

A Study On The Impacts Of Parental Separation On The Mental Well-Being Of Adolescents

Research Scholar – Vineeta Joshi¹, Dr. Geeta Rani²

Department of Psychology, Dr. A.P.J. Abdul Kalam University,
Indore (M.P.) – 452010

Corresponding Author : - Vineeta Joshi¹

¹binushiv@gmail.com, ²geeta.c.phychologist@gmail.com

Abstract

More than a million kids experience their parents' divorce each year. Everyone engaged in a divorce suffers irreversible damage, but the children are particularly hard hit. The majority of the time, it affects people's quality of life temporarily and puts them "on a downward trajectory from which they might never fully recover," despite the fact that it has been shown to be beneficial for some people in some situations.

This study looks to discover the drawn out impacts of parental separation on young adult mental change and wellbeing as well as how much these impacts can be credited to parental mental pain. Information was gathered from secondary sources. The outcome factors were three types of scholastic issues, subjective well-being, and signs of anxiety and despair. The prevalence of teenage disorders was observed to increase with parental divorce, as well as their mean levels and variations. The idea of "double exposure" effects is supported by the separate contributions of parental distress and divorce to teenage distress. When demographic considerations were taken into account, effects generally persisted. Divorce's long-term consequences on depressive and anxiety symptoms were more pronounced in girls than in boys. On various grown-up results, including mental health, life status, health conduct, informal communities and backing, pessimistic life altering situations, and relational issues, the drawn out impacts of parental separation were evaluated.

Keywords: Parental separation, Wellbeing, Trauma, Adolescents, Mental health.

1. Introduction

Divorce is bad for society. It depletes human and social resources. It reduces the percentage of society that pays taxes while significantly raising the expense to the taxpayer. Future competence in each of the five fundamental society institutions or roles—family, education, church, business, and government—is diminished. A cultural revolution would be required to alter the social and cultural standing of divorce. Divorce was once considered scandalous in American culture, back a few generations. Today, society, law, and behaviour all accept it and even celebrate it. The family structure and the relationship between parents and children are also irrevocably harmed by divorce. It frequently has negative effects on social skills, early virginity loss in children, detrimental conflict resolution methods, and young adults' perceptions of masculinity or femininity (Agarwal, 2020). It additionally makes it harder to date, prompts more prominent living together, improves the probability of separation, raises assumptions for separate from further down the road, and diminishes the craving for having youngsters. Paul Amato, a teacher of social science at Pennsylvania State University, sums up the impacts of separation as "disturbances in the parent-kid relationship, proceeding with friction between previous companions, loss of consistent reassurance, financial difficulty, and an expansion in the quantity of other negative life altering situations."

Children's hearts, minds, and souls are affected by divorce in a number of short- and long-term ways. These side effects might be mild to severe. The consequences we will look at have not all been experienced by one child, nor do they apply to all children of divorced parents. Despite the fact that it is difficult to anticipate how or how much every youngster will be influenced by separate, it is feasible to foresee what this sizable gathering of kids will be meant for generally. These impacts are serious and various.

In recent decades, single-parent families have become more prevalent globally, mostly as a result of high divorce rates. Growing numbers of youngsters in Finland, as well as other countries, deal with parental divorce and the serious disruption it causes to everyday family life. The interruption of parent-kid ties, the shortfall of daily reassurance, monetary battle, and a large group of other distressing life altering situations, for example, moving, exchanging

schools, moving away from grandparents, and fatherly remarriage, may result from this. The child's adjustment to divorced families and psychological development may be hampered by the cumulative cumulative toll (Al-Fayez GA, 2020). Children who experience parental divorce may have consequences that persist far into adulthood. The long-term impacts of parental divorce on children's growth and quality of life have been theorised to be more severe than the immediate emotional and social problems that are frequently seen in childhood. In spite of the way that there is a sizable group of work on the effects of separation on children and youthful grown-ups, shockingly little is had some significant awareness of the drawn out ramifications of parental separation on grown-up improvement. Uncommon forthcoming examinations on grown-ups' psychosocial working have uncovered that parental separation during youth adversely influences grown-ups' mental health, conduct, financial level, and conjugal quality over the long haul. Various cross-sectional examinations have shown that youngsters who don't reside with their two organic guardians in a similar home have mediocre mental health results contrasted with their friends in atomic homes, in spite of the way that the general effect sizes are tiny. Forthcoming examinations looking at the connection between parental separation in adolescence and resulting mental health have observed that individuals with isolated guardians are bound to have less fortunate mental health results in adulthood.

1.1. Children's View of Divorce

Children of divorce, regardless of age, express intense resentment and consider these changes to be big losses. These adjustments include conflicts and difficulties that arise during cherished family holidays, customs, daily routines, and special occasions. The opinions of adult children regarding the divorce of their parents continue to differ greatly. A clinical clinician from San Francisco named Judith Wallerstein was quick to stir things up in the country in 1980 with her examination on the impacts of separation on kids. Just 10% of youngsters announced preferring their folks' separation, while 80% of separated from moms half of separated from fathers actually felt as such 15 years after the separation had occurred (Beesdo-Baum K, 2021).

Young ladies: Young people respond to their folks' separation in very various ways. Young women from separated from families will ache for fondness and company yet despise being distant from everyone else. Furthermore, they are more inclined to both craving and stress. 63 Women whose guardians have separated are probably going to be thwarted or maybe overwhelmed by tension while pursuing choices in regards to marriage. However, other "women with no bad results from paternal divorce, may build the security of friendship-based love rather well," according to 64. One study found no association between male or female relationship commitment or confidence and parental divorce.

Boys: Young ladies might be less affected by parental separation in their mentalities toward marriage "since they play all the more part models of closeness and marriage as the best in their milieu than young men do, particularly in the media," as per one review. On the other hand, young men have less affectionate good examples beyond their families. Thus, in the event that conferring interactive abilities to guys is more significant, fathers ought to get it done (Daniel Potter, 2020). Men who don't have a mentor in their lives likewise show not so much manly but rather more ladylike sexual direction. Guys whose guardians split are bound to be threatening and to "salvage" the lady they are attracted to, rather than the more open, friendly, and agreeable accomplice that is all the more generally found among men raised by guardians of a flawless marriage. Daughters of divorced families are much more likely to experience issues with being excessively meek or dominant in romantic relationships and marriages than daughters of intact marriages.

2. Literature Review

Moos and Moos looked at the connection between family environment and wellbeing and concluded that it was crucial for the wellbeing of all family members, but particularly for children. It was discovered that kids who grew up in organised, loving households were more likely to develop their social and self-confidence. They also experienced less anxiety and were more independent.

Leary, Kelley, Morrow, and Mikulka led a concentrate in 2008 on the connection between parental utilization of

actual discipline and the family climate, mental health, and character in 274 understudies. The findings suggested that having been subjected to physical punishment as a child may have an impact on one's familial environment and psychological health as a young adult.

Rong looked into how the family environment, academic performance, and parental expectations for educational attainment impacted the emotional health of teenagers. A total of 1250 twin pairs and their parents were included in the sample at the ages of 11, 14, and 17. According to the findings, the family environment benefited the adolescents' wellness. Both 11 and 14-year-old adolescents' well-being was positively influenced by academic success. Only in teenagers aged 14 and older did parental expectations for educational attainment (PEEA) have a beneficial impact on wellbeing.

2.1. The effects of divorce on children's behaviour patterns and mental health

Amato and Keith evaluated the findings of 92 research involving 13000 children who had undergone divorce in 1991. The findings showed that these kids' conditions were generally worse than those of kids from "normal" homes. The children had more behavioural problems, more self-esteem problems, more social problems with their classmates, more problems in school, and more problems getting along with their parents. These results were supported by more subsequent investigations.

In the study from 1994, Amato also made sure to point out that the average differences between these groups did not necessarily mean that all children from divorced households had worse health than those from non-divorced families. These findings demonstrate that, overall, children from divorced households struggled more than kids from intact families.

According to Hetherington's research, 90% of teenagers in typical homes had problems that were within the normal range, while 10% had severe issues that necessitated professional assistance. In contrast, 26% of boys and 34% of girls in households with divorced parents fell into the "difficult" level, whereas 74% of boys and 66% of girls did so. Amato estimated that compared to children from "regular" families, about 40% of young adults from divorced

houses had better health. Additional research highlighted a number of potential explanations for these discrepancies, including:

- **The parent's loss:** Losing contact with one of their parents is frequently brought on by the divorce process. Along with this loss, the parent also loses knowledge, skills, and resources (financial and emotional).
- **Economic loss:** Children in single-parent households typically don't have the same resources as children in traditional families, which is another effect of divorce.
- **Stress:** Children's everyday lives undergo various changes during the divorce process, including changes to their schools, daycare centres, homes, etc. Children must also learn to adjust to changes in their friendships and extended family. Children's environments become more stressful as a result of these developments.
- **Reduced parental adaptation:** Children's ability to cope in families depends on the parents' mental states, and this is true even in households where there has been divorce.
- **The lack of ability or compliance (COMPETENCE) of the parents:** The ability of parents to support their children's development has a big impact on what happens to them. Children are significantly impacted by their parents' competency following the divorce.
- **Exposure to conflict between parents:** Every family experiences this tension, but especially those with a history of divorce. The amount of conflict to which kids are exposed has a terrible effect on how well they do.

2.2. Objectives of the study

Following are the main objectives of this research:

- To investigate the impact of parental separation on children's wellbeing.
- To observe how divorce affects children.
- To study how divorce affects the behaviour and mental health of children.

3. Effects of Divorce on Children

The adverse consequences of parental separation on young kids and adolescents are very much upheld by research. Various public overviews among others, have found negative relationships Teenagers from separated from

families are bound to take part in delinquent way of behaving and early sex, as well as to confront mental agony and scholarly challenges. Children from divorced homes perform worse in school, have more behavioural disorders, social difficulty, and psychological anguish. Also, contrasted with grown-ups from ceaselessly unblemished two-parent families, grown-ups who saw their folks' separation as youngsters perform more terrible on proportions of mental, relational, and financial prosperity, like instructive accomplishment, nonmarital childbearing, and early workforce cooperation (Eerola M, 2020).

Associations are statistically significant and mostly stable in this body of work. Youngsters from flawless families altogether outflanked kids from separated from families as far as scholarly accomplishment and 16 appraisals of homeroom conduct in the National Association of School Psychologists investigation of schoolchildren, for instance, when family pay and parental training were measurably controlled.

Although there is little agreement on the extent, seriousness, and duration of these problems, differences are consistent among studies, prevalent across metrics, persistent across time, and statistically significant. This is due to the wide range of responses that kids have to changes in their parents' marital status.

3.1. Weakened Parent-Child Relationships

One more sort of separation happens between the guardians and their kids when guardians split separated. A lessening in the connection among parent and youngster is the principal consequence of separation (and of the parental debate that goes before the separation). Most guardians experience two particular arrangements of issues right once following a separation: changing in accordance with their own intrapsychic clashes and changing in accordance with being a separated from parent (Gilman SE, 2020). For as numerous as 40% of separated from ladies, the pressure of separation adversely influences their association with their youngsters. Offspring of separation rank their parental help considerably lower than kids from flawless homes, and when they are in secondary school and school, these negative appraisals are more conspicuous. Less close to home, money related, and functional help is given to kids in separated from families by their folks.

Separated from families display a decrease in etymological feeling, pride, friendship, scholarly conduct excitement, social development consolation, and warmth toward the children. Less toys and exercises are available, and beating is utilized all the more regularly. Despite the fact that a few examinations show that separation between guardians may not straightforwardly impact nurturing, it often makes guardians stress, feel broken down, and experience pressure. Both nurturing and parental control are affected by these qualities. In this way, nurturing during the juvenile years turns out to be not so much supporting but rather more overprotective because of separation and detachment (Gisele Caldas Alexandre, 2021). Parental separation makes it harder for youngsters to trust their folks, while a "decrease in the closeness of the parent-kid relationship intercedes a large part of the relationship between parental separation, conjugal dissension, and posterity's mental prosperity in adulthood." Kids' ability to trust their people, dear colleagues, and others is "unequivocally associated with positive parent-high schooler associations paying little psyche to parental separation."

3.1.1. Emotional Closeness and Well-being

After a separation, the connections among kids and their folks break down. In any event, when contrasted with kids who live in wedded however despondent families, conjugal friction causes disconnection among guardians and youngsters. Albeit parental separation will in general greaterly affect the youngster's relationship with their other gender parent than their equivalent sex parent, separated from guardians additionally report altogether lower levels of fulfillment with their ex-cooperations life partner's with their kids.

3.2. Children's Diminished Social Skills

3.2.1. Social Skills: Unfortunate interactive abilities, as shown by upsetting or strong cooperation styles, Gerald Patterson of the Oregon Social Learning Center noticed, "lead straightforwardly to dismissal by typical companions." ⁷⁴ Teenagers with separated from guardians are two times as prone to dread such friend dismissal. ⁷⁵ Their social connections are probably going to experience in various ways⁷⁶, and they will

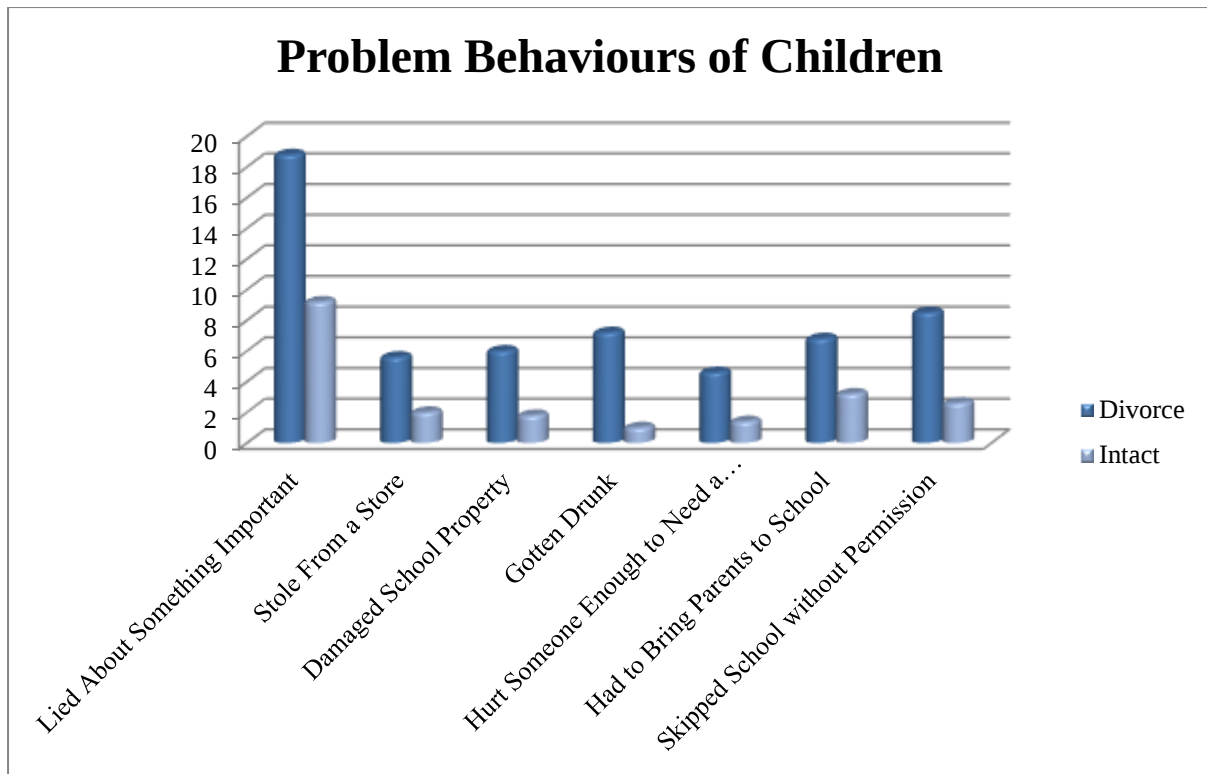
probably encounter more issues with their companions, less lifelong companions, and a more prominent penchant to complain about the absence of help from their friends.⁷⁸ An extensive nationwide study on the impacts of divorce was carried out in 1987 by faculty members at Kent State University. According to the study, children with divorced parents performed worse than kids from intact households when parents and teachers evaluated them on peer interactions, anger toward adults, anxiety, withdrawal, inattention, and violence.

3.2.2. Psychological Behaviours: Parental separation has a scope of mental impacts that make a few kids more powerless and others stronger. In extremely dysfunctional households, kid antisocial conduct declines following marriage dissolution, according to one study. The greater the amount of family dysfunction before the divorce, the greater the decline in child antisocial behaviour after the divorce. However, kids whose parents don't psychiatric actions. Parental divorce has a range of psychological effects that make some children more vulnerable and others more resilient (Henry Potrykus and Patrick Fagan, 2021). In extremely dysfunctional households, kid antisocial conduct declines following marriage dissolution, according to one study. The greater the amount of family dysfunction before the divorce, the greater the decline in child antisocial behaviour after the divorce. However, compared to kids from intact households, kids whose parents divorce will show higher signs of anxiety, despair, and antisocial conduct. Children who go through a divorce at any age will be affected for the rest of their lives, and they often "show higher malaise ratings at age 33 than their neighbours whose parents were still together.

3.2.3. Behavioural Problems: Children of divorced or separated parents have more behavioural issues, and the social competency of the child is at danger because to the marital conflict that comes along with the divorce of the parents. Children still exhibit "fewer behaviour problems than those in the high-conflict, disrupted households" even

when their families are intact and experiencing low to moderate conflict. There is sometimes "no statistical difference in the level of behaviour problems observed for children whose parents separated or divorced and for children whose parents remained together," according to another study, which contends that parental conflict affects the outcomes of children's behaviour problems regardless of parents' marital status. Conflict between parents after a divorce is frequently followed by less affection, less attentiveness, and a greater propensity to discipline their children, leaving their kids feeling emotionally insecure (Indumathy, 2021). These kids are more likely to view their social environment as unpredictably chaotic. Children who steal and fight at school are much more likely to have troubled households than are children who behave themselves. Other research has supported the finding that kids with divorced parents had greater behavioural issues than kids with intact households. Boys whose parents separated when they were in elementary school are more likely to experience issues in the years that follow. Boys whose parents split when they were in middle school see an early rise in problem behaviour, but their issue behaviour gradually declines over the course of the year after the divorce.

Figure: 1. Problem Behaviours of Children by Parents' Marital Status



3.3. Effects on Education: Capacity and Achievement

- ❖ **Outcomes and Achievements:** Separation and divorce are strongly associated with lower academic success and performance. Primary school students who endure parental divorce start their academic careers academically worse than their classmates from intact households, according to Daniel Potter's research at the University of Virginia. Through elementary school, this discrepancy continues.
- ❖ **Age at Divorce:** A Norwegian study found that while the child is young, divorce has the biggest effect on education. Early-life divorce is associated with poorer educational outcomes for children. 202 On the other hand, a study done in the According to research from the United States, students who experienced a late divorce (between grades six and ten) were more likely than those who had an early divorce to receive below-average marks (between kindergarten and grade five).
- ❖ **Consequences of Moving:** Children in stepfamilies and kids with both biological parents perform academically differently by 29% due to residential

mobility. Adolescents' behavioural, emotional, and academic issues typically worsen when they move.

3.4. Effects on Child Health: Stunted Physical and Psychological Growth

3.4.1. Physical Health and Longevity

The physical health and longevity of their children are impacted by parental divorce. Those who experience parental divorce or separation are more likely to have health issues, including an increased risk of injuries, a twofold chance of asthma, and an increased risk of emergencies connected to asthma (frequently despite mother remarriage). Children whose parents divorce also have an increased risk of developing cancers of the cervix, lungs, pancreas, oesophagus, and upper aerodigestive tract. The findings show that places associated with smoke, alcohol, and sex pose increased cancer risks to children of divorced parents, the authors conclude (Kelly, 2020). A Swedish study found that young men with divorced parents had a significantly higher risk of mortality and a slightly higher risk of hospitalisation. A child of divorce is more likely to pass away before their due date. One study found that having parents' divorce before the age of 21 increased death risk by 44% and decreased lifespan by an average of 4.5 years. When a child's parents divorce before they are four years old, their mortality risk rises.

3.4.2. Increased Emotional and Psychiatric Burdens

Many children's psychological stability is severely damaged by divorce. Children in the seventh and eighth grades who participated in a poll in the late 1980s ranked parental divorce as the third most stressful life event. The only event perceived as less distressing than a parental divorce was the death of a parent or other close family. The psychological effects of divorce also persist for a very long time: Compared to those from intact families, children from divorced homes report more emotional difficulties, unpleasant feelings, and lower psychological well-being.

Following a divorce between their parents, children experience a wide range of emotions, including sadness, rage, loneliness, depression, elevated anxiety, worry, lower life satisfaction, lower self-esteem and self-confidence, fear, yearning, rejection, conflicting loyalties, and a sense of

responsibility for their parents' problems (McLanahan, (2020).

For boys and girls of all ages, divorce is associated with elevated levels of despair and anxiety. Boys, however, find parental breakup more upsetting than girls do, indicating that regardless of their parents' level of conflict, psychological adjustment, or parenting style, boys from two-parent families likely to be less sad than those from single-parent households.

4. Research Methodology

Essentially, this is a descriptive or analytical essay. The data was gathered from a variety of books, scholarly articles, newspapers, journals, and trustworthy websites. The theoretical study has been supported by a few maps, illustrations, and graphs. The secondary data sources on which this essay is based. Past field studies, pertinent books, journals, census data, and reports make up the secondary sources. A random sampling approach is used to acquire data from the respondents. The regression analysis has been applied in this study.

4.1. Hypothesis

H0: There is no impact of Parental Separation on the Wellbeing of children.

H1: There is significant impact of Parental Separation on the Wellbeing of children.

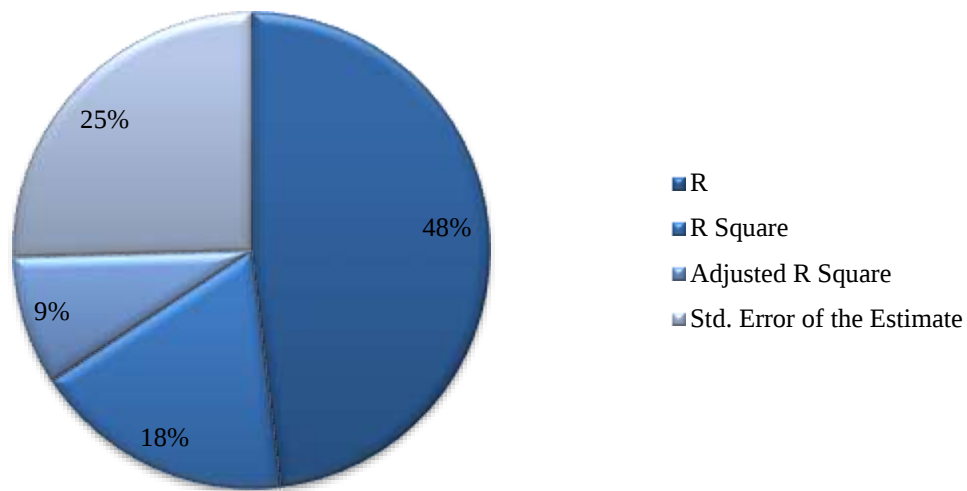
5. Data Analysis

Table: 1. Result of Model

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.685	.253	.125	.36263
a. Predictor (Constant), Parental Separation				
b. Dependent Variable: Well-being of Children				

Figure: 2. Graphical representation of the model summary

Model Summary



Given that the Coefficient of Correlation (R) is 0.685, it is clear that well-being children and Parental Separation are related. The contribution of the coefficient of determination on the independent variable to the dependent variable is represented by the R Square value (0.253). 25.3% of well-being of Children is attributable to Parental Separation, with the remaining 74.7% unstudied. The modified R square (0.253) shows the variability of the variable.

5.1. Coefficient of Determination

The present regression equation is Empowerment = 2.892 + 0.237(Parental Separation)

Table: 2. Result of Coefficient

Model	Unstandardized Coefficient		Standardized Coefficient	t	Sig.
	B	S.E	Beta		
Constant	2.365	0.95		36.289	.000
Parental Separation	.258	.032	.685	9.236	.000
Dependent variable :Well-being of Children					

The overall awareness and empowerment is statistically significant at 1% level as the p value is less than 0.01.

6. Findings from hypothesis

There is significant impact of Parental Separation on the Wellbeing of children. Results of a straightforward regression study demonstrate a correlation between Parental Separation on the Wellbeing of children.

7. Conclusion

The foundation of the family, which is the basic societal unit, is marriage. All five of society's core institutions—the family, the church, the school, the marketplace, and the government—are significantly weakened by divorce. However, as fewer people marry, more adults divorce, and more adults choose to be single mothers or cohabit, this support is disappearing. The primary pillars of society—the family, the church, the school system, the workplace, and the government—all have a vested interest in bringing the divorce rate down to almost zero because divorce diminishes the human potential of every worker, citizen, worshipper, and student it comes into contact with. Institutional leaders must take accountability for eliminating the culture of rejection. Politicians, religious leaders, and academics all have a part in influencing people in this way (Paksarian D, 2020).

Children who experience family dissolution perform worse on a variety of metrics than children whose families are intact, and some of these effects last into adulthood. For instance, they are more likely to leave home and become parents earlier in life and less likely to obtain college credentials. However, the disparities are negligibly minor, and most kids do not suffer long-term consequences as a result of them. Some children, especially those who have watched or experienced violence and abuse or who grew up in homes with a lot of parental conflict, benefit from parental separation. The relationship between parental divorce and adult depression seems to be moderated by adolescent depression. Parental divorce appears to be a predictor of depression relapse in depressed teenagers.

8. References

1. Agarwal, S., & Poojitha, R. (2020). Parent and peer attachment and assertiveness in college students. *International Journal of Indian Psychology*, 4 (3), 138-150.
2. Al-Fayez GA, Ohaeri JU, Gado OM (2020) Prevalence of physical, psychological, and sexual abuse among a nationwide

- sample of Arab high school students: association with family characteristics, anxiety, depression, self-esteem, and quality of life. *Soc Psychiatry PsychiatrEpidemiol* 47: 53-66.
3. Beesdo-Baum K, Knappe S, Asselmann E, Zimmermann P, Brückl T, Höfler M, Behrendt S, Lieb R, Wittchen H-U. The 'Early Development Stages of Psychopathology (EDSP) study': a 20-year review of methods and findings. *Soc Psychiatry PsychiatrEpidemiol*. 2021;50:851–66.
4. Daniel Potter, "Psychosocial Well-Being and the Relationship between Divorce and Children's Academic Achievement," *Journal of Marriage and the Family* 72, no.4 (2020): 941.
5. Eerola M, Huurre T, Aro H (2020) The problem of attrition in a Finnish longitudinal survey on depression. *Eur J Epidemiol* 20: 113–120
6. Gilman SE, Kawachi I, Fitzmaurice GM, Buka SL (2020) Family disruption in childhood and risk of adult depression. *Am J Psychiatry* 160:939–946
7. Gisele Caldas Alexandre, Paulo Nadanovsky, CaludiaLeiteMoraes, and Michael Reichenheim, "The Presence of a Stepfather and Child Physical Abuse, as Reported by a Sample of Brazilian Mothers in Rio de Janeiro," *Child Abuse and Neglect* 34 (2021): 963.
8. Henry Potrykus and Patrick Fagan, "Decline of Economic Growth: Human Capital & Population Change," (Washington, D.C.: Marriage and Religion Research Institute, 3 August 2021). See also forthcoming paper on the effects of divorce on the growth rate of the economy by Potrykus and Fagan.
9. Indumathy, J. & Ashwini, K. (2021). Parental bonding and psychological well-being among young adults. *The International Journal of Indian Psychology*, 4(2).
10. Kelly, J.B. (2020) Children's living arrangements following separation and divorce: insights from empirical and clinical research. *Family Process*, 46, 35-42
11. Kristen Harknett, "Why Are Children with Married Parents Healthier? The Case of Pediatric Asthma," *Population Research and Policy Review* 28 (2020): 361.
12. McLanahan, S., & Teitler, J. (2020). The consequences of father absence. In M. E. Lamb (Ed.), *Parenting and child development in "nontraditional" families* (pp. 83-102). Mahwah, NJ: Erlbaum.
13. NazmiyeÇivitci, AsimÇivitci, and N. CerenFiyakali, "Loneliness and Life Satisfaction in Adolescents with Divorced and Non-Divorced Parents," *Educational Sciences: Theory and Practice* 9 (2021): 518.
14. Neale, G. and Flowerdew, J. (2020) New structures, new agency: The dynamics of childparent relationships after divorce. *International Journal of Children's Rights*, 51, 25-42
15. Niarchou M, Zammit S, Lewis G. The Avon Longitudinal Study of Parents and Children (ALSPAC) birth cohort as a resource

- for studying psychopathology in childhood and adolescence: a summary of findings for depression and psychosis. *Soc Psychiatry Psychiatr Epidemiol.* 2021;50:1017–27.
16. Orgilés M, Samper MA (2021) [Impact of divorce on quality of life in children aged 8-12 years in the province of Alicante (Spain)]. *GacSanit* 25: 490-494.
 17. Paksarian D, Eaton WW, Mortensen PB, Merikangas KR, Pedersen CB. A population-based study of the risk of schizophrenia and bipolar disorders associated with parent–child separation during development. *Psychol Med.* 2020;8:1–13.
 18. Patrick Leung, Russell L. Curtis, Jr., and Susan C. Mapp, “Incidences of Sexual Contacts of Children: Impacts of Family Characteristics and Family Structure from a National Sample,” *Children and Youth Services Review* 32 (2021): 654.
 19. Pednekar, N.K., & Tung, S. (2021). Role of parent and peer attachment, and family environment in discriminating between adolescents in low and high problematic internet use groups. *The International Journal of Indian Psychology*, 4 (3), 75-83.
 20. Roustit C, Campoy E, Renahy E, King G, Parizot I, et al. (2020) Family social environment in childhood and self-rated health in young adulthood. *BMC Public Health* 11: 949.
 21. Tracie O. Afifi, Jonathan Boman, William Fleisher, and JitenderSareen, “The Relationship between Child Abuse, Parental Divorce, and Lifetime Mental Disorders and Suicidality in a Nationally Representative Adult Sample,” *Child Abuse and Neglect* 33 (2020): 142-143.
 22. Trinder, L., Kellett. J., Connolly, J. and Notley, C. (2020) Evaluation of the Family Resolutions Pilot Project. DfES Research Report 720. London: Department for Education and Skills
 23. Wallerstein JS, Lewis J (2020) The unexpected legacy of divorce. Report of a 25-year study. *PsychoanalPsychol* 21:353–370
 24. Warshak RA (2021) Social Science and Parenting Plans for Young Children: A Consensus Report; Psychology, Public Policy, and Law 20: 46-67.
 25. Yampolskaya S, Mowery D, Dollard N. Predictors for readmission into children’s inpatient mental health treatment. *Community Ment Health J* 2021;49:781-6.
