently children experiencing emotional and psychological difficulties are the outcome of relationship problems in the family. In Pakistan, divorced mothers experience a variety of stressors, and a decline in psychological well-being (Donelly & Finkelhor, 2002), which promote emotional and social complexities in children, families, and society (Safizadeh & Nakhaee, 2016).

Hassan (2015) reported that in the previous few decades, the divorce rate has been growing in Pakistan. In Pakistani society, the divorce word was unheard of in the past years and it was viewed as a disgrace. Pakistan is an underdeveloped nation and divorce word comes with a disgrace connected to it. Numerous women who even unhappy usually do not choose divorce due to the 'label' connected to the divorce. In the past females had to compromise because of many reasons like economic burdens, children, social stress from society, and absence of family help due to which they stay in an unhappy marital relationship and do not opt for divorce.

When women get married they are taught to compromise regardless of what the situations are. However, things are not the same any longer, mentalities are changing. The most essential element that is causing an excessive rate of divorce in Pakistan is a low level of tolerance, financial independence of girls, and absence of compromise from both parties. Working ladies who are monetarily strong are less ready to work on their marital relationship and rapidly select divorce. At the point when a female is monetarily powerful she does not want to compromise on the disturbed conjugal relationship. The children of divorced mothers/parents get disturbed due to their behavior. After parents' divorce, children of divorced families lose communication with one of their important attachment figures. Regardless of whether divorce is easy or not, it is a stressful and confusing time for the children of divorced families (Hassan, 2015)

Psychological well-being is normally conceptualized as a mixture of positive affective states like happiness (the hedonic attitude) and working with the best effectiveness in social and individual life (Deci & Ryan, 2008); and a combination of feeling healthy satisfied, and working adequately with an outcome of better physical and psychological fitness (Huppert, 2009).

Review of Literature

In Literature related to the issue of divorce and psychological well-being, research conducted by Kołodziej-Zaleska and Przybyla-Basista (2015) showed that psychological well-being is considered an important measure of the adjustment process for divorced mothers and it is not easily accomplished due to many reasons, one of which is the loss of affiliation in divorced mothers. Indigenous research conducted by Zafar and Kausar (2014) revealed that divorced females encounter higher levels of anxiety, depression, loneliness, stress, anxiety in social interactions, excessive levels of state anger, total anger, and acting out as compared to married females. Findings also indicate a significant relationship among social and emotional issues in females.

Research conducted by Maria (2015) also showed that divorced women are more psychologically vulnerable as compared to married women and are overreactive or express more hostility in their child-rearing practices. Recent research showed that negativity in mothers' attitudes can cause different psychological, emotional, or behavioral problems in their children e.g. adjustment problems, distress, low self-esteem; and poor school performance, and can create difficulties in psychosocial functioning (Cherry, 2016; Booth et al., 2000, Maria, 2015).

Families that belong to a low level of income are more prone to divorce because lower incomes lead to a lower level of living style. The child faces problems of low living style after the divorce of their parents. This could add greater, anxiety, emotions, and stress for

adolescents. During the past three decades, a huge variety of studies conducted that exhibit that children of divorced families have a high chance of a variety of troubles like emotional disturbances, conduct disorder, academic failures, and problems in social relationships (Amato, 2000). The majority of the women face refusals, abuse, blame, shame, bitterness, anxiety, and aggression after divorce. After divorce, economic restrictions are significant stressors for the females to raise their children and satisfy their needs, for example, three meals a day, clothes, school charges, and maintenance of other expenditures. All these women's issues are related to children's future aspects like emotional, physical, behavioral, and social (Kotwal & Prabhakar, 2009).
Linville et al. (2010) researched that parental strategies and parental depression are highly related to children's behavioral disorders. In the follow-up study after ten years of divorce, the younger children were more interactive and balanced in their new environment than their older siblings. Young adults and adolescents from divorced families wherein quarrels between parents was not open, those children's can have a high level of problems with peers, troubles in establishing close relations, and emotional adaptability troubles as compared to those children from divorced families wherein quarrel was open (Lansford et al., 2006). Adolescents and children of divorced parents report substantially bad relations with their parents which is greater in percentage as compared to adolescents and children of regular families (Darlington, 2001).

The psychological well-being of mothers and parental divorce can have long-lasting consequences on children that may continue even into adulthood. After parents' divorce children face insecurity, abandonment, confusion, and persistent emotions of anger that affect their personal growth and relationship. Therefore, the current study focuses on the well-being of divorced mothers and the psychological difficulties of their children. Literature showed that there have been few studies carried out on the psychological well-being and children's psychological difficulties of divorced and married mothers, therefore the current study will contribute to the literature. This study can provide valuable information to practitioners, researchers, and policymakers, who are involved in planning and implementing educational and therapeutic interventions for single-parent families.

The following hypotheses were formulated for the current study;

1. The psychological well-being of divorced mothers would predict emotional problems in their children.
2. The psychological well-being of divorced mothers would predict conduct problems in their children.
3. The psychological well-being of divorced mothers would predict hyperactivity in their children.
4. The psychological well-being of divorced mothers would predict peer problems in their children.

5. There would be a difference in the psychological difficulties of children of divorced and married mothers.

Method

Participants

A cross-sectional research design was used and the sample was taken through a purposive sampling technique. The participants for the current study consisted of 120 mothers who were divided into two groups i.e. 60 divorced mothers and 60 married mothers with an age range of 25-40 years (M = 32.16, SD = 4.64). The groups were matched based on demographics (e.g. mother and children's age, education, and child's birth order). The divorced mothers were selected from the Lahore High Court with a duration of a minimum of one year of divorce. Those mothers having children (male/female) with an age range of 4-10 years (M= 7.73, SD= 1.99) and only the first child were included in the study. The mothers must have education of at least matriculation for the understanding of the statements of questionnaires. Married mothers who live with their husbands and children were included in the study. Mothers living with their step and adopted children were excluded from the study.

Assessment Measures

Demographic Information Form

A self-constructed demographic sheet was used to get the information related to the age of the mother, education, occupation, duration of divorce, reason for divorce, income, residential area, and no of children. This also included information related to children's education, age, and gender.

The Psychological Well-being Scale (PWB; Ryff, 1989)

The PWB scale consists of 6 subscales of nine items each. The six scales are (1) Autonomy: a feeling of independence in activity and thought; (2) Environmental mastery: the degree to which an individual's capacity to oversee complex conditions to suit particular values and needs ;(3) Personal growth: continuous development and growth as an individual; (4) Positive relations with others: establish good relation with other; (5) Purpose in life: individual's feeling of aim in life and follow significant goals; and (6) Self-acceptance. Respondents rate statements on a scale of 1 to 6, with 1 indicating strong disagreement and 6 indicating strong agreement. A high level of well-being can be explained as scores that are in the highest 25% (quartile) of distribution, and a low level of well-being can be explained as scores that are in the lowest 25% (quartile) of distribution (Ryff, 1989). The Internal consistency (coefficient alpha) of the scale ranges from .83 to .91 for each of the 6 subscales. The Urdu-translated version of this scale was used in the study. The internal consistency of scale is high. The Cronbach's alpha of scale is .87. Test-

retest coefficient of scale is .81 to .88. The Cronbach's alpha for the current study was .946.

Strength and Difficulties Questionnaire (SDQ; Goodman, 1997)

SDQ is a behavioral screening scale that measures parents' recognition of their children's difficult and prosocial behaviors aged 3 to 16 years. The SDQ is composed of 5 subscales that include 25 items; 5 items on each subscale relating to the frequency of the positive (prosocial behavior) and the negative behaviors (conduct problems, hyperactivity, emotional symptoms, and peer problems), in normal, borderline and abnormal range (Goodman, 1997). It consists of 3 point Likert scale. The respondent rates statements on a scale of 0 to 2 i.e., 0 for not true, 1 for somewhat true, and 2 for certainly true. Scores are obtained by reversing response (e.g., 0 =2, 1=1, 2=0) to the five items (7, 11, 14, 21 & 25) and then summing across all scales items excluding prosocial behavior scale. The Urdu-translated version is going to be used in the study. Mothers fill out the questionnaire and rate their children's behavior. The Total Difficulty score of the scale is adequate, the internal reliability of the scale is (α =.76) and the test-retest reliability of the scale is (r =.85) (Turner et al., 1998). The Cronbach's alpha for the current study was .661.

Procedure

The aim of the current study along with the details of the sample, assessment, and procedure for data collection was approved by the concerned authorities. Permission was acquired from authors to use the scales of the Psychological Wellbeing Scale (Ryff, 1989) and the Strength and Difficulties Questionnaire (Goodman, 1997). After the approval and permission, the research proceeded.

After getting permission from the concerned lawyer for data collection, the next step was to approach the divorced mothers in the high court. Data for married mothers was collected from the community. Participants were informed about the purpose of the research being carried out and before giving them the questionnaires informed consent was taken. The participants were asked to fill out questionnaires according to the given instructions. The participants were allowed to ask any questions related to the questionnaire and research. Demographics information form, Psychological well-being questionnaire (Ryff, 1989), and Strength and Difficulties Questionnaire (Goodman, 1997) were administered to divorced and married mothers. After filling out the questionnaires, the questionnaires were taken back from participants. The participants were thanked for their cooperation.

Ethical Considerations

The research was conducted after obtaining consent from the respective authorities whereas voluntary participation of the participants was confirmed. The confidentiality of the participants was assured. All the participants were ensured that the information would be used only for research purposes.

Results

The psychometric properties of the scales were calculated. Simple Linear Regression Analysis was conducted to determine the predictive relationship between mothers' psychological well-being and the psychological difficulties of their children including emotional problems, conduct problems, hyperactivity, and peer problems. An independent sample t-test was computed to see the difference between the psychological difficulties of children of divorced and married mothers.

Table-1
Psychometric properties of major constructs of the study

Scale	*M*	*SD*	Range	Cronbach's α
PW	195.50	45.58	2.92	.72
SDQ	20.21	5.609	1.133	.652

Note. PW=Psychological Wellbeing, SDQ=Strength and Difficulties Questionnaire

Table-2
Simple linear regression analysis with the psychological well-being of divorced mothers as a predictor of emotional problems in children

Variables	*B*	β	*SE*
Constant	6.939***		.862
Psychological Wellbeing	-.019**	-.372	.004
R^2	.138		

Note. *p< .05. **p< .01, ***p <.001

Results of simple linear regression analysis showed that psychological well-being explains 13.8% variation in the scores of the emotional problems as F (1,118) =18.96, p<.01(Table 2). Thus, mothers' psychological well-being significantly predicts the emotional problems of their children.

Table-3
Simple linear regression analysis with the psychological well-being of divorced mothers as a predictor of conduct problems in children

Variables	*B*	β	*SE*
Constant	6.471***		.810
Psychological Wellbeing	-.018**	-.385	.004
R^2	.149		

Note. *p< .05. **p< .01, ***p <.001

Table 3 of simple linear regression analysis showed that psychological well-being explains 14.9% variation in the scores of the conduct problems as F (1,118) =20.596, p<.01). Thus, mothers' psychological well-being significantly predicts conduct problems in their children.

Table 4
Simple linear regression analysis with the psychological well-being of divorced mothers as a predictor of hyperactivity in children

Variables	*B*	β	*SE*
Constant	6.502***		.934
Psychological Wellbeing	-.011**	-.218	.005
R^2	.048		

Note. *p< .05. **p< .01, ***p <.001

Table 4 shows that psychological well-being explains a 48% variation in the scores of hyperactivity as F (1,118) =5.910, p<.01). Thus, mothers' psychological well-being significantly predicts hyperactivity in their children.

Table 5
Simple linear regression analysis with the psychological well-being of divorced mothers as a predictor of peer problems in children

Variables	*B*	β	*SE*
Constant	6.678***		.560
Psychological Wellbeing	-.016**	-.461	.003
R^2	.212		

Note. *p< .05. **p< .01, ***p <.001

Table 5 shows that psychological well-being explains a 21.2% variation in the scores of the emotional problems as F (1,118) =31.783, p<.01). Thus, mothers' psychological well-being significantly predicts peer problems in their children.

Table 6
Difference between psychological difficulties in children of divorced and married mothers (n=120, 60 divorced and 60 married women children)

Variables	Divorced mothers Children (n=60)		Married mothers Children (n=60)				*Cohen's d*
	M	*SD*	*M*	*SD*	*t*(19)	*p*	
Emotional problem	3.95	2.15	2.61	2.24	-3.32	.001	0.61
Conduct problem	3.45	2.18	2.33	2.01	-2.91	.004	0.53
Hyperactivity	4.75	2.48	3.83	2.15	-2.16	.033	0.39
Peer Problem	4.13	1.68	3.06	1.21	-3.97	.000	0.73

Note. *$p < .05$; M = Mean; SD = Standard Deviation.

Independent sample t-test indicated that there is a significant difference between the psychological difficulties of divorced and married mothers' children (Table 6). Children of divorced mothers showed more emotional problems, conduct problems, hyperactivity, and peer problems ($p < .05$) as compared to children of married mothers.

Discussion

The primary focus of this research is to determine the level of psychological well-being of divorced mothers and its relationship with the psychological difficulties of their children. Psychological well-being is a combination of functioning effectively and feeling good. Maintainable well-being does not need people to feel good all of the time; the experience of painful feelings, failure, grief, and disappointments is a common part of life, and having the ability to manage these painful and negative feelings necessary for long-lasting well-being. However psychological well-being is compromised when negative feelings are long-lasting or excessive and hinder an individual's ability to function in her or his daily life (Huppert, 2009).

Results of the present study showed that divorced mothers' psychological well-being is the key factor that can predict children's behavior after divorce (e.g. emotional problems, hyperactivity, conduct problems, and peer problems) ($p > .05$) (Table 2-5). Mothers' psychological well-being is affected after divorce and it is a significant factor that contributes to difficulties in children. However, different other conditions also have effects on children's behavior after parents' divorce e.g. Child's age at the time of parental divorce, disturbed home environment, family reconstitution, and contact with non-custodial parent. However, in the present research, children from divorced families exhibit more psychological difficulties as compared to children from intact families. The present study results indicate that divorced

families' children show more conduct problems, hyperactivity, peer relation problems, and emotional issues than children from intact families (Table 6).

Research shows that after divorce children's behavior is affected by different factors. Over the past century, the proportion of parental divorce has continuously increased. These experiences are related to other living conditions and circumstances today than it was a century before (Gähler & Palmtag, 2015). Adolescents and children from single parents have more emotional and behavioral disorders, low self-esteem, low social competencies, and poor academic performance as compared to children of both parents who live together (O'Connor et al., 2000; O'Connor et al., 2001; Lansford et al., 2006; Sroufe et al., 2000). Clarke et al. (2000) reported that children of two-parent families functioned better as compared to single-parent families 'children in terms of behavior, social, and cognitive abilities. This can be because single divorced mothers are experiencing grief and loneliness in life due to lack of affection which in return affects the mental health of their children.

In the present study, mothers narrated that their children's behavior has been more aggressive after their divorce, as their children feel deprived and miss their fathers' presence although many mothers try to provide them with attention and affection. Parents are a source of warmth and comfort for their children, even if one parent is absent the child remains deprived of nourishment. After the divorce, most of the children lived with their mothers. Father's absences during a child's developmental age have a major influence on children's behavior. The absence of a father affects their children's social-emotional development and increases children's risky behaviors. Due to fathers' absence, there is a lack of control during their adolescent years; which is a time of transitions and vulnerabilities due to lack of fathers' support and attention children get involved in delinquent behavior and conduct problems (Hoeve et al., 2009). Mothers keep on filling the space and role of the father by giving protection and support to children and the hardship of playing both roles disturbs the psychological health and well-being of mothers which affects the children's behavior and thought patterns.

Divorce families' children are additionally affected by the loss of various resources when one parent (mostly the father) moves out and also takes all his resources with him. Material and economic conditions usually deteriorate (Andre et al., 2006), which affects children's psychological well-being and school performance (Gähler & Garriga, 2013). Results of the present study also support that in Pakistani culture women tend to be less observable concerning their work outside the house due to these factors divorced women and their children argue over financial problems. Mothers reported that these are concerns that children may experience after parental divorce. Financial pressure could add more anxiety and stress to children's well-being. Due to poor financial resources mothers are unable to pay bills and medical care, and do not fulfill their children's needs which gives

them feelings of disappointment and failure and lowers their psychological well-being It can hurt children's behaviour because economic hardship is related to poor health, behavioral, academic and social outcomes for the child.

After parental divorce, the pre and post-divorce dispute has more influence on children's cognitive processing and behavior than what is typically stated. The divorce process in Pakistan is very long and painful. Children similar to their parents typically suffer tension related to prolonged battles over custodial and financial issues. It was found that divorced parents' children reacted differently to environmental changes as compared to intact families' children (Darlington, 2001). That may also generate problems in children's behavior. In the current research, mothers described that when they move with their children from their in-laws' home to their parent's home they feel insecure and dependent due to family pressure and financial pressure which give them feeling of grief and hopelessness due to which children feel isolated, insecure and stressed out in a different environment.

After divorce mothers are negatively socialized which may cause adjustment problems in their children. Divorced mothers lack psychological and emotional support for their children which may influence their children's relationships with peers (Darlington, 2001). In the current study divorced mothers reported that after divorce they are more concerned about their failure, experience negative feelings, and become stressed due to this they do not show attention and affection towards their children which disturbs their children's relations with peers because it is a difficult time for children's and they need mothers to support and love to develop relations with others. Divorce mothers experience low well-being, anxiety, stress, and depression that affect their children's interactions with peers. Divorce mothers give less attention to their kids due to this behavior these divorced mothers' children show more deviated aggression with peers, are rejected by peers, and have poor relations with peers.

Conclusions

This research was conducted to reveal the psychological well-being of divorced mothers and its effects on children's psychological difficulties. In our culture mother's well-being is the major cause of children's psychological vulnerabilities. Results of the present study revealed that divorced mothers' children have significant behavioral problems compared to children of intact families. In a cultural context, mothers' psychological well-being is affected by different indigenous factors that are causing psychological difficulties among their children. After divorce mothers' psychological well-being is affected by environmental factors, financial problems, absence of a father, and the stigma attached to divorce due to which mothers feel distressed, ashamed, think negatively about themselves, depressed, unable to adjust, and function effectively. It then causes adjustment problems in

their children, these children experience psychological vulnerabilities and show problematic behavior.

Limitations and Recommendations

In the current research sample of urban women was in a greater ratio as compared to rural women. Rural and urban women's distribution must be equal and rural women should also be given a chance to come on the surface to share their problems. Environmental and demographic factors should also be considered in future research. Another limitation of the present study is the lack of direct reports from children. Future researchers should make every effort to get more information directly from the children.

Implications

This research is an important step towards understanding the nature of the problems in children of divorced mothers and which factors are involved in predicting psychological difficulties in children instead of the mother's psychological well-being in Pakistan's scenario. The present study adds to the literature as it provides valuable information on different factors that effects divorced mother's children's behaviour. Fathers must also be given responsibility regarding their children; hence joint custody settlements should be motivated because both parents play a major role in children's development. The results of the present study show that the long process of custody arrangements causes a problem in children's behaviour. The findings can assist in policy making on the law side that the case of children custody should be resolved as soon as possible.

The administration of family court should arrange a counseling program for the awareness of psychological difficulties in children in this way divorced mothers can be psycho-educated. The results of the present research can impact the type of interventions professionals and therapists apply when dealing with divorced mothers and their children. This study should be replicated on a large group of people. The implication of the study should be used in dealing with the problems of divorced mothers and their children.

References

Amato, P. R. (2000). The consequences of divorce for adults and children. *Journal of Marriage and Family, 62,* 1269-1287.

Andre, H. J., Borgloh, B., Brockel, M., Giesselmann, M., &Hummelsheim, D. (2006). The economic consequences of partnership dissolution: A comparative analysis of panel studies from Belgium, Germany, Great Britain, Italy, and Sweden. *European Sociological Review, 22,* 533-560.

Baum, N. (2003). Divorce process variables and the co-parental relationship and parental role fulfillment of divorced parents. *Family Process, 42,* 117–131.

Booth, C., Stewart, K. A., McCartney, K., Owen, M. T., &Vandell, D. L. (2000). Effects of parental separation and divorce on very young children. *Journal of Family Psychology, 14,* 304-326.

Burris, J. L., Brechting, E. H., Salsman, J., & Carlson, C. R. (2009). Factors associated with the psychological well-being and distress of university students. *Journal of American College Health, 57*(5), 536-544.

Cherry, K. (2016). What is a Psychological Disorder? Retrieved from. https://www.verywell.com/what-is-a-psychological-disorder-2795767

Clarke, K. A., Vandell, D. L., McCartney, K., Owen, M. T., Booth, C. (2000). Effects of parental separation and divorce on very young children. *Journal of Family Psychology, 14,* 304-326.

Darlington, Y. (2001). The impact of parental divorce and contested custody in childhood on young adults' relationships with their parents and their attitudes to relationships and marriage. *Journal of Divorce and Remarriage, 35*(3), 23-42.

Deci, E. L., & Ryan, R. M. (2008). Hedonia, eudaimonia, and well-being: An Introduction**.** *Journal of Happiness Studies, 9*(1), 1–11. doi: 10.1007/s10902-006-9018-1

Donelly, T., &Finkelhor, J. A. (2002). Factors related to custody, visitation, and child support for divorced fathers: An exploratory analysis. *Journal of Divorce and Remarriage, 17,* 23-42.

Gähler, M., &Garriga, A. (2013). Has the association between parental divorce and young adults' psychological problems changed over time? Evidence from Sweden, 1968-2000. *Journal of Family Issues, 34,* 784–808.

Gahler, M. & Palmtag, E. (2015). Parental divorce, psychological well-being, and educational attainment: changed experience, unchanged effect among Swedes born 1892–1991. *Social Indicators Research, 123*(2), 601–623. doi: 10.1007/s11205-014-0768-6

Goodman, R. (1997). The strengths and difficulties questionnaire: A Research Note. *Journal of Child Psychology and Psychiatry, 38,* 581-586.

Hoeve, M., Dubas, J. S., Eichelsheim, V. I., Laan, P., Smeenk, W., &Gerris, J. (2009). The relationship between parenting and delinquency: A Meta-analysis. *Journal of Abnormal Child Psychology, 37*(6), 749–775. doi: 10.1007/s10802-009-9310-8

Huppert, F. A. (2009**).** Psychological well-being: Evidence regarding its causes and consequences. *Applied Psychology: Health and Well–Being, 1*(2), 137–164. doi: 10.1111/j.1758-0854.2009.01008.x

Kołodziej-Zaleska, A., &Przybyła-Basista, H. (2016). Psychological well-being of individuals after divorce: the role of social support. *Current Issues in Personality Psychology, 4*, 206–216. https://doi.org/10.5114/cipp.2016.62940

Kotwal, A., & Prabhakar, T. (2009). Problems of single women after divorce, Journal of marriage and counseling, 4, 77-267.

Lansford, J. E., Malone, P. S., Castellino, D. R., Dodge, K. A., Petit, G. S., & Bates, J. E. (2006). Trajectories of internalizing, externalizing, and grades for children who have and have not experienced their Parents' Divorce and Separation. *Journal of Family Psychology, 20*(2), 292-301.

Linville, D., Chronister, K., Dishion, T., Todahl, J., Miller, J., Shaw, D., Gardner, F., & Wilson, M. (2010). A longitudinal analysis of parenting practices, couple satisfaction, and child behavior problems. Journal of Marital Family Therapy, 36(2), 244-255.

Maria, A. (2015). Impact of Divorce and mothers psychological well-being on children's emotional, behavioral, and social competencies. *Revista de CercetaresiInterventieSociala, 48,* 69-82.

Maureen, Holloway, G., & Witte, J. (2003). *Individuals and families in a diverse society*. Retrieved from https://www.amazon.com/Individuals-Families-Diverse-Society-HOLLOWAY/dp/007090958X

O'Connor, T. G., Caspi, A., DeFries, J., &Plomin, R. (2000). Are associations between parental divorce and children's adjustment genetically mediated? An adoption study. *Developmental Psychology*, *36*(4), 429-437.

O'Connor, T. G., Dunn, J., Jenkins, J. M., Pickering, K., &Rasbash, J. (2001). Family settings and children's adjustment: Differential adjustment within and across families. *British Journal of* Psychiatry, *179*, 110-115.

Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, *57*(6), 1069-1081. doi.org/10.1037/0022-3514.57.6.1069

Safizadeh, M., and Nakhaee, N. (2016). Causes of increasing trend of divorce in Iranian community: What Do the Experts Think? *Journal of Family Medicine, 3*(4).

Sroufe, L. A., Duggal, S., Weinfield, N., & Carlson, E. (2000). Relationships, development and psychopathology. In A. Sameroff, M. Lewis, & S. Millar, (Eds.), *Handbook of developmental psychopathology (*pp. 1-17). New York: Kluwer Academic/ Plenum Publishers.

Turner, K. M., Markie, C., & Sanders, M.R. (1998). *Facilitator's manual for Group Triple P*. Australia: Families International Publishing.

Zafar, N., & Kausar, R. (2014). Emotional and social problems in divorced and married women. Journal of Social Sciences, 8(1), 31-35.

Dr. Urooj Sadiq is a Senior Associate Professor in the Department of Professional Psychology, Bahria University, Lahore Campus.

Ms. Maryam Abbas Student in the Department of Psychology, University of Central Punjab.

Ms. Musfirah Nasr Ch. is Lecturer in the Department of Behavioral Sciences, Azra Naheed Dental College, Superior University Lahore.