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## **Addressing Chaotic Divorce's Biological and Psychological Impact on Children and need for child centric Prenuptial agreements**

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### **INTRODUCTION:**

Divorce or separation from a spouse is a very difficult experiences a pair can have in a personal relationship (Arogya, 2022). Divorced parents should try to positively impact themselves and their children throughout these times in order to decrease the pain they experience after the divorce (Lawrence, Desmarchelier, Bryce, Schaffer, & Cantrell, 2022). The preschool-aged children with divorced parents are the focus of this study since this is a critical and most important time in a child's development. Even while young children appear to take their parents' divorce in stride, it is necessary proper focus is provided to the child during this time. If these children don't get enough support, they may eventually suffer from the effects of their parents' divorce (Sorek, 2019).

In this context, prenuptial agreements can play a significant role in mitigating some of the complexities and emotional turmoil associated with divorce. Prenuptial agreements, often viewed as a pragmatic approach to marital finances, can provide a structured framework that helps in managing expectations and reducing conflicts during divorce proceedings. By clearly delineating the distribution of assets and responsibilities, prenuptial agreements can alleviate some of the financial stress and uncertainty that often accompanies divorce. This legal clarity

allows parents to focus more on the emotional and psychological well-being of their children, ensuring that the necessary support systems are in place. Moreover, prenuptial agreements can help preserve a more amicable relationship between divorced parents, which is crucial for effective co-parenting. By minimizing disputes over financial matters, parents can dedicate more time and energy to fostering a supportive environment for their children. This is especially important for preschool-age children, who require stability and reassurance during this tumultuous period.

In summary, although divorce has profound emotional and psychological effects on kids, having a prenuptial agreement can offer some security and protection. It assists parents in handling the financial side of the divorce more effectively, freeing them up to concentrate on lessening the undesirable consequences of divorce on the wellbeing of their kids.

### **Literature Review**

Divorce involves legal, social, and emotional aspects (Cabuliaer, 2022). Divorce is a civil and legal proceeding that may only be finalized with a court decree. It represents the dissolution of the whole family as a unit (Lenuța, 2022). Every individual has the freedom to marry and raise children, regardless of ethnicity, nationality, or religion. They have equal rights regarding marriage, continuation, and divorce (Gazeta Zyrtare e Repunlikës së Kosovës, 2006). With the changes in the society and relationship many marriages are now leading to separation.

Divorce has legal, communal, and emotional implications (Cabular & 2022). Divorce is a civil and legal action that may only be resolved through a court order. It reflects the breakdown of the family as an institution (Lenuța, 2022). Men and women, regardless of ethnicity, country, or religion, are free to marry and raise children. They have equal rights to marry, continue, and divorce (Gazeta, 2006). Marriages are not meant to survive forever, and dysfunctional family dynamics and miscommunication can lead to divorce.

This study aims to look into the psychological effects of divorce on preschool children, with a focus on identifying effective behavior control approaches and procedures. To achieve this goal and raise awareness, this study looks into the psychological effects of divorce on children, with an emphasis on those most commonly observed in developed countries. Understanding these repercussions can help parents deal with them more successfully and offer a better environment for their children. Recent research suggests that parental divorce may have a harmful influence on preschool children, perhaps impeding their future development.

According to research, children with divorced parents have more difficult relationships with other family members, lower academic success, and delayed psychological development. The anguish of separation from their parents has a significant impact on their future well-being (Pushor and Amendt, 2018).

Divorce often causes children to lose daily contact with one parent, usually the father. Reduced contact can impair the parent-child bond, with many children feeling disconnected from their fathers after divorce (Anderson, 2014). Divorce can negatively impact the relationship with the custodial parent, often the mother, who may experience higher stress from single parenting (Rodríguez, 2014). According to studies, mothers may become less

helpful and affectionate after divorce, and their discipline may become less consistent and effective (Wallerstein, Lewis, and Rosenthal, 2013).

For some children, changing schools, moving to a new home, and living with a single parent all contribute to the stress of the divorce process. Financial troubles are also common following divorce, as many families must downsize, relocate, and make do with fewer resources.

When children feel overwhelmed and do not know how to respond to social influences, they may become angry or irritable, directing this anger towards their parents, friends, and others. While some children's anger dissipates after a few weeks, for others, it may persist for a long time. Many children are very upset during the initial stages of divorce, which many adults describe as the most painful time of their lives (Mali, 2009).

When children are overwhelmed and unsure how to respond to social cues, they may become angry or irritated, directing their fury toward their parents, friends, or others. While some children's anger subsides after a few weeks, it can linger for a long time. Many children are devastated during the early stages of divorce, which many adults regard as the most terrible time of their life. Divorce is an emotional experience that causes children to feel a range of conflicting emotions. Young children may misbehave or assume they are to blame for the divorce (Danjoli, 2021)

Divorce for children is a long-term process, not a one-time occurrence. Children sometimes ask why their parents are separating, whether they still love one other, and if they did anything wrong. These emotions of guilt are common, but they can lead to depression, stress, and other mental health problems. As a result, the effect of divorce on children's behavior has received significant study in psychology and social sciences (Sirvanli-Ozen, 2005).

Divorce causes emotional turbulence for the family, but it can be especially frightening, confusing, and upsetting for children (Spremo, 2020). Children's reactions differ according to their age, temperament, and the circumstances of the separation. Many youngsters experience sadness, frustration, anger, and anxiety, which frequently prompts external emotions (C. Anderson, 2014). According to research, children of divorced parents frequently experience a reduction in self-esteem, social competence, and the development of emotional and behavioural disorders (Z Amaato, 2000).

Children from separated families may experience more externalizing concerns, such as behavioral issues, delinquent behavior and impulsivity, compared to those in two-parent households (D'Onofrio & Emery). Furthermore, after their parents separated teenagers may have conflicts with other people (Lund, 2021). Unresolved disagreements following divorce may offer unanticipated risks in the years to come. According to research, young people who witnessed separation a decade ago were more inclined to participate in illegal and damaging actions. Many people reported obtaining substance abuse, such as cigarettes or illicit drugs. Divorce affects the child's relationship with the custodial parent, who is usually the mother. Children from divorced families may demonstrate behavioral problems, delinquency, or impulsive behavior. They may become hostile, unsociable, addicted, and unable to fit in with their social groupings. According to Çaksen (2021), these behaviors are more visible in the first few years after divorce, but may eventually decrease. Furthermore, preschool children may face bullying from peers and friends in their social groups (Lund, 2021).

Divorce may increase the likelihood of mental health difficulties in children and adolescents. Children with divorced parents experience greater psychological issues, regardless of age, gender, or culture (D'Onofrio & Emery). Divorce-related stress can increase rates of sadness and anxiety in children because they may face additional personal issues such as medical problems or sleep disturbances, which can lead to symptoms of psychological trauma. Anxiety is usually identified as the primary emotional disturbance during a family crisis (Smith-Etxeberria, Corres-Medrano, & Fernandez-Villanueva, 2022). When their parents divorce, children are concerned for a variety of reasons. Situations such as one parent refusing to accept the divorce, financial problems, or abandonment by one parent can all exacerbate a child's mental state and increase the chance of anxiety. According to Çaksen (2021), a lack of attention to the child is a common contributor to anxiety. According to child psychologist Carroll (2020), the pain of divorce may be minimized if it occurs while a child is very young, as children are resilient and can often adapt to new realities over time.

As awareness grows about the effect of parental divorce on children, effective communication between parents and kindergarten teachers is becoming increasingly important. This communication helps parents stay informed about their child's behavior and progress in school (Hoffman, 1995). Parents rely on kindergarten teachers for information about their children's performance and need to collaborate with them, which can be facilitated by maintaining regular contact through various channels (Lenuța, 2022).

The importance of cooperation between kindergarten teachers and parents is emphasized in the "Law on Preschool Education" (Law No. 02/L-52 – 2006) (Kosoves, 2006). This cooperation is a key principle at the preschool level and is an obligation for preschool institutions and teachers (Plakolli & AliuGashi, 2018). Research indicates that parents today are not only finding new ways to relate to each other but also learning new parenting approaches (Cabilar & Yılmaz, 2022). Parents play a crucial role in how children adjust to a divorce, and certain strategies can help mitigate the psychological effects on children.

Co-parent Peacefully: Intense conflict between parents can increase children's distress and behaviour problems. Even minor tensions can negatively affect a child's well-being. Professional help may be necessary if parents struggle to co-parent effectively (Anderson, 2014).

- Don't put children in the middle: Asking them to choose between parents or passing messages might create emotional distress. Direct communication between parents is essential, even without children.
- Maintain positive communication and affection between parents to help their children adjust to divorce. A strong parent-child relationship boosts self-esteem and academic performance.
- Empowering children to cope with divorce can benefit their mental health. Encourage them to express their emotions and explain that seeking help is OK.
- Teach Coping Skills: Active coping strategies, such as problem-solving and cognitive restructuring, can help youngsters adjust to divorce.
- Make Children Feel Safe: Providing a sense of love and security can help reduce anxiety and promote mental health.
- Seek Parent Education: Programs that teach co-parenting and coping strategies for children undergoing divorce may be beneficial.

- **Make Children Feel Safe:** Providing a sense of love and security can help reduce anxiety and promote mental health.
- **Seek Parent Education:** Programs that teach co-parenting and coping strategies for children undergoing divorce may be beneficial.

### **Research Objectives:**

1. to decode the effect of divorce on the psychological wellbeing of the children in the marriage.
2. to identify the problems face by the kids on their early education,
3. to rectify these problems by suggesting such measure that can be garnered the school and the parents t make this transition of divorce easier on the kids.

### **Hypotheses:**

1. assuming that parents do not focus much on the psychological wellbeing and the early education of children during such messy divorces.
2. Assuming that be having a clean and clear communication between the school authorities and the parents can help the children to cope up with the divorce of the spouses

### **Research Instrument:**

For data collection, a 6-point Likert scale questionnaire tailored for the educational field and adapted to the context of Gujarat, India, was employed. This questionnaire comprises 10 statements aimed at gauging the sentiments, attitudes, and opinions of respondents regarding parental divorce and its impact on children's well-being, with the objective of ensuring that these children grow and thrive without hindrance in their future.

The study involved divorced parents of preschoolers and all teachers from five preschool institutions in Ahmedabad city in Gujarat. Forty participants, consisting of 30 divorced parents and 20 kindergarten teachers, completed the questionnaire. Throughout the research, adherence to fundamental principles of research ethics was maintained. Prior to participation, all respondents were briefed about the study's purpose and assured of anonymity. It was emphasized that the collected data would solely be used for research purposes. Moreover, participants were familiarized with the questionnaire format and provided consent before proceeding

### **Results:**

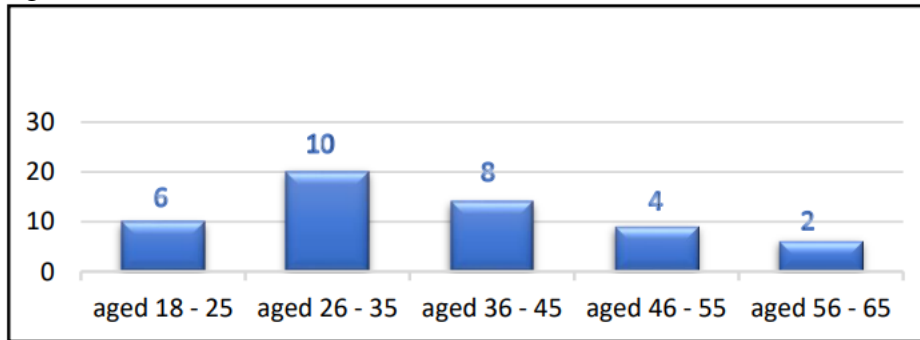
Data collection and analysis in this study adhered to the established standards of scientific inquiry. The following steps were taken for data analysis: presentation of respondent data, statistical analysis, graphical representation of questionnaire statements, presentation and discussion of findings, and drawing conclusions along with suggestions for further research. Initially, demographic data for the research respondents, comprising 20 divorced parents from January to May, 2024, were compiled.

### **Based on the findings:**

Of the respondents, 20 (67%) were female, while 10 (33%) were male. Figure 1 provides a visual representation, depicting the distribution of ages among the divorced parents. The

analysis reveals that a higher proportion of females (20 respondents) were willing to share information compared to males.

Figure 1



Age Distribution of Respondents/Divorced Parents

In Figure 1, the age distribution of respondents is depicted. It is observed that:

17% (6 respondents) were aged between 18-25.

34% (10 respondents) fell within the age bracket of 26-35.

24% (8 respondents) were aged 36-45.

15% (4 respondents) belonged to the age group of 46-55.

The smallest segment consisted of respondents aged 56-65, comprising only 2 individuals.

This indicates that the majority of respondents (90%) who underwent divorce were younger, while less than 10% were older.

Furthermore, aside from divorced parents, kindergarten teachers from preschool institutions in Ahmedabad City, who interacted with children of divorced parents, were also included in the study. Hence, a total of 50 respondents (30 parents and 20 kindergarten teachers) consented to complete the questionnaire. The collected data are summarized in Table 1.

| Statement   | Strongly Disagree | Disagree | Partially Disagree | Partially Agree | Agree | Strongly Agree |
|---|-------------------|----------|--------------------|-----------------|-------|----------------|
| 1. divorce are increasing in the community  | 0                 | 1        | 3                  | 6               | 15    | 25             |
| 2. children of divorcing parents are treated unbiasedly by the educational institution. | 2                 | 5        | 7                  | 10              | 12    | 14             |
| 3. Preschoolers develop self-harming disorder which effect their biological health      | 1                 | 2        | 3                  | 7               | 15    | 22             |
| 4. Anxiety is increased in  | 0                 | 0        | 1                  | 3               | 4     | 42             |

|  |   |   |   |   |    |    |
|--|---|---|---|---|----|----|
| such children during divorce.  |   |   |   |   |    |    |
| 5. Behaviour of the children in school are effected and it is showcased on their behaviour as well.            | 2 | 3 | 4 | 5 | 6  | 30 |
| 6. Academic performance get effect during divorce of the parents   | 2 | 2 | 4 | 7 | 8  | 27 |
| 7. the school has been made aware about the divorce proceedings of the parents                                 | 1 | 2 | 3 | 5 | 11 | 28 |
| 8. fast communication of the divorce provides adequate time for school to deal with the issues with the child. | 0 | 0 | 0 | 0 | 10 | 40 |
| 9. spouses getting divorce ask the schools to assist in smooth transition of kids during this time             | 0 | 0 | 0 | 1 | 6  | 43 |
| 10. Collaboration between teachers and parents helps children move through divorce.                            | 0 | 0 | 3 | 5 | 12 | 30 |

The data analysis from Table 1 indicates that the 6-point Likert scale can be simplified to 3 or 5 points. Notably, there is a significant distribution among the agreement (Partially agree, agree, and strongly agree) and disagreement (Strongly disagree, disagree, and partially

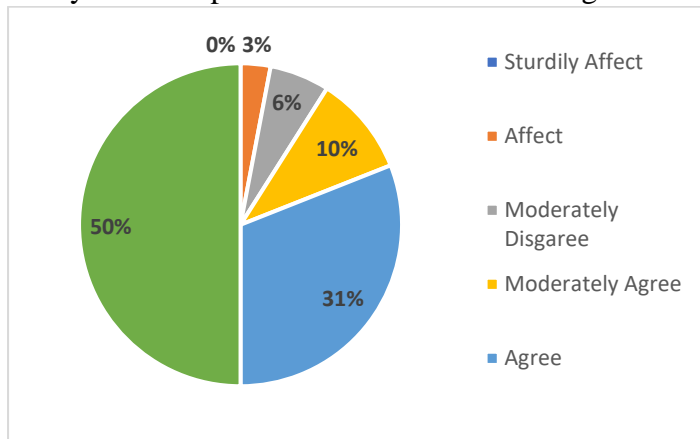
disagree) points. This distribution becomes more pronounced when converting the Likert scale into scores (1-6), highlighting the contrast between the lowest and highest scores. The focus of the analysis shifts towards the last 3-point Likert scale, which reflects the agreement of respondents on the 10 statements in Table 1.

For instance, in Statement 1 regarding the increase in divorces in the community, respondents' perceptions and attitudes towards divorce as a societal trend, as well as its impact on children, were evaluated. Despite legal regulations surrounding parental divorce, negative attitudes and challenges persist among parents, affecting the well-being of children.

Figure 2 demonstrates that 25 respondents, comprising 50% of the total, strongly agree that divorce is prevalent in the community and that the number of children from divorced families in preschool institutions has risen. Additionally, 15 respondents (31%) agree with the statement, while six (10%) partially agree. Conversely, four respondents (9%) collectively expressed partial disagreement, disagreement, and strong disagreement.

**Figure 2**

Analysis of Respondents' Views on the Rising Divorce Rates.



Based on the data depicted in Figure 2, the majority of respondents express agreement with the statement, demonstrating a moderate stance. Conversely, a minority appear to hold more ambivalent views, reflecting varied opinions, mindsets, and biases.

**Statement 2:** The treatment of preschoolers from divorced families in our institution is equitable. This statement aims to gauge respondents' perceptions regarding the level of care provided to children within our preschool facilities.

**Figure 3:**

Assistance to Children from Divorced Families within the Institution

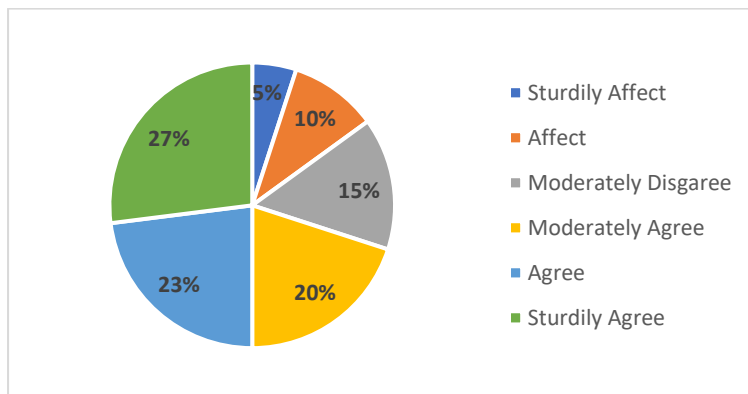




Figure 3 displays a variety of responder perspectives. Specifically, 5% strongly disagree, 10% disagree, and 15% partially disagree with the claim. In contrast, the majority (70%) of respondents (36 people) have a positive attitude: 20% slightly agree, 23% agree, and 27% strongly agree. These findings reflect a recent shift toward providing specific attention and support to children from divorced households.

**Statement 3:** Preschoolers develop self-harming disorder which effect their biological health  
**FIGURE 4:**

This declaration seeks to collect knowledge about the effects of parental divorce on children's developmental trajectory

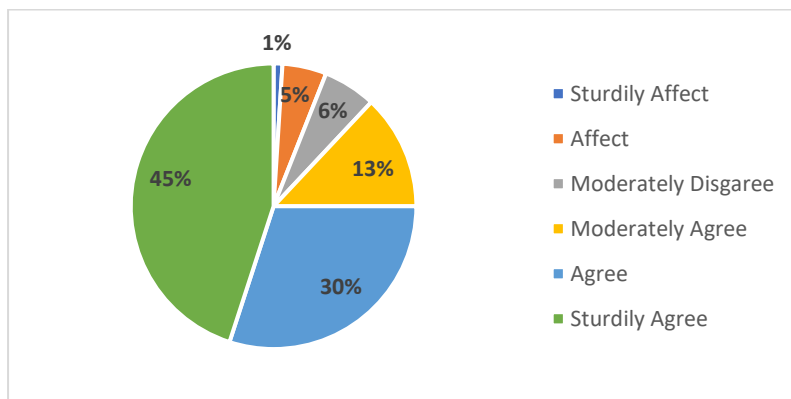
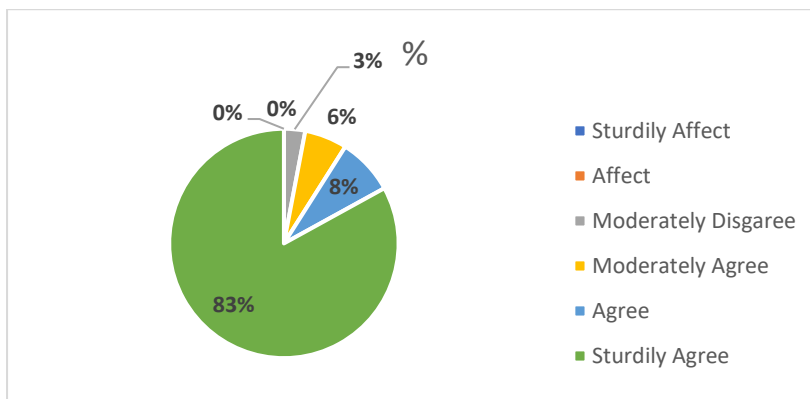


Figure 4 illustrates the following distribution: 45% of respondents sturdily agree with the statement, 30% agree, and 13% only moderately agree. In contrast, 12% express Affect with 6% moderately disagreeing, 5% Affect, and 1% sturdily Affect. These findings show that the vast majority of respondents recognize and accept the harmful impact of parental divorce on preschool children's development in the absence of appropriate care and attention. However, some responses may not fully understand the negative consequences.

**Statement 4:** Children from divorced households endure anxiety during the parental divorce process. This declaration seeks to gather data on the psychological effects of parental divorce on children.

**Figure 5:** Children from divorced families experience anxiety.



According to Figure 5, none of the respondents selected the "strongly disagree" or "disagree" options. Only 3% of respondents chose "partially disagree". In contrast, for favorable comments, 6% chose "partially agree," 8% chose "agree," and 83% chose "strongly agree." This suggests that the vast majority of respondents recognize the negative psychological impact of parental divorce on children. The amount of this impact may differ based on the child's unique characteristics and the strength of the relationship formed with both parents.

**Statement 5:** The emotional distress that children of divorced parents endure during the divorce process influences their behaviour in the preschool setting.

**Figure 6:** The impact of parental divorce on children's behaviour at the institution during the divorce process.

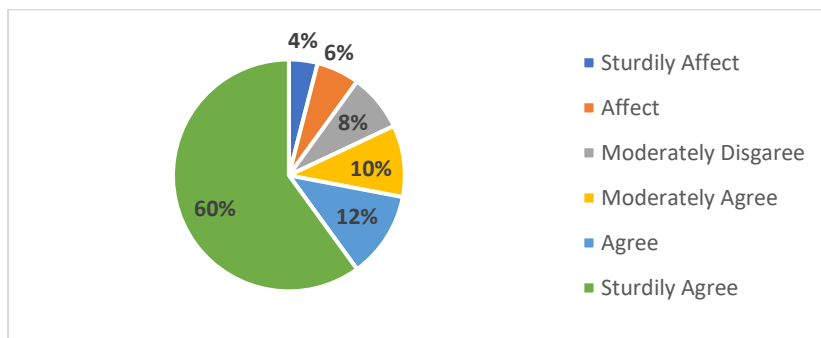
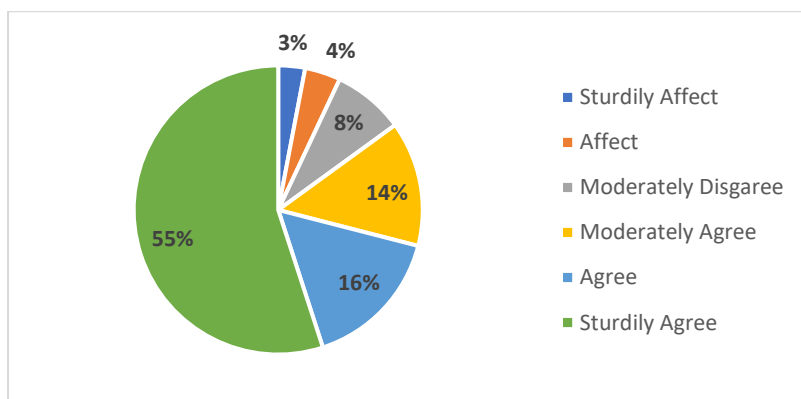


Figure 6 depicts that of 50 respondents, 4% chose "Sturdily Affect" 6% chose "Affect" and 8% chose "moderately disagree." On the plus side, 10% answered "moderately agree," 12% chose "agree," and the vast majority, 60%, chose "sturdily agree." This means that the majority of respondents agree with the statement, meaning that parental divorce can have a significant impact on children's emotional well-being, resulting in spiritual pain and a variety of deviant behaviours.

**Statement 6:** Parental divorce has a negative impact on the children's academic achievement. This statement is meant to gather data on the impact of parental divorce on a child's engagement in school activities and academic achievement.

**Figure 7:** The child's learning performance is affected by their parents' divorce.



As illustrated in Figure 7, the majority of respondents, 85% (42 individuals), showed varying degrees of agreement, ranging from barely agree to strongly agree. In contrast, 15% (8 people) expressed disapproval, using words such as strongly disagree, disagree, and mainly disagree. This implies that parental divorce is perceived to have a negative impact on learning performance, which may result in behaviors such as lack of attention, disinterest in educational activities, decreased satisfaction with school or kindergarten attendance, and decreased effort in The impact of parental divorce on children's behavior at the institution during the divorce process.

**Statement 7:** The preschool institution and kindergarten instructor are informed of the child's parents' divorce.

This statement collects data to assist the youngster in adjusting to parental divorce by coordinating educational activities with the child's current institution.

**Figure 8:** The institutional recognition of divorce.

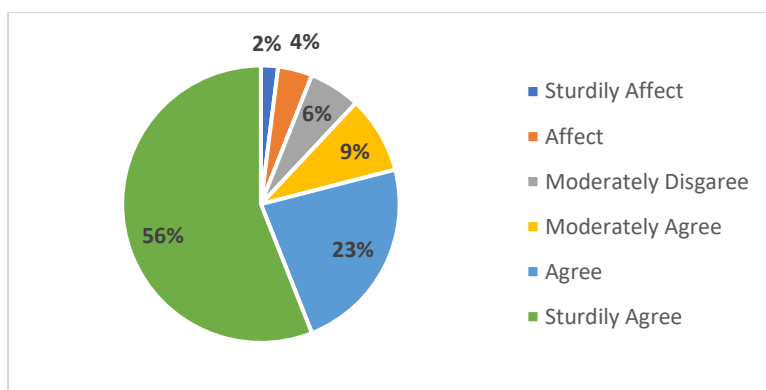


Figure 8 demonstrates that 88% (44 people) strongly agree with the aforementioned statement, with 12% (6 people) disagreeing. As a result, the majority of respondents, both parents and kindergarten teachers, believe that the child's preschool institution should be notified of the family event. This underlines the importance of parents and kindergarten teachers collaborating to assist the child cope effectively with parental divorce.

**Statement 8:** Prompt communication about the divorce can help you get over the emotional turbulence as easily as possible.

This statement seeks to collect research underlining the need of prompt communication in coordinating efforts to address instances of intense emotional experiences in children, hence reducing psychological trauma.

**Figure 9:** Parents provide the institution with timely notice of their divorce..

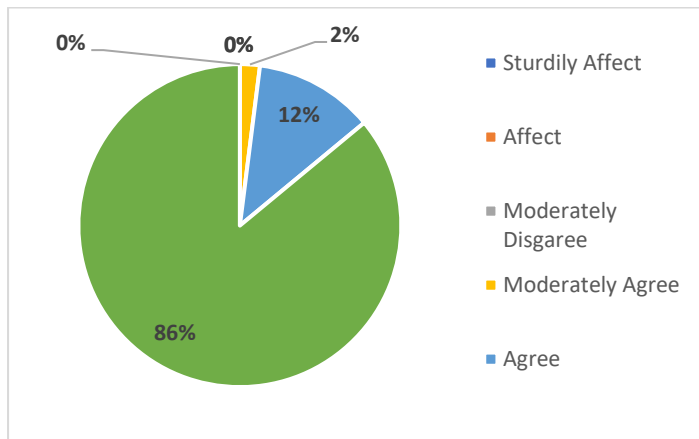
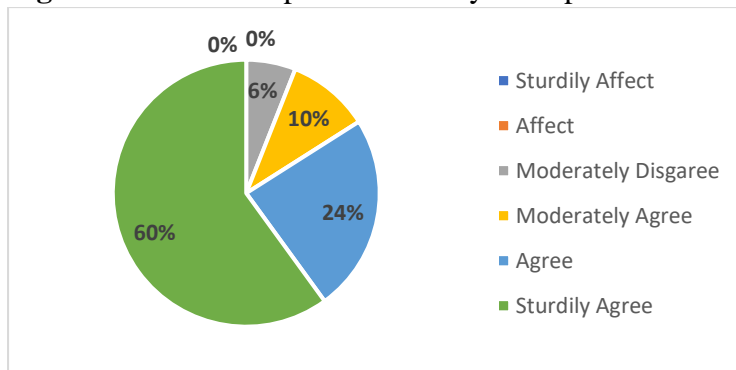


Figure 9 shows that the majority of respondents support the two affirmative responses, with 80% (40 individuals) strongly agreeing and 20% (10) agreeing. This emphasizes the significance of providing timely support to children suffering with parental divorce. This is especially crucial for children who are struggling with parental separation and are at risk of experiencing tremendous spiritual sorrow or developing serious mental health issues such as depression. Parents provide the institution with timely notice of their divorce. or psychological trauma.

**Statement 9:** Divorced parents actively seek collaboration with the institution to ensure that their child's transition through the divorce process is as seamless as possible.

This statement collects information on the assistance that the institution and kindergarten teachers can provide to both parents in order to smooth the child's transition and allow them to live a normal life.

**Figure 10:** Divorced parents actively attempt to interact with the institution.



According to the graph (Figure 10), 86% of respondents (43 people) strongly agree with the statement, while 12% (6 people) agree and 2% (1 person) partially agree. No responders supported the bad responses. These data reveal that parents strongly agree on the importance

of communicating with the institution where their child attends, demonstrating a rising level of trust divorced parents actively attempt to interact with the institution in such collaboration.

**Statement 10:** Collaboration between the institution and parents is beneficial in navigating the emotional situation as simply as feasible. This statement gathers information on the significance of cooperation between preschools and divorced parents.

**Figure 11:** Collaboration between the institution and the parents has a positive effect on the child's mental health.

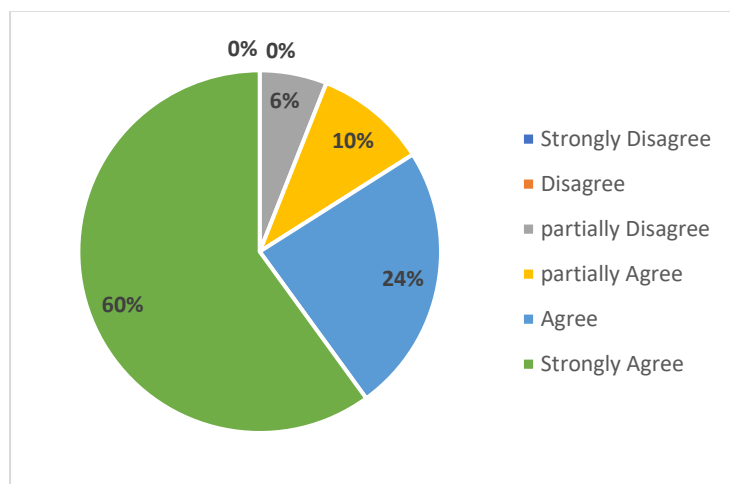


Figure 11 shows that 60% strongly agree, 24% agree, and 10% slightly agree with the statement. In comparison, 6% of respondents do not entirely agree or disagree with the statement. These data show that respondents understand the need of teamwork and ongoing communication among all stakeholders involved. Kindergarten teachers who work in educational institutions excel at providing a positive and supportive environment for children. They have the ability to positively influence the parents of the children in their care.

## DISCUSSION

Parental divorce has been more widespread in recent years, with a significant increase in the number of divorces recorded throughout the developed world, including Ahmedabad, Gujarat. This increase is primarily due to dysfunctional households, in which divorce may be the only method to address the family's functioning issues. According to the research, the vast majority of respondents understand the concept of parental divorce, with more than 80% demonstrating clear comprehension.

During the divorce Proceedings the concern on the wellbeing of the children get sidelined as other changes takes the centre stage. Most kids who have not been properly communicated about the impending divorce starts to portray many psychological and biological changes. There had been many instances where the Puberty in Girls are getting in Preadolescent years due to the strass of being in between the custody battle. Many instances have indicated that children develop mental and psychological disorder that also affects them biologically. Such disorders are deeply intervening to the biological wellbeing of the young adults.

1. Anorexia Nervosa: Characterized by an intense fear of gaining weight and a distorted body image, leading to severe restriction of food intake and excessive weight loss.
1. Bulimia Nervosa: Involves episodes of binge eating followed by purging (vomiting, excessive exercise, or misuse of laxatives) to prevent weight gain.
2. Binge Eating Disorder: Similar to bulimia nervosa but without the purging behaviors, leading to feelings of guilt, shame, and distress about overeating.
3. Self-Injury (Non-Suicidal Self-Injury - NSSI): Deliberate harm to one's own body, such as cutting, burning, or hitting oneself, without the intent to die.
4. Depressive Disorders: Severe depression can lead to self-harming behaviors as a way to cope with overwhelming feelings of sadness, hopelessness, or worthlessness.
5. Anxiety Disorders: High levels of anxiety can result in self-harm as a method to release tension or gain a sense of control.
6. Obsessive-Compulsive Disorder (OCD): Intrusive thoughts and compulsive behaviors can lead to self-harm as a way to alleviate distress or fulfil compulsions.
7. Borderline Personality Disorder (BPD): Characterized by intense emotional instability, fear of abandonment, and impulsive behaviors, which can include self-harm and suicidal tendencies.
8. Post-Traumatic Stress Disorder (PTSD): Children who have experienced trauma may engage in self-harming behaviors as a way to cope with flashbacks, anxiety, and emotional pain.
9. Body Dysmorphic Disorder (BDD): Preoccupation with perceived flaws in appearance can lead to compulsive behaviors to "fix" these flaws, potentially resulting in self-harm.

According to studies, parental divorce harms children by causing emotional upheaval, feelings of uncertainty, stress, worry, despair, and psychological trauma. These issues can stymie children's growth and development, so it's vital to understand the long-term repercussions of divorce on their behaviour. The collaboration between parents and kindergarten teachers has made significant progress, with many parents informing their children's teachers of their divorce. However, there is still a need for more psychological support for children of divorced parents, particularly in maintaining a safe and quiet living environment for children in order to prevent mental health problems.

Establishing solid parent-child interactions before and after divorce is crucial for avoiding mental health concerns that affect children's behaviour. Mental health doctors encourage parents to provide a safe and tranquil living environment for their children, avoiding involving them in fights. This can significantly reduce or limit the psychological stress that children experience.

To summarize, the impact of parental divorce on preschool-aged children is a big concern, and it is vital to understand the emotional effects of domestic conflicts, abuse, insults, and violence on children's well-being and future prospects. Timely examination and treatment can

result in considerable behavioural improvements, and children must be appropriately tested by an expert to determine whether they have abnormal mental health conditions.

### CONCLUSION AND WAY FORWARD

To summarize, the impact of parental divorce on children is a big concern, and understanding the emotional consequences of conflicts, abuse, insults, and violence in the home is crucial for children's well-being and future. The collaboration between parents and kindergarten teachers has made significant progress, with many parents informing their children's teachers of their divorce. However, there is still a need for more psychological support for children of divorced parents, particularly in maintaining a safe and quiet living environment for children in order to prevent mental health problems. Prenuptial agreements have been shown to help prolong divorce, which can aid dysfunctional families and their children in dealing with the divorce. These agreements can give children a sense of security and stability by demonstrating that their parents are dedicated to one other and their children. Furthermore, prenuptial agreements can reduce the risk of parental dispute and conflict, which can benefit children's mental health and well-being. Divorce is legal and regulated in Gujarat,

However, challenges often arise when children are involved, especially if one parent is granted custody after the divorce. This can result in significant conflicts between the ex-spouses, creating an unhealthy environment for the child's upbringing. Prenuptial agreements can mitigate these issues by specifying the terms of the divorce and the responsibilities of each parent.

Furthermore, prenuptial agreements can promote a healthy and productive connection between parents and children. Prenuptial agreements, by providing a sense of security and stability, can reduce the stress and worry that children may experience during and after divorce. Furthermore, prenuptial agreements can encourage parental cooperation and communication, which can benefit their children's mental health and well-being. To summarize, the impact of parental divorce on children is a big concern, and understanding the emotional consequences of conflicts, abuse, insults, and violence in the home is crucial for children's well-being and future. Prenuptial agreements can help to lessen the negative effects of divorce on children by providing a sense of security and stability, reducing the likelihood of conflict and disagreements between parents, and encouraging a healthy and positive relationship between parents and children.

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