

Divorced and Single Parents

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Introduction

Single parenting is the act of taking care of a child or children by one parent. There are three primary reasons causing single parenting: widowhood, separation, choosing not to be married and divorce. Single parenting is coupled with lots of challenges since the responsibilities that are shared by two parents are bestowed on one parent. This blatantly poses lots of stress and burdens on the parent. Nonetheless, the children also face the same problems. Children stress is higher if the single parenting is as a result of divorce and death as compared to other causes. Parent's singlehood dictates a lot on children upbringing especially if the situation of separation occurred when the children are still young (McGoldrick, Preto, & Carter 2015).

Children who experience parent separation are impacted negatively as compared to those who are born and raised by single parent. In totality, children who are raised by single parent are likely to suffer from depression and stress. They get hurt and emotional when they lose one parent (Barber, & Eccles, 2008). Ideally, single parenting is increasing at an alarming rate in well-developed and developing countries. In the United States women to men ratio of the single parents is higher and most of the single parents are as a result of divorce and separation. Most women are nowadays pursuing self actualization and in the end they end up being single parents (Berger, 2009).

Questions to Investigate

Does children raised by single parent exhibit different mannerisms to those raised by both parents?

What are the challenges facing single parents?

What are the solutions to the problems faced by single parents in modern society?

What are the effects of single parenting to children's education?

Literature Review

With the change of roles and laws in the society the rates of single parenting are growing intensely. Today the society is led by laws that are constituted by government therefore family ties are influenced by the same laws and since the society embraces these laws thus a family bond is governed by state laws. In the case of break up the state laws dictates the life of children on divorce or separation issues. This is contrary to the past when nobody was unwilling to have children out of wedlock or file divorce case (Berger, 2009).

The improved wellbeing has changed the state of single parents however they are not of equal levels as those children raised by two-parents. The act of a woman taking care of children after separation and divorce has made most women to be single parents compared to men. Statistically, annual increment of single parenting is higher and this is contributed by the fact that unwanted pregnancies are left for women to take care. This is likely to result to single parenting (Hetherington, & Arasteh, 2014).

On divorce or death the single parent with children will assume the responsibilities of the other partner. The culture of "it is us alone" evolves and the remnant parent and the children are now dependent. The frustration and depression comes in. The loneliness is felt by the family and psychological questions takes root in the children's minds. They ask themselves questions that fetch no answers. As for the case of divorce the single family feels isolated and dependent on itself. To curb the loneliness in the family children should be allowed to interact with friends and engage themselves in activities that are involving such as games. The single parent needs to

create a good rapport with the children for the family to remain joyful and happy all times (Barber, & Eccles, 2008).

In most cases the children from single parents perform dismally in school compared to those with both parents. The same children are violent in school because of stress. The financial problems usually cause them to drop out of school and engage in irresponsible behaviors such as drinking and prostitutions. The girls in such a family are likely to become parents at tender age due to teenage pregnancy due to lack of adequate parental care (McGoldrick, Preto, & Carter 2015).

Single parent children are disadvantageous generally no matter their disparities. Most of them especially the ones from divorced or separated parents always have tremendous psychological problems. Divorced or separated parents who get remarried are likely to cause of severe psychological problems to their children (Berger, 2009). An exceptional behavior is exhibited by those children from divorced or separated families mainly on the social ties. They are bound to be socially inactive because they look down upon themselves. Their level of interaction with others reduces drastically due to low self esteem that result from their parents' divorce. The relationship with their remaining parent also changes they same way they do to their peers. This change is brought about by the feeling of incompleteness and loneliness (Hetherington, 2014).

The occurrence of a divorce causes some observable modifications that are systematic. For instance, the parent changes their homes, children move to new schools, and change of their way of living as well as their friends. The destructions and change of things to the children will impact negatively especially when children misses their basic needs after the divorce. Some will

find it hard to adapt with the change of things and others will accept their new way of life (Granic, & Patterson, 2006).

Family relationship is compromised especially when the child misses the company of the other parent. When this scenario occurs, the parent with the custody of the child tends to lie to the child in order to satisfy his or her needs. In case the child realizes the truth of the matter, he or she tends to have negative feelings towards his or her remaining parent for lying. This causes the family interactions to deteriorate (Berger, 2009).

On divorce or separation, the duties are shifted from both parents to only one parent. This results in transition and change in the delegation of duties. Some duties that were meant for the absent parent are sometimes taken up by the children. The acts of delegating duties to the children make them uncomfortable and feel overburdened with responsibilities that are not theirs. Some perceive this as mistreatment and child abuse. Some consider it irresponsibility on the side of their parent. The children will always remember their missing parent and regret why the separation (Hetherington, 2014).

The cause of separation or divorce to the parents can impact negatively to the children's behavior. When parents quarrel and insult each other in front of their children, the children are likely to develop anti-social attitudes. Typically, parents are role models to their children and therefore whatever they do their children will emulate them despite the negativity of the act. When such children grow up they tend to have problem solving issues. Most of the will indulge in fighting and unworthy methods that are not forthcoming. Those particular children are rude and violent (Berger, 2009).

The economic constraints make the single parent to offer little to the children. The parent has to struggle to ensure the needs of the children are met. For the divorced parents their budget will be reduced by half hence there will be difficulty in try to cater for the other half so as to sustain the family in the same way as it was before. It is obvious the family lifestyle will change so as to fit the budget of the single parent. Children will be traumatized in the event of changing the lifestyle. The single parent will be forced to work for extra time and harder than before so that the family will be comfortable. However, the children will lose parental care when their remaining parent works for longer hours. They will feel stressed and lonely. Children behavior will be difficult to be monitored by the single parent because of the too much hustle for money (Barber, & Eccles, 2008).

When children lose attention of the parent they are bound to do what they see and hear from others since their parents are not providing enough attention to them. For the lonely children they are likely to use drugs for them to get the confidence and steam up their self-esteem. Some parents even commit suicide when they are divorced or separated. Children too will see their parent as overburdened and most of them will resort to hustling for themselves than asking their single parent. This will make them drop out of school and in the end they spoil their fruitful future. Some children will get into drug use and abuse as well as prostitution (Hetherington, 2014).

My Opinions

In my view single parenting is not easy to both the children and the parent. Adjusting to changes is the hardest thing to the family. Children are the ones who find hard times to understand the state of things. They are likely to have questions in their minds that are not

answerable. When they see their parents separate and leave in different homes most of them will feel the loneliness.

When divorce happens when the children are still young they are likely to be affected psychologically by the occurrence. Some will be socially inactive while other will be violent. The children self-esteem and confidence will automatically go down. This situation will make the child miss the absent parent. Those children born by single parents always have a negative feeling about the missing parent especially when the separation was as a result of divorce. While those children who lose one parent will see their single parent as a misfortune and life without the other parent will be difficulty.

In conclusion it is important to inform the child or children the reasons behind single parenting so that the child will grow up knowing what exactly happened between their biological father and mother. When children have full knowledge about the missing parent they are going to be confident in life because they have an explanation to give about their missing parent. It is important to file divorce so that the children will be catered for by both parents no matter the separation. With the modern laws children will not experience much difficulty as far as financial adjustments are concern.

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