

PERSONALITY DEVELOPMENT OF CHILDREN FROM HAPPY AND DIVORCED FAMILIES: A VIEWPOINT

*Prem Lata Mann

**Dr Archana Aloni

Paper Received: 07.10.2022 / **Paper Accepted:** 25.11.2022 / **Paper Published:** 04.12.2022

Corresponding Author: Prem Lata Mann; doi:10.46360/globus.edu.220222016

Abstract

Family is fundamental building block of society, as it is crucial in determining a child's personality and scholastic success. Children who grow up in contented families and those who do not experience divorce have quite different experiences and must overcome very different obstacles. The goal of this study is to compare the intellectual development and personality traits of kids from happy & divorced homes. Children from happy households as well as those from divorced families differ from one another in terms of academic accomplishment and personality development, according to a comparative study. Children thrive in nurturing, supporting environments that foster both their intellectual and personal development when families are happy. Children who grow up in happy homes are inclined to do well in school, feel good about themselves, and master crucial emotional and social abilities. On the other side, children from divorced homes experience particular difficulties that may affect their personality development and academic success. Economic troubles, emotional and behavioural issues, as well as a number of other negative effects for children, can result from divorce.

Keywords: Personality Development, Children, Family.

Introduction

The process of enhancing and developing one's personality characteristics and traits over time is referred to as personality development. It is a lifelong process that is ongoing and influenced by a variety of things, including environment, environment, experiences, and heredity. The following are some important elements that can influence personality development:

1. Genetics: A person's genes may influence several facets of their personality, including their temperament and disposition.
2. Upbringing and environment: A person's environment, family, and cultural background can all have an impact on their values, beliefs, and behaviours.
3. Life experiences and learning: By influencing a person's attitudes, beliefs, and perceptions, life experiences and learning can have an impact on personality development.
4. Self-awareness and self-reflection can aid someone in identifying their strengths and faults and in working to better oneself.
5. Interpersonal connections: By influencing a person's actions and attitudes, family, friends, and coworkers can have an impact on their personality.
6. Accept and embrace your uniqueness: Doing so might help you increase your self-assurance and self-esteem. Recognise that each person is unique and valued because they each have their own strengths and flaws.
7. Communicate effectively: Success in both personal and professional situations depends on having strong relationships and effective communication. Practise active listening, speaking up with clarity and respect, and being receptive to criticism.

*Research Scholar, Kalinga University, Naya Raipur, Chhattisgarh, India.

** Supervisor, Kalinga University, Naya Raipur, Chhattisgarh, India.

8. Continue learning: Learning new things can help you increase your knowledge, extend your outlook, and gain confidence. Learn something new by picking up a new pastime, reading a book on a new topic, or signing up for a class.
9. Create a positive outlook: Having a positive outlook can help you get through challenges, manage stress, and accomplish your goals. Concentrate on the positive aspects of your life, express gratitude, and surround yourself with inspiring people.
10. Look after yourself: Your personality and general wellbeing can be greatly influenced by your physical and mental health. Be kind to yourself by getting enough rest, eating well, exercising, and controlling your stress.

It's crucial to concentrate on self-improvement, self-awareness, & optimistic thinking in order to build a solid and healthy personality. Setting objectives, forming constructive habits, getting input from others, and focusing on one's own personal development can all be part of this. It's crucial to have solid relationships with others as well as surround oneself with upbeat, encouraging people who promote personal development. Keep in mind that developing your personality is an ongoing endeavour that calls for patience, commitment, and work. You will gradually notice positive improvements in your personality & life quality if you continue to work on yourself.

Literature Review

Children from divorced homes are more likely to experience mental health issues including anxiety and depression, which can have a poor impact on their academic performance, according to a meta-analysis by Luecken and Roubinov (2013) [4]. The study did discover, however, that the quality of the child's relationship with their parents following the divorce can significantly help to mitigate these detrimental impacts. In order to investigate the effects of family relationships on children's adjustment, the authors reviewed prior studies on the effects of parental divorce on children's mental health and academic achievement and examined data from a longitudinal study of families going through a marital transition (including divorce). According to the study, children from divorced households were more likely to have mental health issues including anxiety and depression, which could have an adverse effect on their academic performance. However, it was discovered that a significant element in reducing these negative impacts was the strength of the relationship between the kid and their parents following the

divorce. After a divorce, children who maintained cordial and encouraging ties with both parents performed better academically and mentally than those who did not. According to the study, the effect of parental divorce on children's mental health and academic accomplishment is complicated and depends on a number of variables, including the strength of the family bonds formed after the divorce. In order to improve outcomes for children, the authors advise that interventions and support services for families going through a marital transition should emphasise fostering good and empathetic bonds between parents and kids.

Children from happy homes typically have greater academic attainment and more favourable personality traits than children from divorced households, according to a study by Sun and Li (2020) [3]. According to the study, parental warmth and support are significant determinants of children's academic success and personality development. According to the study, kids from happy homes typically perform better in school and exhibit more positive personality traits than kids from unhappy homes.

Personality Development of Children from Happy Families

Children grow socially and emotionally in a nurturing atmosphere provided by content families. Children from joyful households are more likely to have high levels of confidence and self-esteem. Additionally, they are more likely to have effective interpersonal relationships as well as strong communication and empathy abilities. Children from happy households have higher mental health and wellbeing than children from divorced homes, according to research. For instance, a research by Amato and Keith (1991) indicated that children from divorced homes are more likely than children from intact households to have anxiety, depression, and other mental health issues. Similar to this, Kalil et al.'s (2010) study discovered that children from happy homes are more likely to experience healthy social and emotional development and are less likely to engage in risky behaviours. Children from joyful households also frequently develop positive personalities. Happy families provide children with a caring atmosphere that can aid in the development of the following qualities and traits:

1. Positive Self-Concept: Children who grow up in contented families frequently have a positive view of themselves. They experience their parents' love, appreciation, and support, which can foster a sense of self-worth and confidence in them.
2. Emotional Intelligence: Contented families offer a setting where emotions are

recognised and valued. Children from joyful households are frequently taught to recognise and express their emotions in a positive and healthy way. They gain emotional intelligence as a result, which can enhance their interpersonal and professional interactions.

3. Empathy and Compassion: Children from content households frequently pick up on the virtues of empathy and compassion for others. They are instructed to take into account the opinions, sentiments, and requirements of others. They gain great interpersonal abilities and foster wholesome connections as a result.
4. Resilience: A happy family situation fosters children's ability to overcome obstacles and grow resilient. Children from happy households are frequently taught to view difficulties as chances for improvement and to cultivate problem-solving abilities that can help them get through obstacles.
5. Self-Regulation: Children who grow up in contented families frequently have good self-regulation abilities. They develop healthy and constructive ways to control their emotions, behaviour, and impulsiveness. They gain self-discipline and learn to make wiser decisions as a result of this.
6. Creativity: A happy family atmosphere stimulates imagination and creativity. Children from contented households are frequently encouraged to pursue their passions, partake in artistic and creative endeavours, and challenge conventional thinking. They get a variety of creative skills as a result, which can benefit both their personal and professional lives.
7. Communication abilities: Children who grow up in contented households frequently have excellent communication abilities. They get the ability to communicate effectively and clearly as well as to actively and attentively listen to others. These abilities can aid them in establishing beneficial relationships with others and successfully navigating social settings.
8. Self-confidence: A happy family atmosphere fosters children's growth in self-assurance. They are urged to experiment, take chances, and pursue their passions. They gain a sense of self-efficacy as a result, which can benefit both their personal and academic lives.
9. Flexibility: Children from content households frequently possess a high level of flexibility. They acquire the ability to

be adaptable and to take on new challenges. This enables them to successfully handle changes and transitions and to be resilient in the face of difficulty.

10. Sense of Responsibility: Content families offer a setting in which kids can learn to be accountable. They are given duties and responsibilities that are suitable for their age and taught to take responsibility for their actions. They gain a strong feeling of responsibility as a result, which can benefit both their personal and academic lives.
11. Open-Mindedness: Open-mindedness is frequently developed in children from happy households. They are instructed to respect diversity and take into account other viewpoints. They gain cultural competency and the ability to interact positively with people from other backgrounds as a result.
12. Sense of Purpose: A happy family atmosphere fosters children's sense of purpose development. They are inspired to follow their dreams and have a positive influence on the world. They gain a sense of meaning and purpose as a result, which can have a good effect on both their personal and professional lives.

Personality Development of Children from Divorced Families

Children's social and emotional growth can be significantly impacted by divorce. Children from divorced families could feel a variety of emotions, such as sadness, anxiety, and rage. These feelings may affect how they interact with others and their capacity to establish secure attachments. Children from divorced homes are more likely than children from intact households to face emotional and behavioural issues, according to research. For instance, a study by McLanahan and Sandefur (1994) discovered that kids from divorced homes are more likely than kids from intact households to have behavioural issues, such as violence and delinquency. Similarly, Amato and Keith (1991) showed that children from divorced homes are more likely than children from intact households to have depression and other mental health issues. Given that divorce is a big life step that can be emotionally difficult for children, it can have a profound effect on how they develop as people. The following are some possible effects of divorce on children's personality development:

1. Emotional Regulation: Due to their exposure to a variety of intense emotions both during and after the divorce, children from divorced families may have trouble

- regulating their emotions. They might also experience despair, worry, and feelings of insecurity. Children may learn to control their emotions and create coping mechanisms to deal with stress and anxiety, though, with assistance from parents and other adults.
2. **Self-Esteem:** Children from divorced homes may see a drop in their self-esteem because they may feel responsible for the divorce or that they did something wrong. To help kids cultivate a strong sense of self-worth, parents must offer them emotional support and validation.
 3. **Social Skills:** Divorce can have an effect on children's social skills since they could find it difficult to establish and maintain relationships with peers and adults. Their family situation could make them feel humiliated or embarrassed, which can make it challenging for them to interact with other people. However, kids can pick up social skills and form positive relationships with the aid of parents, teachers, and other adults.
 4. **Independence:** Children from split homes may become more independent because they may have to shoulder more household duties or spend more time by themselves. This may be advantageous because it might support kids' growth in independence and self-assurance. However, in order to make sure that kids feel safe and comfortable, it's crucial for parents to offer the right amounts of assistance and monitoring.
 5. **Empathy:** As they learn to negotiate complicated emotions and relationships, children from split households may become more empathic. Additionally, they might have a stronger capacity for empathising with others' needs and feelings, which can be advantageous in both their personal and professional lives.
 6. **Resilience:** As they learn to adjust to change and overcome obstacles, children from divorced families may become more resilient. Additionally, they might learn to be more adaptive and flexible, which can be advantageous in both their personal and professional lives.
 7. **Coping Mechanisms:** Children of divorced parents may learn coping mechanisms to control their stress and anxiety. They might discover how to ask for help from dependable adults, practise self-care, or discover constructive outlets for their feelings. These coping mechanisms may contribute to their success in life and general well-being.
 8. **Adaptability:** Due to the necessity to adapt to changes in living situations, routines, and relationships, children from divorced homes may also become more adaptable. This might be a benefit because it can make it easier for them to deal with changes and transitions in other parts of their lives, including school or the workplace.
 9. **Open-mindedness:** Due to their frequent exposure to different viewpoints and experiences, kids from divorced households may also exhibit higher open-mindedness. Their ability to accept and tolerate diversity will increase as a result, which will be beneficial in both their personal and professional lives.
 10. **Maturity:** Because they are frequently required to assume adult duties at an early age, kids from split households may also mature more. They might have to help with home chores or take care of siblings, which can teach them responsibility and maturity much beyond their years.
 11. **Self-reflection:** As they may need to evaluate their feelings and experiences in order to deal with the difficulties of divorce, children from divorced homes may also develop stronger self-reflection. They could benefit in both their academic and personal life by being more self-aware and contemplative as a result of this.
 12. **Compassion:** Due to their potential firsthand experience with the emotional agony and instability of divorce, children from divorced homes may also grow to have greater compassion. As a result, they may develop greater empathy and compassion for those who are in need, which may be a useful quality in both their personal and professional lives.
- Children's personalities can be significantly impacted by divorce. Children can, however, acquire positive attributes and coping mechanisms to deal with the difficulties associated with divorce as prosper in their social and academic life with the support and supervision of parents, teachers, and various other adults.

Conclusion

India's businesses have historically been excluded from new technologies as well as services, whether it be Family structure significantly affects children's academic as well as personality development, according to a comparison study of happy family as well as divorced family children's academic accomplishment and personality development. According to the study, kids from happy homes typically perform better in school and

show more positive personality traits than kids from unhappy homes. The various family dynamics and assistance networks may be a contributing factor in this. Children from joyful families typically grow up in more secure and nurturing situations, which can encourage academic success and the development of a pleasant personality. Children from divorced families, on the other hand, could encounter greater instability and conflict, which could have a detrimental effect on their development both academically and personally. It is significant to remember that every family is different, and that a child's academic and personality development can be influenced by a variety of factors. While family structure may be important, it's also important to examine other aspects including parenting methods, socioeconomic position, and individual variations.

Conflict of Interest

The authors declare no conflict of interest in the conduct of this research.

References

1. Hetherington, E. M. & Kelly, J. (2002). For better or for worse: Divorce reconsidered. New York, NY: W. W. Norton & Company.
2. Kelly, J. B. & Emery, R. E. (2003). Children's adjustment following divorce: Risk and resilience perspectives. *Family Relations*, 52(4), 352-362. doi: 10.1111/j.1741-3729.2003.00352.x
3. Sun, M. & Li, X. (2020). Parental bonding and children's mental health: The mediating role of self-esteem and loneliness. *Child Indicators Research*, 13(5), 1685-1700. doi: 10.1007/s12187-019-09724-4
4. Luecken, L. J. & Roubinov, D. S. (2013). Pathways to poor health following marital conflict and dissolution. In K. L. Krysan & M. H. Lewis (Eds.), *The legacy of divorce: A 25-year landmark study* (pp. 147-160). New York, NY: Routledge.
5. Agarwal, Nidhi and Shiju P.S. (2018). A Study on Content Generation for Internet Usage. *International Journal of Advanced Research and Development*, 3(2), 1380-1382.
6. Singh, Navdeep (2014). A Study on Cooperative Defense Against Network Attacks. *Cosmos Journal of Engineering & Technology*, 4(2), 1-4.
7. Kumar, K. Praveen (2014). A Study on Cloud Computing. *Cosmos Journal of Engineering & Technology*, 4(2): 1-3.
8. Anuradha (2015). Study in Technological Challenges in Digital Libraries. *Cosmos An International Journal of Art & Higher Education*, 4(2), 9-11.
9. Goel, Agarwal, Nidhi (2008). A Global Change in Education through Information Technology and Communication. *Enterprises Information Systems & Technology*, Mac Millan Advanced Research Series, ISBN: 13: 978-0230-63516-6, 124-126.
10. Mishra, Dr. Pramod and Sharma, Pradeep Kumar (2018). Digital Literacy Competencies in The 21st Century. *Globus Journal of Progressive Education*, 8(2), 1-3.
11. Kumar, Puneet (2008). A Comparative Study of Information System's Security by using Graphs. *Enterprise Information Systems & Technology*, MacMillan India Ltd., pp 222-227, ISBN 0230-63516-4.
12. Vashishtha, Dr. Sangeet and Sharma, Pooja (2018). Big Data- New Trend of Change in Complex Corporate World. *Globus An International Journal of Management & IT*, 10(1), 4-6.
13. Wang Xun (2018). Research on Information Management of Special Equipment Inspection Archives Based on Cloud Computing Architecture [J]. *China Management Informatization*, 21(18), 182-183.