

Qualitative Case Study on the Impact of Parental Divorce on Children's Social and Emotional Development in Wadajir District, Mogadishu

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Abstract: *This article utilizes qualitative research design to examine the social and emotional developmental outcomes of divorce for children by focusing on resilience particularly compelling when considering the psychological health of children of divorce. The authors present a literature review on the outcomes of divorce in terms of emotional distress, psychological confusion, and life upheaval for children and their parents also substantial challenges that divorce process and their successful life functioning both children and adult frequently express disappointment longing and resentment about divorce. the study aims to understand the subjective experiences of children who have undergone parental separation. The research employs a case study approach, gathering data through semi-structured interviews with 20 children who have experienced divorce from their parents. The findings of the study reveal that the majority of children experience deep disappointment and sadness when their parents separate, as they long to live and grow up with both parents. Even when residing with one parent, children still yearn for the care and love of the other parent. Furthermore, this study builds on previous literature by examining parental divorce on children's social and emotional development in Mogadishu.*

Keywords: Emotional impacts, parental separation and effect on children's behavior.

1. Introduction

Parental divorce is a major life event that can have a significant impact on children's social and emotional development. The effects of divorce can vary depending on the child's age, gender, personality, and the way the divorce is handled by the parents.

Divorce not only brings challenges to the couple being separated but is accompanied by major changes in the life of the child as well. divorce of parents affects the child in various spheres of life be it emotional, behavioral, cognitive, or physical. The extent to which divorce will impact a child depends upon various factors(Lansford, 2009).

Each year, millions of children around the globe face family disruption, and in many countries, divorce rates are rising(Kelly & Wallerstein, 1976).

Children experience divorce deeply and personally, and the potential for negative short- and long-term consequences is considerably higher for children whose parents divorce than for those from non-divorced families. While parental divorce poses significant risks for children that warrant concern, research shows that these outcomes are not the same for all children, nor are they inevitable. There are many factors that can reduce risks and promote children's resilience(Council & Relations, 2018).

Divorce is a complex and often emotionally challenging process for couples, but its effects can extend far beyond the dissolution of the marital bond(Chae, 2016). One aspect that demands significant attention is the impact of parental divorce on the social and emotional development of children. The breakdown of the parental relationship and subsequent separation can profoundly affect a child's overall well-being and have long-lasting consequences on their

ability to form healthy relationships and navigate social interactions(Chase-Lansdale et al., 1995).

Over the past few decades, divorce rates have been steadily increasing, with a substantial number of children experiencing the dissolution of their parents' marriage(Guidubaldi et al., 1983).

As divorce becomes more prevalent in society, understanding its consequences on children's development becomes a crucial area of research and concern for parents, educators, and mental health professionals alike(Lansford, 2009).

This article aims to explore the various ways in which parental divorce can influence the social and emotional development of children. It will delve into the potential challenges and adjustments that children may face in the aftermath of divorce, such as disruptions to their daily routines, changes in living arrangements, and exposure to parental conflict. Furthermore, it will discuss the emotional impact divorce can have on children, including feelings of anger, sadness, confusion, and guilt, as well as potential long-term effects on their self-esteem and overall emotional well-being.

Additionally, this article will examine the impact of parental divorce on children's social development, by focusing on resilience particularly compelling when considering the psychological health of children of divorce.

1.1 Background

Divorce is a prevalent phenomenon that has become increasingly common in modern society. According to statistical data, the divorce rate has been steadily rising over the past few decades, with a significant proportion of marriages ending in separation or divorce(Lansford, 2009).

As a result, a growing number of children are experiencing the consequences of parental divorce.

The importance of parents' roles and skills in helping their children to cope with divorce cannot be overemphasized because it is primarily parents who can mitigate or reverse potentially serious negative outcomes for their children (Chauke et al., 2019).

American Psychological Association (1979) defines Emotional development as "gradual increase in the capacity to experience, express, and interpret the full range of emotions and in the ability to cope with them appropriately". Emotional development of children starts with the beginning of their life. Emotional Development of a child refers to the rising ability of the child to understand one's own and other's emotions, to be able to show emotions appropriately and deal with the emotions. A healthy pattern of emotional development will encourage the child to make healthy positive relationships with others, to share their emotions freely and to comprehend another person's emotions appropriately. Circumstances such as divorce may lead to faulty emotional development in a child (Chauke et al., 2019). Children who have experience divorce of their parents face emotional challenges not only at the time of divorce but throughout their life even in the subsequent relationships (Lansford, 2009).

The impact of divorce on children is well documented. Most react to their parents' divorce with painful emotions including sadness, confusion, fears of abandonment, guilt, misconceptions, anger, loyalty conflicts, worry and grief. Many children experience feelings of loss when one parent moves out of the family residence, when a beloved pet is left behind, or even when they are with one parent and miss the other (Atkeson et al., 1982).

Research has consistently shown that parental divorce can have a profound impact on children's social and emotional development (Chauke et al., 2019). Children often undergo a series of challenges and adjustments as they navigate the changes brought about by the dissolution of their parents' marriage. These challenges can manifest in various ways, including disruptions to their daily routines, changes in living arrangements, and exposure to parental conflict (Atkeson et al., 1982).

In situations of intense conflict and domestic violence, children may have a sense of relief. Their reactions may vary depending on their ages, but nearly all children share a universal worry

The emotional toll of divorce on children can be significant. Feelings of anger, sadness, confusion, and guilt are common reactions that children may experience during and after the divorce process. These emotions can affect their overall well-being, self-esteem, and ability to regulate their emotions effectively (Chauke et al., 2019). Furthermore, the long-term effects of parental divorce on children's emotional development can extend into adulthood, influencing their relationships, mental health, and overall life satisfaction.

In addition to emotional implications, parental divorce can also impact children's social development. The disruption of the family unit and changes in living arrangements can affect children's ability to establish and maintain relationships with peers, siblings, and extended family members. They may struggle with trust, communication skills, and conflict resolution strategies, which can hinder their social interactions and contribute to feelings of isolation and loneliness.

Understanding the complexities of the impact of parental divorce on children's social and emotional development is crucial for developing effective interventions and support systems.

By identifying the specific challenges faced by children of divorced parents, educators, mental health professionals, and parents themselves can work together to provide the necessary resources and support to mitigate the negative effects and promote healthy development.

1.2 Statement of the problem

Parenting through divorce presents particular challenges because it is often difficult for parents to know what their children really think or feel about the changes in their family. For a variety of reasons, most children talk very little about their parents' divorce and their own complex feelings surrounding it.

Another challenge for most parents is to focus on achieving parenting goals when the multiple changes in their lives that precede and follow divorce cause enormous stress – indeed, divorce is second only to death of a spouse as a major source of stress.⁷ In addition, for many parents, grieving the end of their marriage and managing their own painful, raw emotions make it doubly difficult to focus on their children's expanded needs.

For some parents, continuing their hostility is a problem with enormous potential to damage their children. Unfortunately, this is sometimes fueled by adversarial legal procedures that focus on blame and retribution rather than on children's best interests. Ongoing conflict also erodes effective parenting, which in turn contributes to children's emotional and behavioral problems.

Despite these difficulties, many parents find ways to make their children's needs a top priority and learn to parent effectively so that their children can focus on the priorities of childhood – learning and growing – rather than on being their parents' caretakers or mediators.

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Understanding the complexities of the impact of parental divorce on children's social and emotional development is crucial for developing effective interventions and support systems. By identifying the specific challenges faced by children of divorced parents, educators, mental health professionals, and parents themselves can work together to provide the necessary resources and support to mitigate the negative effects and promote healthy development.

1.3 General Objectives

The aim of this paper was to investigate the impact parental divorce on children's social and emotional development in Mogadishu - Somalia. This study seeks to raise awareness among Wadajir Village community on the effects of divorce on young people's social and emotional development. This aim was achieved by looking at the following

1.4 Specific Objectives

- 1) To investigate the impact parental divorce on children's social and emotional development in Mogadishu - Somalia.
- 2) To determine the consequence of parental divorce on children's social and emotional development in Mogadishu - Somalia.
- 3) To discover the factors that put children at risk for negative short- and long-term outcomes on children's social and emotional development in Mogadishu - Somalia.

1.5 Research Question

- 1) What is investigate the impact parental divorce on children's social and emotional development in Mogadishu - Somalia?
- 2) In which method can determine the consequence of parental divorce on children's social and emotional development in Mogadishu - Somalia?
- 3) How to discover the factors that put children at risk for negative short- and long-term outcomes on children's social and emotional development in Mogadishu - Somalia?

2. Literature Survey

According to Kleinsorge & Covitz (2012) a child who experiences a lot of parental fights face challenges in emotional adjustment irrespective of whether the parents are married or divorced. Though divorce can affect emotional development of a child negatively, some protective factors might help in healthy emotional adjustment.

Children whose parents are divorced may inhibit their expression of emotions. They may conceal their feelings of anxiety and sadness. This eventually leads to problems in their relationships with family, friends and near ones as it is difficult for them to share and express their feelings (Smith, 1999).

According to Jurma (2015), children of divorced parents face more emotional problems as compared to children of married parents. Single mothers have poor psychological

well-being due to which they display more hostility in parenting which leads to emotional and behavioral problems in children.

Siblings who experience divorce of their parents exhibit more closeness as they express their feelings to each other and have more shareability of emotions. The results of the study also revealed that young women going through divorce of parents tend to approach other young women for emotional availability as parents are not available emotionally during the divorce (Abbey & Dallos, 2004).

According to Hess & Camara (1979) the dynamics between the family members is an important factor as compared to parents being married or divorced in determining child behaviour. The unpleasant effects of divorce on emotional development of child can be worked upon by maintaining healthy relationship with both the parents.

Results of a study revealed that there are a lot of factors that influence impact of parental divorce on children's emotional and social development. The extent to which divorce will impact a child depends upon factors such as emotional distress, psychological confusion, and life upheaval for children and their parents also substantial challenges that divorce process and their successful life functioning both children and adult frequently express disappointment longing and resentment about divorce. Children who have great economical support even after the divorce, have healthy positive relationship with nonresident parent and resident parent with good psychological well-being are less affected (Lamb et al, 1997).

In 1991, Amato and Keith generated the most widely sourced meta-analysis, summarizing the results of ninety-three studies published from the 1960's through 1980's with confirmation that children from divorced parents were worse off than those with married parents. Through different psychological testing, the study covered areas of academics, conduct behaviors, psychological well being, self-esteem and peer relations (Amato, 2005). Amato (2001) furthered his research with another meta-analysis based on sixtyseven studies that were conducted in the 1990's and again found that children from divorced parents scored lower on measures of well-being than children from married homes.

It is important to highlight findings that shed positive findings correlating to divorce, keeping in mind that these studies are not typical. Brenner and Hyde (2006) found that there was no significant differences between divorced and intact mothers when it came to emotional interaction, scaffolding and proximal development with their child, while another study conducted by Barnes, Burt, Iacono, and McGue (2008) suggested that the experience of the divorce has more of an impact on adolescent delinquency than common genes themselves, which agrees with most other research of the strong implications of divorce on children. With the statistics of divorce likely to stay stable or even increase with each generation, many researchers are focusing on strategies to help children cope.

2.1 Parental divorce and children's emotional stress.

Parental divorce can be a very stressful event for children, and it can have a significant impact on their emotional well-being. The effects of divorce on children can vary depending on their age, their individual personality, and the circumstances of the divorce (Atkeson et al., 1982).

Emotional security theory provides a thesis that children's emotional regulation is directly connected to their sense of security within the family and that conflict among parents challenges that emotional security, and in turn increases children's risk of experiencing behavior problems (Wallerstein & Kelly, 1976).

Parents who experience separation distress following separation or divorce from a spouse must guard against displaying ineffective or adverse parenting practices because such distress heightens the likelihood of such poor parenting habits being displayed. (DeAnda, Langlais, Anderson & Greene, 2020)

According to the authors, "The emotional security theory, as well as empirical research rooted in this theory, have established that inter-parental discord threatens children's emotional security, thereby heightening children's risk for displaying behavior problems; more specifically, when inter-parental discord is high, children tend to experience negative emotional reactivity or behavioral dysregulation." (DeAnda, Langlais, Anderson & Greene, 2020)

High amounts of divorce distress have been shown to negatively impact adjustment for individuals and parents following divorce, but there are still too few resources for parents to tap into to navigate the post-divorce. There is limited attention devoted to assisting parents through the stress of divorce for the purposes of improving the child's emotional well-being post-divorce. It's arguable that custodial mothers face the most psychological difficulty following divorce, due to increased parental responsibilities while also navigating a possible decrease in resources and social networks.

Although many studies have explored methods of helping children navigate divorce, a disconnect appears to exist between knowledge and application. An increase in the dissemination of findings regarding effective ways to combat the negative outcomes of divorce on children would likely motivate parents to take deliberate action to fight this trend. An active approach to reducing the occurrence of the harmful effects of divorce may aid affected children in being successful in the future. While therapy is a commonly acknowledged method for mitigating the effects of divorce and familial restructuring, there are other less formal strategies available, such as continuing to parent together and minimizing conflict.

2.2 Parental divorce and children's substantial challenges.

Children who experience parental divorce are more likely to face substantial challenges in their lives. The emotional distress and psychological impact and adjustment difficulties

and academic performance created by divorce can have a significant impact on their mental health, leading to the development of behavioral problems and externalizing behaviors, social challenges and stigmatization and poor academic achievement

Amato and Keith (1991) found that children of divorce exhibited higher levels of depression, anxiety, and lower self-esteem compared to children from intact families. Emotional turmoil arises due to the disruption of family life and the uncertainty surrounding the future, causing children to struggle with coping mechanisms. Emotional distress and psychological impact: numerous studies have highlighted that children of divorced parents often experience emotional distress and psychological difficulties.

Vandewater and Lansford (1998) reported that children from divorced families may face challenges in school due to the stress and emotional turmoil associated with divorce. Academic performance may decline, and children might struggle to concentrate and participate effectively in their studies. Parental divorce can disrupt a child's daily routine and sense of stability, leading to adjustment difficulties in various areas of life.

Wallerstein and Blakeslee (1989) emphasized that children may feel pressured to choose sides or maintain relationships with both parents simultaneously. Such conflicts can strain parent-child relationships and may lead to feelings of guilt, confusion, and emotional distance from one or both parents. Divorce often brings forth loyalty conflicts for children, especially when parental conflict is involved.

Jekielek et al. (2002) found that children of divorced parents were more likely to exhibit aggression, disobedience, and acting out behaviors. The disruption of family life and the changing dynamics may contribute to maladaptive behaviors as children struggle to cope with their emotions. The stress of parental divorce can manifest in children through behavioral issues and externalizing behaviors

Ahrons (2007) noted that children may experience embarrassment, stigma, or discomfort explaining their family situation to others. The fear of being judged or treated differently can impact the child's social interactions and self-esteem. Children of divorced parents may face social challenges in school and peer groups.

2.3 Parental divorce and children's successful life functioning

There is a large body of research on the effects of parental divorce on children. In general, the research suggests that children of divorce are more likely to experience a range of challenges, including emotional distress, behavioral problems, academic problems, and social problems. However, it is important to note that not all children of divorce will experience these challenges, and some children may even be resilient and thrive despite their parents' divorce.

There are a number of factors that can influence how children adjust to parental divorce, including the age of the

child at the time of the divorce, the quality of the parents' relationship before the divorce, the level of conflict between the parents, and the child's own personality and coping skills.

A study by Fabricius (2003) emphasized that stable custodial arrangements can contribute to children's successful adjustment after divorce. Consistent and predictable living arrangements can provide a sense of stability and security, promoting positive life functioning. However, frequent changes in custody or disruptions in living situations may lead to emotional difficulties and hinder successful outcomes.

Some studies have found that children of divorce are more likely to experience mental health problems, such as depression and anxiety, in adolescence and adulthood. However, other studies have found that the effects of parental divorce on mental health are relatively small, and that other factors, such as the quality of the child's social relationships, are more important predictors of mental health.

The mental health and adjustment of parents play a crucial role in shaping children's post-divorce functioning. Research by Strohschein (2005) highlighted that children are more likely to exhibit successful life outcomes when they have parents who demonstrate emotional well-being and effective coping strategies. Parental support and emotional stability positively influence children's resilience and overall development.

There is also some evidence that children of divorce are more likely to engage in risky behaviors, such as substance abuse and delinquency. However, this association is likely due to the fact that children of divorce are more likely to experience emotional distress and other challenges, which can lead to risky behaviors as a way of coping.

In terms of academic achievement, some studies have found that children of divorce are more likely to have lower grades and drop out of school. However, other studies have found that the effects of parental divorce on academic achievement are relatively small, and that other factors, such as the child's socioeconomic status, are more important predictors of academic achievement.

Amato and Gilbreth (1999) found that the quality of parent-child relationships post-divorce is a significant predictor of children's successful life functioning. When children maintain secure and supportive relationships with both parents, they are more likely to experience positive emotional and psychological outcomes. Ongoing involvement and effective co-parenting are vital factors that can enhance children's well-being.

In terms of social relationships, children of divorce may be more likely to have difficulty making friends or maintaining relationships. This may be due to the fact that they are feeling different from other children, or they may be worried about their parents' divorce affecting their friends. Research by Masten and Coatsworth (1998) suggests that many children of divorced parents demonstrate resilience in the

face of adversity. They develop coping mechanisms to navigate the challenges posed by divorce, which can contribute to successful life functioning. Adaptive coping strategies, such as seeking social support, reframing negative experiences, and maintaining a positive outlook, can help children thrive despite the divorce (Kurdek & Siesky, 1980).

Overall, the research on the effects of parental divorce on children is mixed. Some studies have found that children of divorce are more likely to experience a range of challenges, while other studies have found that the effects of parental divorce are relatively small. It is important to note that not all children of divorce will experience the same challenges, and that some children may even be resilient and thrive despite their parents' divorce.

2.4 Divorce and Somali Culture

In Somali culture, kinship and family values are very important. The extended family is also essential in Somalia, where most homes are huge and have many children. Marriage is not merely a social requirement but also a religious one. Some assume it also represents getting married into the family. It represents the merging of two families. Marriage within your clan is particularly significant to older generations; however, this is not very important outside of Somalia. It's crucial to understand that when a Somali woman marries a guy from a different clan, their children belong to their father's clan (Muna, M. 2020).

According to Cummings & Tonningen (2003), estimates of the participation rate differences between urban and rural areas were provided in the EFA (education for all) Report by UNICEF, and they were significant. However, zone distinctions have become the main focus of all UNICEF and other organizations' reports since then. There are undoubtedly still differences between urban and rural areas. The disregard for the educational rights of rural children is the main factor contributing to the low enrollment rates. According to conversations with important educational leaders, Somalia has not publicly supported EFA, who believe that the efforts to provide opportunities for children in cities and towns are sufficient. As a result, they frequently downplay the importance of using additional techniques to engage children in rural areas.

The Emotional Impact of Parental Separation on Children. parental separation can have a significant emotional impact on children. Children may experience a range of emotions, including sadness, anger, anxiety, guilt, and confusion. They may also have problems in their social relationships and school performance. (University of Mogadishu. (2017).

The emotional impact of parental separation can vary depending on a number of factors, including the child's age, the circumstances of the separation, and the child's individual coping mechanisms. Younger children may be more likely to experience intense emotions and to have difficulty understanding what is happening. Older children may be better able to understand the separation, but they may still experience sadness, anger, and anxiety. (American Academy of Pediatrics. (2010).

Previous research on parental divorce and its impact on children provides valuable insights, both globally and within Somalia. Studies conducted in different cultural and socio-economic contexts have emphasized the emotional distress children face when separated from their parents. However, there is a need to examine these issues in a more localized manner, taking into account the unique characteristics of Wadajir District.

3. Methodology

The study was qualitative in nature and the sampling method was purposive, a sub-type of non-probability sampling. The goal is to provide findings that could be generalised for a category of Somali children. The participants were 20 young people between the age 16 and 26 years who come from parental divorced families using purposive sampling technique. There were twelve (12) males and eight (8) females, majority of the respondents were in secondary school and above while only one (2) was in primary school. Some participants completed the questionnaires in their home language which is Somali and others in English. The researcher used open-ended questions as form of self-administered questions to ensure the respondents have the chance to provide answers in more details. The interview were distributed in July 2023 to the selected respondents from wadajir village. The interview questions was handed out by the researcher in the presence of the guardian of all these children especially those under the age of 28. The

participants were informed about the purpose of the study. The researcher assured these children about their safety during the course of the study. They were also briefed about their answers being treated anonymously. The researcher mentioned to the participants in the study about voluntary, privacy and confidentiality of their participation which will be fully respected.

4. Finding and Discussion

Following data analysis, several key themes regarding the effects of parental separation on children emerged, including Parental divorce and children's emotional stress, Parental divorce and children's substantial challenges, Parental divorce and children's successful life functioning, divorce and Somali Culture, and the correlation between parental divorce and school enrollment. Every theme is interconnected, and data analysis revealed the impact of parental divorce on children.

4.1 Informants

A total of 20 children were interviewed, were 20 young people between the age 14 and 26 years who come from parental divorced families using purposive sampling technique. There were twelve (12) males and eight (8) females, majority of the respondents were in secondary school and above while only one (2) was in primary school.

pseudonyms	Age	Level of education	Live with
Zeynab	14	Elementary school	Mother
Amira	17	Not attended	Aunt
Faarah	15	High school	Aunt
Malin	16	Elementary school	Aunt
Nuurto	17	High school	Sister
Hashim	17	High school	Grandmother
Mubarak	16	High school	Mother
Mohamed	18	High school	Mother
Mascud	17	High school	Mother
Hussain	24	Last year of, a religious institute	Mother
Hawa	19	Not attended	Aunt
Istar	22	High school	Aunt
Juweria	17	Elementary school	Aunt
Farxan	15	High school	Sister
Na'ima	16	High school	Grandmother
Anwar	17	High school	Mother
Hani	17	Elementary school	Aunt
Mubarak	17	Last year of, a religious institute	Aunt
Omar	16	High school	Grandmother
Hasan	14	Elementary school	Aunt

According to experts, children often begin to experience emotions after the age of three. A child's cognitive abilities usually improve after the age of three. When a child is exposed to constant arguments, bitter quarrels, and various forms of verbal and physical abuse at this age, it leaves them devastated. The possibility of emotional trauma, such as divorce, affects children of all ages, but it significantly impacts children aged 3 to 15 (E Times, 2022).

4.2 Parental divorce and children's emotional stress.

Most of the participants expressed disappointment over their parents' divorce. While only twenty presents claimed they were not disappointed because they did not grow up with their parents and their divorce was a destiny.

Parental divorce from children causes great disappointment as they are saddened by the first separation from their parents and the fact that they do not live with and grow up with their parents. Although there are children living with one of his parents, he still misses the care and love of the

other parent.

Amiira:

"I did not realise it then, but my mother and father had separated. Then, when I was growing up, I understood that it's difficult for your mother and father to separate, and now they were both people who had another life, another family. They cannot get back together, and nothing can be said about it."

Hani:

"Of course, no child is happy when their parents are separated, and Of course, I was disappointed."

Omar:

"I was a happy person and had everything before they split up, but once they did, my happiness diminished."

Hashim:

"I felt so bad inside, but at that time, I was young, and I couldn't do anything."

Aligned Akhtar (2013) suggested that the children may feel guilty or responsible for the divorce. As a result, they may become increasingly violent, aggressive, and uncooperative, insulting both parents, maybe emotionally in need of fear of abandonment, and may lose the ability to produce, which may then affect academic performance, and may improve, feelings of sadness and severe loss.

4.3 Parental divorce and children's substantial challenges

The respondents completely agreed that they could not express their feelings about their parent's divorce and the challenges they met because the parents divorced when the children were under five years old, resulting in the children not being heard and no one taking his words meaningful. As a result, most children of divorced parents face challenges where their feelings are ignored, such as not listening to their opinions about their parent's separation and not being given an explanation for their parents separation.

Zeynab:

"I did not respond, and I cannot until now because no one is taking my words seriously."

Hasan:

"I tried to bring them together, but it did not work."

Omar

"So, I was very young, and I always wondered why my father was missing, but as I grew older, I realized that my mother and father had already separated, and there was nothing I could do about it."

Anwar:

"I was very young when they split up. I was two years old, and if I had had the intelligence to do something, I would have."

Hawa:

"I did not respond because I was young and could not."

Divorce can overwhelm emotionally vulnerable children. Children require a safe place away from their emotions and someone with whom they can talk and listen. Children's emotional processing can reveal the effects of divorce. Furthermore, children frequently inquire about the reason for their parent's divorce. They'll look for answers, wondering if their parents didn't love each other or if something went wrong. Guilt is common in divorced children but can also lead to various other factors (Family Means, 2022).

4.4 Parental divorce and children's successful life functioning

Forty percent of the children who participated in the study lived with their aunts after their parents separated, while nearly half of them lived with their mothers. The others lived with their grandmother and sister after separating from their parents. Most divorced parents' children do not live with their biological parents. This is the most common case regardless of age, with teenagers and adults especially likely to live with people who are not their parents due to marriage or work.

In Somalia, all children who have experienced parental separation have also suffered the loss of living with both of their parents or one of them, which causes the children to take over their responsibilities from other parents in the family, such as their stepmother, grandmother, aunt, and so on.

Juweria:

"I lived with my mother after my parents divorced until recently; I just lost my father's place of care."

Na'ima:

"It has changed in many ways; when I first lived with my stepmother, I was taken to my aunt. Even though they handed me over, I was taken to my other aunt, who educated me, and I still live with her."

Amiira:

"My life has gone through many stages; first, I was living with my mother, and I grew up there, my education was interrupted, and then I came to (Mogadishu) where my education continued, and I am here with my aunt. I was taken away from my mother and transferred here, so my life changed."

4.5 Divorce and Somali Culture.

Every participant I interviewed for this study was in the same situation: each parent married someone else and started a new life. The father married a new wife and had a child, and the mother married and had children.

A new marriage occurs after the initial marriage has ended, either through a divorce or the death of one of the spouses. Even when a marriage ends, people remarry because they do not believe they are to blame for the first marriage failing or because they want to give themselves a second chance to see how life goes.

Marriage may have positive aspects for the adults and benefit the child, but in most cases, it's otherwise. Having a new spouse will hurt the child, especially if they developed close relationships with both parents when they were together; it may be difficult for them to share a parent with the new spouse and likely stepsiblings. If the new person joins the parent and their child does not understand or mistreats the child, the situation may worsen. On the other hand, if one of the child's parents was abusive or irresponsible, the new marriage might give the child a sense of family again.

Juweria:

"Yes, my mother married someone else, and my father also married. As for me, it is important to take a step forward."

Na'ima:

"Yes, my father is married and has two wives, and my mother is married and has children."

Anwar:

"Yes, they married new spouses, and I was saddened because my mother married someone else, and my father married someone else, and I miss having them together."

Amiira:

"My parents are married with new spouses, and I can't say anything because it was their fate to marry someone else."

Remarriage is often a welcome and exciting life event for men and women who have been divorced. However, this transition can be difficult for your child, regardless of how much they like your new partner or seem excited about the marriage. Remarriage, like divorce, can elicit a range of conflicting emotions in your child. They may be excited, but they may also be scared or sad. Their feelings may change daily or be influenced by what their other parent says about the situation (Glosson, 2022).

Omar:

"I did not know about my parent's divorce; at that time, I was at school, and when I came back, I found out my mother had left home. So I was alone at home for a while, and then I called my mother, who told me she had left my siblings and me. After our father transferred to my stepmother's house."

Hani:

"After my parents separated, my life was guaranteed by my sweet mother until I was ten years old, and after that, I lived with my sister until now, and she was handed over to me."

Mubarak:

"When my mother and father separated, my grandmother was transferred to me, and there is no other change."

According to Grant and Yeatman (2015), Child fostering is a situation in which children with living parents are placed in

a different household, usually with other relatives. These arrangements are typically informal and temporary and are negotiated between family members. Even if divorce does not result in child fostering, parental remarriage may.

5. Conclusions & Recommendation

5.1 Summary of the findings

The primary objective of this research was to look into the impact parental divorce on children's social and emotional development in Mogadishu. The study had four goals: investigating Parental divorce and children's emotional stress, Parental divorce and children's substantial challenges; Parental divorce and children's successful life functioning, and Divorce and Somali Culture on children's behaviour.

According to Cetinkaya & Erçin (2015), family is a social union with essential traits that can only be passed on to others and based on emotional attachment within a cooperative framework. A complete family is a community composed of a mother, a father, and their children who share profound love, respect, support, solidarity, and a sense of belonging. Their family heavily influences a child's emotional, social, and moral development. Therefore, a whole family is a lovely environment where a child can broadly socialise.

Each child experiences different psychological stress during and after the divorce process. Children who have experienced divorce are more likely to display antisocial behaviour, anxiety, and grief. They are also more likely to show delinquent and violent behaviour. Other recognised variables include self-blame and abandonment fears. Depending on how parents handle the divorce process, a child may experience these emotions less (Fagan and Churchill, 2012).

The findings indicated that few respondents experienced parental separation when they were older and that most children who experience parental separation do so before the age of five. After the age of three, emotions frequently start to appear in kids. After age three, a child's cognitive abilities often advance (E Times, 2022). Additionally, their parents' separation caused great disappointment in almost all participants. According to Akhtar (2013) hypothesised that the children may feel guilty or responsible for the divorce and may grow angrier, hostile, and uncooperative while insulting both parents and may be experiencing emotional abandonment need. This study received that half of the children do not live with their biological parents; those children have also suffered the loss of living with both of their parents or one of them, causing the children to take over their responsibilities from other parents in the family, such as their stepmother, grandmother, aunt, and so on. Fostering a child is placing a child with a living parent in another home, typically with family members. These agreements are usually reached amongst family members and are informal and transient. Parental remarriage may result in child fostering even if divorce does not (Grant and Yeatman, 2015).

The study finds that most children from divorced parents do not have good relationships with their parents due to re-marriage or work. Divorce commonly results in a deterioration of relationships and increases the disparity between children's relationships with their father and mother. According to one interpretation, children of divorced parents cannot see their parents simultaneously, as children of married parents can (Kalmijn, M.2013).

Finally, the majority of the literature that is currently accessible (see Clark, 2015; Akhtar, 2013; Stadelmann S. et al., 2010) claims that children who have experienced parental separation have poorer levels of schooling and perform worse than their classmates. However, this study found that 80% of respondents have the opportunity to study, even after their parents split, except for a few children who lose out on educational possibilities because they move to rural areas following their parents' separation, where there are few schools.

5.2 Recommendations

This section offers numerous suggestions for the research, including; Family assistance, social assistance, government and non-government assistance, and scholars' recommendations.

5.2.1. Recommendation government and non-government

As the regulatory body, the government should amend family law based on the child's interest.

Although there is a family law in the Somali constitution, most people do not know the constitution and do not apply it. The NGOs can organise training and seminars on the effects of family separation on the kids and society at large; they may stop divorces indirectly by educating people about the consequences of their decisions on children and themselves.

5.2.2. Recommendation for society

As divorce is a social problem, Civil society should recognize educating the community on how to resolve family issues instead of ending up with divorce. Community leaders, youth, women, and other members of society can organise events and create awareness for the family and how issues should be resolved. Guryasamo, a local family organisation in Somalia, holds debates and invites experts on marriage and relationships to discuss emerging family problems. Society can create standards for the family, and divorce rates may decline to respect these norms and societal values.

Social support can be available for divorced couples and children to cope with the situation and adjust to their new reality. Depending on how society is connected and linked with each other, they may have an essential role in strengthening family ties, thus reducing separation.

5.2.3. Recommendation for families

Relatives and elders in the family have a significant role in the family setup and upkeep. In the context of Somali

culture, before couples get together, their families and elders meet and get to know each other. When the marriage bond is formed, the elders of both wife's and husband's family assume the responsibility to protect the family. When arguments and frictions happen between the spouses, the elders take up the issue who discuss and try to calm the situation. Parents often interfere, and sometimes even though couples want to separate, they should still be together as a show of respect to the parents, and eventually, the situation settles. Elders have a voice and are usually respected; they can listen to the grievances of both couples and advise accordingly. If the role of elders were not there, the Somali community's divorce rate would have been higher.

5.2.4. Recommendation for scholars

Scholars should research this topic because nothing has been written about it, so they should dive deep into it. Also, other scholars in other fields, such as sociology and psychology, may give tips and practical ways to run the family, respect the spouses, and cope with challenges.

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