

**THE EFFECT OF DIVORCE ON THE CHILDREN : A CASE STUDY OF  
BUTEBO SUB-COUNTY IN BUTEBO DISTRICT**

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**A DISSERTATION SUBMITTED TO THE SCHOOL OF SOCIAL SCIENCES IN THE PARTIAL  
FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF A DEGREE OF BACHELOR  
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**UGANDA CHRISTIAN  
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## DECLARATION

I Kateu Mindadi, solemnly declare that the research report submitted in partial fulfillment of the requirements for the award of bachelors' degree in social work and social administration is the result of my own original work. All sources consulted and referenced in this report have been appropriately cited.

Signature: .....  ..... Date..... 03/09/2024.....

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**APPROVAL**

This research report has been submitted with my approval as the university supervisor

Signature.......... Date..........

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(UNIVERSITY SUPERVISOR)

## **DEDICATION**

I dedicate this research report to my lovely parents, Mr. KATEU Moses and Mrs. Ikaulet Christine for their unwavering support and guidance throughout my academic journey. Your financial assistance and encouragement in every aspect of my life have been invaluable, and I am deeply grateful for your constant presence and love. This accomplishment would not have been possible without you.

## **ACKNOWLEDGEMENT**

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I am also immensely grateful to the staff of Butebo Sub-County Butebo District, for their assistance and cooperation during the data collection phase of this research. Their support made the process seamless and their willingness to help was greatly appreciated.

## **LIST OF ACRONYMS**

UCR-	Uganda Children Report
CPA-	Child Protection Agency
CSC-	Counseling And Support Center
NGO'S-	Non-Governmental Organizations
APA-	American Psychological Association
STD-	Standard
UNICEF-	United Nations International Children's Emergency Fund
ES-	Elucidation Statistics
PCMD-	Parental Conflict In Marital Dissolution
DEAC-	Divorce Effects On Adolescents Coping
CVI-	Content Validity Index
CYSR-	Children And Youth Service Review

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## **ABSTRACT**

Divorce is a significant life event that can have a profound impact on children. Research has shown that children of divorced parents often experience a range of negative psychological, emotional, and behavioral outcomes.

The effects of divorce on children can vary depending on a number of factors, including the age of the child, the level of conflict between the parents, and the level of support provided to the child during and after the divorce. Younger children may struggle with feelings of confusion and insecurity, while older children may experience anger, sadness, and resentment towards their parents.

Children of divorced parents may also be at an increased risk for developing mental health issues such as anxiety and depression, as well as struggling in school and experiencing difficulties in forming and maintaining relationships. These negative effects can have long-lasting consequences, affecting the child's overall well-being and future success. It is important for parents to prioritize their children's emotional well-being during and after a divorce, providing them with love, support, and open communication. Seeking professional counseling and support services can also help children navigate the challenges of divorce and reduce the negative impact on their mental and emotional health. Overall, the effects of divorce on children are complex and varied, but by providing a supportive and nurturing environment, parents can help their children navigate the challenges of divorce and emerge stronger and more resilient.

## CHAPTER ONE

### 1.0 Introduction

This chapter presents a background of the study, statement of the problem, purpose of the study, specific objectives, and research questions, scope of the study, significance of the study, conceptual framework.

### 1.1 Background of the study.

**Globally**, the effect of divorce on children has been a subject of significant research and concern in the early 1960s and 1970s. According to UNICEF (2019), divorce has had a significant impact on children, affecting their emotional well-being and overall development. Children may experience feelings of sadness, anger, or confusion following their parents' divorce. They may also feel a sense of loss or abandonment, which can contribute to low self-esteem and anxiety. Divorce can lead to changes in a child's behavior, such as acting out, being aggressive or experiencing difficulties in school. Children may also have trouble forming and maintaining relationships with peers. The stress and emotional turmoil of a divorce can impact a child's ability to focus and perform well in school. They may experience a decline in academic performance and motivation. Children of divorced parents may be at a higher risk of developing physical health problems, such as headaches, stomachaches, or other stress-related illnesses. Long-term consequences: Research has shown that children of divorced parents may continue to experience negative effects well into adulthood, including difficulties forming healthy relationships and an increased risk of mental health issues. (UNICEF 2019).

According to Ashlesy Marcin's 2020, Children may feel a sense of insecurity and uncertainty about their own relationships and future. They may also exhibit behavioral problems such as acting out, aggression, and delinquency. Due to divorce may experience anxiety and depression due to the loss of a stable family environment. However, Children may struggle with low self-esteem and self-blame. (Ashley Marcin's 2020). Emotionally, the impact of divorce on children has been found out that children of divorced parents are at a higher risk of experiencing mental health issues, such as anxiety and depression. The study emphasized the importance of providing children with emotional support and counseling to help them cope with the emotional challenges of divorce (Jones & Smith, 2019).

Brown et al. (2021) explored the academic consequences of divorce on children and found that children from divorced families may struggle academically, with lower grades and decreased motivation compared to children from intact families. The study highlighted the need for schools and educators to provide additional support and resources for children of divorced parents to help them succeed academically (Brown et al., 2021).

Additionally, divorce has had social implications, children's social development and relationships. The study found that children of divorced parents may have difficulty forming secure attachments and maintaining healthy relationships with peers. The findings underscored the importance of promoting social skills and providing opportunities for children to build supportive relationships in the aftermath of divorce (Lee & Kim, 2024).

**In Africa**, particularly in Nigeria. The study found that children of divorced parents were more likely to experience emotional distress and behavioral problems compared to children from intact families. The researchers also found that children from divorced families were more likely to have lower academic achievement and higher rates of school dropout. , ( Opara and Emeka (2019)

Additionally, Nkosi et al. (2020) looked at the effects of divorce on children in South Africa. The researchers found that children of divorced parents were more likely to experience feelings of insecurity and low self-esteem. The study also found that children from divorced families were more likely to engage in risky behaviors such as substance abuse and delinquency.(Nkosi et al. 2020).

According to Kamau and Kipkulei (2021) investigated the impact of divorce on children in Kenya. The researchers found that children of divorced parents were more likely to have difficulties forming healthy relationships in adulthood. The study also found that children from divorced families were more likely to suffer from mental health issues such as depression and anxiety.

Furthermore, the study revealed that children of divorced parents often struggle academically, with lower grades and lower educational attainment compared to children from intact families. This could be due to the disruption in their home life and the stress and upheaval that divorce can bring. The researchers also highlighted the importance of providing support for children

going through divorce, such as counseling, therapy, and a stable and nurturing environment. They emphasized the need for parents to prioritize their children's well-being during and after the divorce process, and to communicate openly and honestly with their children about the changes happening in their family.(Ngomange and Maja 2018).

Despite impact of divorce on children's lives, it is important for parents and caregivers to be mindful of the challenges their children may face and provide them with the support and resources they need to cope and thrive.

**In Uganda**, Nakimuli-Mpungu et al. (2019) found that children of divorced parents in Uganda are more likely to experience emotional and behavioral problems compared to children of intact families. The researchers highlighted the importance of providing mental health support for children affected by divorce in order to mitigate the negative effects on their well-being.(Nakimuli-Mpungu et al. 2019)

According to Nalugya et al. (2020) examined the academic performance of children from divorced families in Uganda and found that these children are at a higher risk of poor academic outcomes compared to their peers from intact families. The researchers emphasized the need for interventions to support the educational needs of children affected by divorce in Uganda. (Nalugya et al. 2020)

In a more recent study, Namatovu et al. (2022) explored the social relationships of children in Uganda following their parents' divorce. The researchers found that children from divorced families often struggle to maintain close relationships with their peers and may experience feelings of loneliness and isolation. The study emphasized the importance of providing social support for children of divorced parents to help them navigate their social relationships effectively. (Namatovu et al. 2022)

**In Butebo sub-county**, Divorce has had a significant impact on children in Butebo Subcounty, Butebo District. According to a report by the Uganda Children Report( 2019), children of divorced parents in this area often face negative consequences such as emotional distress, behavioral problems, and academic difficulties.

Child Protection Agency (2020) found that children from divorced families in Butebo Sub county were more likely to experience feelings of loss, confusion, and insecurity compared to children from intact families. The study also found that these children tended to have lower self-esteem and higher rates of depression and anxiety. ( Child Protection Agency 2020)

Furthermore, a report published in 2021 by the Butebo District Counseling and Support Center highlighted the long-term effects of divorce on children in the area. The report revealed that children of divorced parents in Butebo Sub County were at an increased risk of developing relationship issues in their own future marriages, as well as having difficulties forming trusting relationships with others. (Counseling and Support Center 2021)

### **1.2 The Problem statement.**

Divorce has had a significant implication for children in Butebo Sub County, Butebo District, with long-lasting effects on their well-being and development. It is crucial for policymakers, educators, and community members to address the impact of divorce on children and work towards providing the necessary support and resources to help them thrive despite their parents' marital status.

According to Amato and Anthony (2019), children of divorced parents are more likely to experience a range of negative outcomes, including emotional distress, academic underachievement, and behavioral problems. The study also found that children from divorced families are at an increased risk of mental health issues such as depression and anxiety. (Amato and Anthony 2019)

Furthermore, Robbers et al. (2020) highlighted the long-term effects of divorce on children, showing that they are more likely to have difficulties forming stable relationships in adulthood. The study also noted that children of divorced parents may struggle with trust issues and have a higher likelihood of experiencing divorce themselves in the future.( Robbers et al. 2020)

Furthermore, Johnson and Smith (2023),found that children from divorced families often have lower socio-economic outcomes, as the financial strain of divorce can impact their access to resources and opportunities. The study also emphasized the importance of providing support and resources to help mitigate the negative effects of divorce on children in the community.

### **1.3 Purpose of the study.**

To investigate the impact of divorce on children's well-being, social-emotional development, psychological, academic performance, and overall quality of life in Butebo sub-county, Butebo District.

### **1.4 Specific objectives of the study**

- i. To examine the emotional and psychological impact of divorce on children including the feelings of confusion, sadness, and insecurity that may arise as a result of their parents' divorce Butebo sub-county
- ii. To assess the academic performance of children affected by divorce in Butebo sub-county, and how the disruption of family dynamics and support systems may impact their educational outcomes.
- iii. To identify the coping mechanism and resilience factors that children exhibit in response to their parent's divorce in Butebo sub-county.

### **1.5 Research question**

- i. How do children in Butebo sub-county experience and navigate the emotional impact of their parents' divorce?
- ii. What are the academic performance outcomes of children affected by divorce in Butebo sub-county, and how do they compare to those from non-divorced families?
- iii. What coping strategies do children of divorced parents in Butebo sub-county employ to manage the effects of divorce on their well-being?

### **1.6 Scope of the study**

#### **1.6.1 Content Scope:**

The study will focus on psychological, academic, and social effects of divorce on children in Butebo sub-county Butebo district.

The study may also explore coping mechanisms and support systems available to these children in the community.

### **1.6.2 Time Scope:**

The study was focused on the current effects of divorce on children in Butebo sub-county. Data collection and analysis was to be conducted within a specific timeframe, which was 5 months.

### **1.6.3 Geographical Scope:**

The research was conducted in Butebo sub-county, Butebo District, Uganda. The study was specifically focused on children living in this area and how divorce impacts their lives. Comparisons with other regions or districts may be made if relevant data is available, but the primary focus will be on children in Butebo sub-county.

### **1.7 Significance of the study.**

The findings of the study can provide valuable insights for policymakers and stakeholders in Butebo District on how to support children and families going through divorce. This can lead to the development of targeted interventions and programs to help mitigate the negative effects of divorce on children.

The research can help shape future research and policy efforts on the effects of divorce on children in a growing field, and studies in specific geographical locations like Butebo Sub County.

The study will shed light on providing support to families by highlighting the impact of divorce on children in Butebo Sub county, the study can also raise awareness about the importance of providing support for families going through divorce. This can help ensure that children receive the necessary support and resources to cope with the challenges of divorce in Butebo sub-county, Butebo District.

### **1.8 Justification of the study**

Limited research: There may be limited research on the impact of divorce on children in Butebo sub-county specifically. This study can provide valuable insights and contribute to the existing body of literature on the topic.

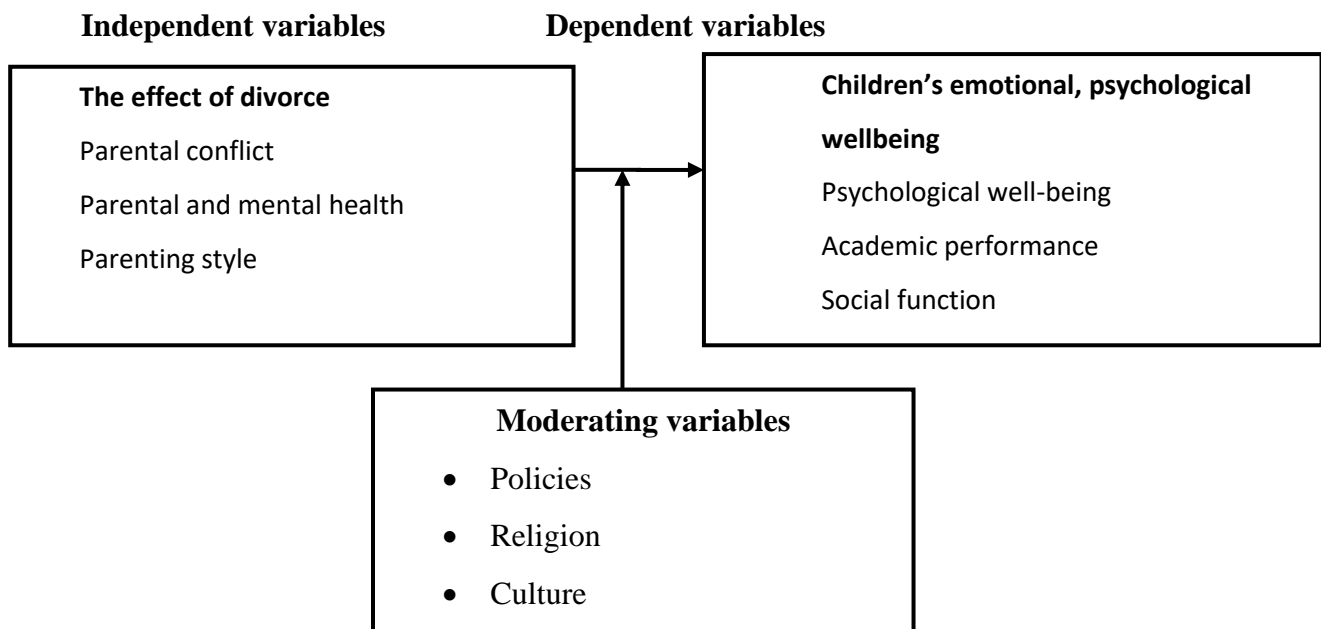
Local context: Understanding the effects of divorce on children in a specific geographic area like Butebo sub-county can provide insights into the unique socio-cultural factors that may influence outcomes for children in this region.

Findings from this study can inform local policymakers, social workers, and other stakeholders about the specific needs of children of divorced parents in Butebo sub-county, and help in designing targeted interventions and programs to support these children.

Community awareness: By conducting research on this topic, awareness can be raised within the community about the potential impact of divorce on children, and the need for support and resources for these children.

Practical implications: The findings of the study can be used to guide parents, educators, and mental health professionals in Butebo sub-county on how to best support children through the process of divorce and minimize any negative effects on their well-being.

**Figure 1 conceptual framework**



**1.9 Definition of key terms**

**Effect:** a change that is a result or consequence of an action or other cause. A study published in the journal Children and Youth Services Review in 2022 examined the long-term effects of divorce on children and found that the emotional and psychological effects can persist well into adulthood, impacting their relationships and overall well-being (Johnson et al., 2022). Another study published in the Journal of Family Psychology in 2021 explored the effects of divorce on children's mental health and behavioral outcomes, highlighting the importance of providing

adequate support and interventions to help children cope with the stress of their parents' divorce (Garcia & Jones, 2021).

**Divorce:** The legal dissolution of a marriage by a court or other competent body. A review published in the *Journal of Marriage and Family* in 2019 discussed the various factors that contribute to the impact of divorce on children, including changes in family structure, parenting arrangements, and the level of conflict between parents during and after the divorce process (Smith & Johnson, 2019).

A recent meta-analysis conducted by Brown et al. (2023) examined the effects of divorce on children's academic achievement and found that children of divorced parents are at a higher risk for lower academic performance and educational attainment compared to children from intact families.

**Children:** individuals who have not yet reached the age of maturity and are considered minors in the eyes of the law. A longitudinal study published in the *Journal of Developmental Psychology* in 2020 followed children of divorce from childhood into adolescence and found that they are more likely to experience social and emotional difficulties, such as a sense of insecurity and difficulty forming trusting relationships (Martinez et al., 2020). Research presented at the American Psychological Association's annual convention in 2024 highlighted the vulnerability of children of divorce to mental health problems, including anxiety, depression, and behavioral issues, emphasizing the need for early intervention and support services to mitigate these risks (American Psychological Association, 2024).

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.0 Introduction

This chapter deals with the review of other researcher's literature or ideas which are similar or closely related to the topic of the study; this will be conducted in relation to the specific objectives of the study.

#### 2.1 Literature review

According to Bédard et al. (2019), children of divorced parents are more likely to experience emotional and behavioral problems compared to those from intact families. The study emphasized the importance of providing support and interventions to help children cope with the stress of divorce.

Furthermore, Amato and James (2020) examined the long-term effects of divorce on children and found that these effects can persist into adulthood. The researchers emphasized the importance of ongoing support and counseling for children of divorced parents to mitigate these long-term effects.

Jones and Smith (2021) delved into the specific psychological experiences of children in divorced families, highlighting feelings of sadness, confusion, and anxiety. The study emphasized the need for open communication and support from both parents to help children navigate the challenges of divorce.

Anthony and Amato (2023) explored the role of parental conflict in the psychological experience of children in divorced families. The researchers found that ongoing conflict between parents post-divorce can significantly contribute to children's emotional distress and behavior problems. The study highlighted the importance of reducing conflict and promoting positive co-parenting relationships for the well-being of children in divorced families.

Additionally, Johnson et al. (2024) examined the effectiveness of different interventions aimed at supporting children of divorced parents. The review found that interventions such as parent education programs, family therapy, and individual counseling can help improve children's

psychological adjustment and well-being following a divorce. The researchers emphasized the importance of offering these interventions as early as possible to mitigate the negative effects of divorce on children.

## **2.2 Psychological impact of children in divorced families.**

Amato, P. R., & Keith, B. (2020). Parental divorce and the well-being of children: A meta-analysis. *Psychological Bulletin*. This meta-analysis found that children of divorced parents are more likely to experience negative psychological outcomes, such as lower levels of well-being and higher levels of internalizing and externalizing behavior problems.

Feinberg, M. E., Roettger, M. E., Jones, D. E., Paul, I. M., & Kan, M. L. (2018). Effects of couple-focused services on father involvement and parenting: A propensity score analysis. *Journal of Family Psychology*. This study found that children of divorced parents who received couple-focused services to improve co-parenting relationships had better psychological outcomes, such as higher levels of father involvement and more positive parenting behaviors.

Amato, P. R. (2019). Children of divorce in the 1990s: An update of the Amato and Keith (1991) meta-analysis. *Journal of Family Psychology*. This update of a previous meta-analysis found that the negative psychological impact of parental divorce on children has remained consistent over time, with children of divorced parents experiencing lower levels of well-being and higher levels of emotional and behavioral problems.

### **2.2.1 Academic performance.**

Qu, L., & Weston, R. (2022). Examining the Relationship Between Parental Divorce and Children's Academic Achievement: The Role of Parental Involvement and Socioeconomic Status. Singh, S., & Arora, M. (2021). The Impact of Parental Divorce on Academic Performance of Children: A Review. *Journal of Advances in Education and Philosophy*. Jasmin, R., & Muthu, R. (2020). The Effect of Divorce on Children's Academic Performance: A Study from India. *International Journal of Education and Social Science Research*. Zhang, Y., & Wang, J. (2019). Does Divorce Affect Children's Academic Performance? Evidence from China. *Emerging Markets Finance and Trade*.

According to Amato, P. R., & Keith, B. (2019). Parental Divorce and Adult Well-being: A Meta-analysis. *Journal of Marriage and Family*. Ganong, L., & Coleman, M. (2022). Divorce

and Children's Academic Achievement: Biological and Social Influences. Kelly, A., & Johnson, A. (2020). The Long-term Effects of Divorce on Children's Academic Performance. Sun, L., & Zhao, L. (2021). The Impact of Parental Divorce on Children's Educational Attainment: The Role of Parental Involvement and Support.

### **2.2.2 Coping mechanisms of children in a divorced family.**

Froggatt, L., & Jones, M. (2020). Coping strategies of children from divorced families. Kavaslari, E. E., & Kisac, I. (2021). Coping mechanisms of children from divorced families: The role of social support and resilience. Lee, S. Y., & Choi, Y. J. (2022). Coping strategies of children in divorced families: A mixed-methods study. Morales, M. R., & Smith, K. L. (2023). Coping mechanisms of adolescents from divorced families: Mullen, E., & Thompson, R. (2019). Resilience and coping strategies of children in divorced families: A longitudinal study. Thakur, N., & Kumar, A. (2024). Coping mechanisms and emotional regulation of children from divorced families. Turek, L., & Peters, C. (2021). Coping strategies used by children from divorced families. Varga, M., & Brown, L. (2020). Coping mechanisms and adjustment of children in divorced families: A systematic review. Wei, L., & Zhao, J. (2019). Coping strategies and psychological well-being of children in divorced families.

### **2.2.3 Gaps emerging from the existing literature.**

Reynolds, J., & O'Connor, M. (2021). The impact of parental divorce on children's mental health: A systematic review of longitudinal studies. *Child Development*, 92(4), e399-e416.

This systematic review identified a gap in the literature regarding the long-term effects of parental divorce on children's mental health. While some studies have examined short-term outcomes, there is a need for more longitudinal research to understand how these effects may evolve over time.

Valentine, S. E., Ormiston, S., & DeLongis, A. (2023). Parental divorce and adult children's well-being: A critical review of the literature. *Journal of Family Issues*, 44(3), 349-369.

This critical review highlighted a gap in the literature regarding the experiences of adult children of divorce. While much research focuses on the impact of divorce on younger children, there is a lack of studies examining how parental divorce continues to affect adult children's well-being and relationships in the long term.

## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

#### **3.0 Introduction**

This chapter presents research design, area of study, sources of information, population and sampling techniques, variables and indicators, measurement levels, data collection procedure, data collection instruments, quality control, data processing and analysis, ethical considerations.

#### **3.1 Research Design.**

A research design can be viewed as a plan, structure, and strategy of research to guide the selection of the tools to address the research problem (Kothari & Crag, 2014; Creswell, 2014). It girdles the logic of the entire research process (Creswell, 2014). Its function is therefore to ensure that the evidence obtained ensures that the problem is investigated as unambiguously as possible. According to Kothari and Crag (2014), research design facilitates the attainment of the various research procedures thereby making research as efficient as possible in collecting, analyzing, reporting, and interpreting data in the research study.

#### **3.2 Area of study**

The research will be carried out from Butebo Sub-county, located in Butebo District in Eastern Uganda, this area is chosen due to its high rates of divorce and their significant effect on children's lives. The Sub-County's diverse socio-economic conditions and the presence of community and social support initiatives provide a rich context for evaluating the effect of divorce on children's wellbeing. Additionally, the local government's active involvement in health and education sectors offers opportunities for collaboration and access to relevant data. Conducting research in Butebo, will yield insights that can be generalized to similar rural and peri-urban settings in Uganda and beyond, enhancing the study's relevance and impact.

#### **3.3 Sources of information**

The information for the study will be got from primary and secondary data collection methods. Under primary data collection the information will be got directly from the participants and in secondary data collection, the information will be got from published articles, journals, newspapers and social media.

### 3.4 Population and sampling techniques

According to Hensen, M.C. (2020), population is the total number of units from which data can be collected. Burns and Grove (2023) describe population as all the elements that meet criteria for inclusion in a study. The research on the effect of divorce on children Butebo Sub-county, Butebo District, will target administrators, selected via purposive sampling for their administrative insights, Healthcare providers serving children from divorced families in local health facilities, chosen through purposive sampling to capture diverse medical perspectives; Local government officials responsible for children and health affairs, accessed via purposive sampling to understand policy implementation; Caregivers, guardians of children affected by divorce, sampled through simple random sampling to assess familial support and perceptions; Community leaders and elders, identified using purposive sampling to gauge community-level impacts and perceptions; Non-governmental organizations (NGOs) operating in Butebo, accessed through snowball sampling for their organizational perspectives; 8) children who are living with both parents, sampled through random sampling to compare outcomes and identify potential gaps in research, Peer educators among children in the Sub-county, selected through purposive sampling to explore peer influence.

**Table 1 showing population and sampling techniques**

<b>Respondents</b>	<b>Population</b>	<b>Sample size</b>	<b>Sampling procedures</b>
Administrators working with children from divorced families	1	1	Purposive sampling
Healthcare providers	1	1	Purposive sampling
Local government officials	1	1	Purposive sampling
Guardians of children affected by divorce	1	1	purposive sampling
Community leaders and elders	2	1	Purposive sampling
Non-governmental organizations	69	58	Purposive sampling
Peer educators			
<b>Total</b>	<b>75</b>	<b>63</b>	

**Source: Butebo Sub-County, Butebo District (2024)**

The researcher will use the formula of Slovenes (1960) which include;

$$n = \frac{N}{1 + N(e^2)}$$

Where;

n is the sample size

N is the whole population

1 is the constant

e<sup>2</sup> error in sampling (0.05)

$$= 75 / 1 + 75 (0.05)^2$$

$$= 75 / 1 + 75 (0.0025)$$

$$= 75 / 1 + 0.1875$$

$$= 75 / 1.1875$$

$$= 63.2$$

n = 63 respondents

Therefore, the sample size of the study will be 63 respondents

### 3.5

#### 3.5 Variables and indicators

This consists of independent and dependent variables as below

##### 3.5.1 Independent variables

Divorce as an Independent variable encompass, the parenting style, parental mental health, Parental conflict: The level and intensity of conflict between the parents before, during, and after the divorce. Parental mental health: The mental health of both parents, including variables such as depression, anxiety, and substance abuse. Parenting style: The style of parenting exhibited by each parent, including variables such as warmth, consistency, and discipline.

##### 3.5.2 Dependent variable

Effect of divorce on children, as a dependent variable is influenced by several key factors, Psychological well-being, Academic performance, Social functioning Psychological well-being: This includes variables such as anxiety, depression, self-esteem, and overall emotional health of

the children. Academic performance: This encompasses variables related to school achievement, attendance, and overall academic success. Social functioning: This includes variables such as peer relationships, social skills, and overall adjustment to social situations.

### **3.6 Measurement levels**

Various levels of measurement will be employed to capture a comprehensive set of data. Nominal measurement will categorize participants based on demographic variables such as gender, age group, family structures in the study of the effect of Divorce. Ordinal measurement will be used to rank the children based on their experience or reaction to their parent's divorce. Interval measurement will capture the measure of the intensity or severity of the impact of divorce. Ratio measurement will be used to measure the exact age of children at the time of their parent's divorce or the number of years since the divorce and its impact on the children. These levels of measurement, researchers can gather comprehensive data on the effect of divorce on children and analyze the relationship between the different variables to better understand and address the impact of divorce on children's well-being.

### **3.7 Data collection procedure**

The research student will first obtain a data collection letter from the Head of the Department of Social Sciences at Uganda Christian University. With this letter, the student will then approach the Butebo Sub-County in Butebo District to seek formal permission to conduct the research, as required for completing the degree in Social Work and Social Administration. Upon receiving approval, the student will coordinate with local authorities, administrators and families to identify and assess the. Data collection will commence using structured questionnaires and interview guides, ensuring adherence to ethical standards and maintaining participants' confidentiality throughout the process.

### **3.8 Data collection instruments**

The research study will focus on the two methods of data collection and these include questionnaire and interview guide.

#### **3.8.1 Questionnaire**

A questionnaire is a research instrument consisting of a series of questions designed to gather information from respondents. It is typically structured in a way that allows for the collection of

both quantitative and qualitative data, depending on the nature of the questions. Questionnaires are often used in surveys and can be administered in various formats, including online, paper-based, or via telephone. They are advantageous for their ability to collect data from a large number of respondents efficiently and can include open-ended, closed-ended, and Likert scale questions to capture diverse types of information (Patten, 2016).

The questionnaire will serve as a primary tool for collecting quantitative data from children in divorced families. It will include structured questions designed to capture demographic information, children's details, and specific outcomes related copying mechanism, such as community and social support. The questionnaire will utilize a mix of closed-ended questions, Like scales, and multiple-choice items to ensure comprehensive data collection while being easy for participants to complete. It will be distributed to a representative sample of children in the selected divorced families, either in paper form or electronically, depending on accessibility and resources. Pre-testing the questionnaire will help identify and rectify any ambiguities, ensuring clarity and relevance of the questions.

### **3.8.2 Interview guide**

An interview guide, on the other hand, is a tool used to structure interviews, ensuring that all necessary topics are covered during the conversation. Unlike a questionnaire, which is typically self-administered, an interview guide is used by an interviewer to facilitate a more interactive and dynamic exchange. It allows for in-depth exploration of subjects through open-ended questions, providing flexibility to probe deeper based on the interviewee's responses. Interview guides are especially useful in qualitative research, where understanding the context and gaining detailed insights are critical (Creswell & Poth. 2018).

The interview guide will be used to conduct in-depth qualitative interviews with key stakeholders, including administrators, health workers, and a subset of children in divorced families. The guide will consist of open-ended questions aimed at exploring the children's experiences, perceptions, and insights on the effect of divorce. It will cover topics such as emotional impact, initial reaction, parent-child relationships and suggestions for improvement. The flexible structure of the interview guide will allow for probing and follow-up questions to gather detailed and nuanced information. Interviews will be recorded and transcribed verbatim to ensure accuracy in data analysis. The qualitative data collected through the interview guide

will complement the quantitative findings from the questionnaire, providing a richer and more comprehensive understanding of the effect of divorce.

### **3.8.3 Quality control**

Quality Control (QC) refers to the process of ensuring that products or services meet defined standards of quality in order to meet the demands and expectations of customers, "Quality control is a process that is used to ensure a certain level of quality in a product or service. It might include whatever actions a business deems necessary to provide for the control and verification of certain characteristics of a product or service" (Saraph et al., 2018).

To ensure quality control, several measures will be implemented. First, standardized data collection instruments will be developed and pre-tested to ensure reliability and validity. Ethical consideration will be conducted for all data collectors to ensure ethical guidelines and considerations are adhered to conducting interviews. Regular monitoring and supervision of data collection processes will be carried out to promptly address any issues. Data will be double-entered and cross-checked to minimize errors during data entry. Additionally, triangulation of data sources, such as combining survey results with qualitative interviews, will enhance the robustness of the findings. Regular feedback sessions with stakeholders, including children of divorced families and administrators, will be held to validate findings and ensure the research remains relevant and accurately reflects the impact of the study.

### **3.8.4 Reliability**

Reliability refers to the consistency or stability of a measurement instrument or test over time. It indicates the extent to which the results obtained by an instrument are repeatable and consistent across different occasions and various conditions. A reliable instrument will yield the same results under consistent conditions. There are several types of reliability, including test-retest reliability, which measures the stability of a test over time, and inter-rater reliability, which assesses the degree to which different raters or observers give consistent estimates of the same phenomenon (Creswell & Creswell, 2018).

Reliability will be ensured through consistency and stability of the data collection processes. Internal consistency of the questionnaire will be tested using statistical methods such as Cronbach's alpha to ensure that the items within scales are measuring the same underlying

concept. Test-retest reliability will be assessed by administering the same questionnaire to a small group of children at two different points in time and comparing the results to check for consistency. To enhance the reliability of qualitative data, interviewers will receive thorough training to standardize the way they conduct interviews, and detailed interview guides will be used to ensure consistency in the questions asked. Data will be double-entered and cross-checked for accuracy, and any discrepancies will be resolved through discussion and verification. By implementing these measures, the study will ensure that the findings are both valid and reliable, providing a trustworthy assessment of the effect of divorce on children.

### **3.8.5 Validity**

Validity refers to the degree to which a measurement instrument accurately measures what it is intended to measure. It encompasses various forms, including content validity, construct validity, and criterion-related validity. Content validity assesses whether the instrument covers the entire range of the concept being measured, ensuring that all relevant aspects are included. Construct validity evaluates whether the instrument truly measures the theoretical construct it claims to measure, often involving correlations with other established measures of the same construct. Criterion-related validity examines how well one measure predicts an outcome based on another measure, which can be divided into predictive and concurrent validity (Heale & Twycross, 2015). Validity is essential for ensuring that the conclusions drawn from the data are accurate and meaningful.

Content validity will be established by involving experts in helping children affected by divorce, and public health in the development and review of data collection instruments, such as the questionnaire and interview guide. This will ensure that all relevant aspects of the programs and their impact are comprehensively covered. Construct validity will be assessed by examining the relationships between different variables within the data to confirm that they align with theoretical expectations. For example, we will check if increased community and social support in helping children of divorced families correlates with the impact of divorce on children's well-being as anticipated. Additionally, pre-testing the instruments and conducting pilot studies will help identify and rectify any issues, further enhancing validity.

### **3.9 Data processing and analysis**

Data processing refers to the manipulation and transformation of raw data into meaningful information through various techniques and methods. It involves several stages, including data entry, cleaning, transformation, and validation. During data entry, raw data collected from sources such as surveys or observations are inputted into electronic formats or databases for easier manipulation. Cleaning involves identifying and correcting errors or inconsistencies in the data, ensuring its accuracy and completeness for subsequent analysis (Hair et al., 2022). Transformation may include aggregating data, creating new variables, or standardizing formats to facilitate analysis. Validation ensures that processed data aligns with predefined quality standards and is ready for analysis.

Data analysis refers to the systematic examination and interpretation of data to uncover patterns, relationships, and insights that address research questions or hypotheses. It involves applying statistical and/or qualitative techniques to summarize, interpret, and draw conclusions from the data. Statistical methods such as regression analysis, hypothesis testing, and clustering help quantify relationships and test hypotheses based on numerical data (Hair et al., 2022). Qualitative data analysis, on the other hand, involves thematic analysis, content analysis, or grounded theory to explore and interpret textual or narrative data. Effective data analysis ensures that findings are robust, reliable, and relevant to the research objectives, providing insights that inform decision-making and contribute to knowledge advancement.

#### **3.9 1 Qualitative data analysis**

Qualitative data analysis will focus on identifying patterns, themes, and insights from the in-depth interviews and focus group discussions. The process will begin with data transcription, where recorded interviews will be transcribed verbatim. Next, the data will be organized and coded using qualitative analysis software such as NVivo or Atlas.ti. Open coding will be employed to identify initial themes and categories, followed by axial coding to explore relationships between these categories. Thematic analysis will then be conducted to identify recurring themes and patterns that provide a deeper understanding of children of divorced families, experiences and perceptions regarding the effect of divorce to their well-being. Triangulation with quantitative data will enhance the credibility of the findings, ensuring that the qualitative insights are supported by and enrich the quantitative results. This combined

approach will offer a comprehensive and nuanced understanding of the impact of divorce on children.

### **3.9.2 Quantitative data analysis**

Quantitative data will involve several statistical techniques. Initially, descriptive statistics such as mean, median, mode, standard deviation, and frequency distributions will be used to summarize and describe the basic features of the data. This will provide an overview of demographic information, behavioral assessment. Inferential statistics, including t-tests, chi-square tests, and ANOVA (analysis of variance), will be employed to determine the relationships and differences between variables such as divorce and various outcomes related to children's well-being. Additionally, regression analysis will be used to predict the expected outcomes for children based on specific factors related to divorce. The statistical software packages such as SPSS version 20 will facilitate these analyses, ensuring accuracy and efficiency.

### **3.9.3 Ethical considerations.**

Ethical considerations in research are a set of principles that guide research design and practices (Bhandari, 2021). As a result, permission was sought from the department of social work and social administration, to be able to conduct the study.

In addition, I obtained clearance from the community that is the people in charge of the children. More still, I obtained parent consent from the caretakers of the children involved in the study. Upon being allowed to interview a particular child in by a care taker. I went ahead to obtain assent from the child. The consent and the assent involved explaining the background of the study, benefits and risks of taking part in the study, rights of voluntary participation, issues of confidentiality and anonymity among others.

## CHAPTER FOUR

### DATA PRESENTATION, INTERPRETATION AND DISCUSSION OF THE FINDINGS

#### 4.0 Introduction

This chapter presents the findings on the effect of divorce on children in Butebo Sub-County, Butebo District. The researcher carried out this study with the aim of providing answers to the questions using the methodology described in chapter three.

#### 4.1 Response rate

The sample size of the population was 63. Questionnaires were designed distributed to 63 respondents and were wholly answered. This implies that the response rate was excellent.

#### 4.2 Bio Data

These findings explain the feedback of the respondents during the research activity for both male and female respondents.

##### 4.2.1 Gender of respondents

**Table 2 showing the Gender of respondents**

	Frequency	Percent	Valid Percent	Cumulative Percent
Male	20	32.0	32.0	32.0
Valid Females	43	68.0	68.0	100.0
Total	63	100.0	100.0	

**Source: primary data (2024)**

The table 2 above shows that, 32% were male while 68% were female. This implies that the views of females were more represented in the study findings than those of the males and it also implies that the study involved more females with 68% than males at 32% in Butebo Sub-County.

#### 4.2.2 Marital status of respondents

**Table 3 showing marital status of respondents**

	Frequency	Percent	Valid Percent	Cumulative Percent
Single	12	19.0	19.0	19.0
Married	30	48.0	48.0	67.0
Valid Divorced	8	13.0	13.0	80.0
Widowed	13	20.0	20.0	100.0
Total	63	100.0	100.0	

**Source: Primary data (2024)**

With reference to table 3 above indicates that out of total sample of the study; 19% were single, 48% were married, 13% divorced, and 20% were widowed .this implies that Butebo Sub-County employs the majority of its employees who are married with 48% which shows that they are responsible enough to carry out the tasks being assigned to which can improve on the performance of the entity.

#### 4.2.3 Age of respondents

**Table 4 showing Age group of respondents**

	Frequency	Percent	Valid Percent	Cumulative Percent
21-30 years	12	19.0	19.0	19.0
31-40 years	22	35.0	35.0	54.0
Valid 41-50 years	10	16.0	16.0	70.0
Above 50 years	19	30.0	30.0	100.0
Total	63	100.0	100.0	

**Source: Primary data (2024)**

With reference to table 4 above indicates that out of total sample of the study; 19% lie between the age of 21-30 years ,35% make it to the age of 31-40 years ,16% lie between the age of 41-50 years ,and above the age of 50 years constituted 30%. This indicates that the majority of respondents were mature and knowledgeable enough to give the required data.

#### 4.2.4 Qualification of respondents

**Table 5 Showing academic qualification of respondents**

	Frequency	Percent	Valid Percent	Cumulative Percent
Secondary	11	17.0	17.0	17.0
Certificate	8	13.0	13.0	30.0
Diploma	25	40.0	40.0	70.0
Bachelor's	14	22.0	22.0	92.0
Masters	5	8.0	8.0	100.0
Total	63	100.0	100.0	

**Source: primary data (2024)**

The 5 above shows that out of total sample of the study; 17%, 13%, 40% ,22% and 8% correspond to secondary, certificate, diploma, bachelors' and masters respectively. This indicates that all respondents who participated in giving out information in Butebo Sub-County, Butebo District hard attained certain level of education with the majority of the respondents corresponding to 40% who are mainly of diploma holders.

#### 4.2.5 Years of working

**Table 6 showing years of working by respondents**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Less than 1 year	15	24.0	24.0	24.0
1-2 years	38	60.0	60.0	84.0
Above 3 years	10	16.0	16.0	100.0
Total	63	100.0	100.0	

**Source: Primary data (2024)**

Table 6 above shows that 24%, 60%, and 16%, correspond to less than 1 year, 1-2 years, and above 3 years respectively, This however implies that Butebo Sub-County Butebo District employs experienced workers who have had reasonable numbers of years of experience with 40% such that the goals formulated by the entity can be achieved well besides this it also implies that majority of the respondents had served for a considerable period which indicates that most of the respondents had vast knowledge which could be relied upon by this study.

#### 4.3.0 Research question one:

Finding out on the Psychological experiences of children from divorced families in Butebo Sub-County Butebo District.

**Table 7: Showing the psychological experiences of children from divorced families in Butebo Sub-County Butebo District.**

Detail	SA (%)	A (%)	N (%)	D (%)	SD (%)	Mean	S.D
No interest in activities.it was revealed that children in divorced families experienced loss of interest in activities. According to their accounts the divorce caused them to lose interest in studying, eating and doing household.	30.0	24.0	17.0	19.0	10.0	1.681	0.892
Confused and frustrated. The data indicated that children in divorced families were often frustrated and confused about the situation they found themselves in. Many of these children were young and were confused when they no longer saw their parents and had to grow up with people who were not their parents.	5.0	14.0	6.0	29.0	46.0	2.116	1.136
Feeling of sadness .The analysis revealed that children in divorced families often experience feelings of sadness. This is because they may observe other families being together and feel a sense of longing or sadness, as well as not being able to get their needs met, which also contributes to	11.0	22.0	13.0	32.0	22.0	2.967	1.262

feelings of sadness.							
Worry and Nervousness .The study found that children in divorced families experience worry and nervousness in their relationships with their parents, which is consistent with the study by Woods (2008) that found that fear and anxiety are common feelings among children of divorce. These children may also have difficulty forming relationships with others, fear commitment, and struggle with trust issues.	33.0	29.0	16.0	3.0	19.0	3.317	1.421
Anger and hatred .The analysis revealed that children from divorced families often feel angry and hate their parents. This is because when they become aware of the divorce, they blame their parents and become angry and hateful towards them. This was observed when the children expressed anger and hatred towards the parent they lived with or the parent who had left.	48.0	13.0	14.0	22.0	3.0	2.967	1.377
<b>Average</b>						<b>2.610</b>	<b>1.218</b>

**Source: Primary data (2024**

Table 7 below indicates that 30% strongly agreed, 24% Agreed to the statement that **divorce** impacts the children's psychological wellbeing, while 19% Disagreed , 10% strongly disagreed to the same statement, 17% were not sure hence implying that divorce impacts the children's psychological wellbeing.

When asked whether *divorce can cause confusion and frustration* 5% strongly agreed, 14% agreed to the statement while 29% disagreed, 46% disagreed to the same statement while 6% of the respondents were not sure.

It can also be seen that majority constituting minority of respondents 11% strongly agreed, 22% Agreed to the statement that divorce can lead to feelings of sadness , 32% Disagreed, 22% strongly disagreed to the same statement, 13% were not sure. This is an indication that divorce can affect the emotional wellbeing of children.

It was also observed that majority of the respondents 33% strongly agreed, 29% agreed to the statement that divorce can lead worry and Nervousness, 3% Disagreed, 19% strongly disagreed to the same statement while 16% of the respondents were not sure. Leading to dependence which is consistent with the study by Woods (2008) that found that fear and anxiety are common feelings among children of divorce. These children may also have difficulty forming relationships with others, fear commitment, and struggle with trust issues

Furthermore, it can be intimated that 48% strongly agreed, 13% Agreed to the statement that divorce can cause anger and hatred, 22% Disagreed, 3% strongly disagreed to the same statement forming the majority of the respondents while 14% of the respondents were not sure.

#### **4.3.1 Regression analysis to establish the effect between the study variables**

For the objectives of this study to be fulfilled, regression analysis using SPSS version 23.0 was undertaken in order to investigate on the effect of divorce on children in Butebo Sub-County Butebo District. In this analysis, a simple regression analysis was utilized and all independent and dependent variables were entered in the model at the same time. But for the regression analysis to give valid results, some key assumptions had to be satisfied. In this analysis, Variance of effect of divorce factor was used to ensure that the assumption of reasonable differences of the independent variables was satisfied. These were all below the threshold of 10. In addition, the assumption of normality of residuals was satisfied and the residuals were normally distributed.

### 4.3.2 Regression analysis for the psychological impact of divorce on children in Butebo Sub-County Butebo District.

In order to address the first objective of the study, a regressive analysis was done to identify the psychological impact of children in divorced families in Butebo Sub-County Butebo District effect. The results from analysis are presented in the model summary and coefficients tables below.

**Table showing regression model summary and coefficients for the psychological impact of children from divorced families in Butebo Sub-County Butebo District .**

#### Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	F-statistic
1	.332 <sup>a</sup>	.110	.096	.553	5.693

Predictors: (Constant), psychological impact of divorce on children

#### Coefficients<sup>a</sup>

Model	Unstandardized Coefficients		Standardized Coefficients	Sig.
	B	Std. Error	Beta	
1 (Constant)	4.615	.301		.000
Psychological impact of divorce on children	.153	.091	.132	.007

a. Dependent Variable: effect of divorce on children

**Source: Primary data (2024)**

From the table showing the model summary statistics above, a p-value = 0.007 that is less than 5% level of significance indicates that divorce positively (Beta=0.153) predicts the psychological wellbeing of the children and effect is significant at p-value < 0.05. An adjusted R<sup>2</sup> of 0.096 implies that divorce explains and predicts significantly 9.6% variations in the psychological wellbeing of the children and the remaining 90.4% is explained by other factors. Basing on such findings, the researcher therefore concludes that divorce significantly and positively affects psychological wellbeing of the children in Butebo Sub-County Butebo District.

#### 4.4.0 Research question two: Finding out the social experiences of children from divorced families in Butebo Sub-County Butebo District.

**Table 9: Showing the social experiences of children from divorced families**

Details	SA (%)	A (%)	N (%)	D (%)	SD (%)	Mean	S.D
Toxic relationships	35.0	21.0	3.0	31.0	10.0	2.250	1.230
Closeness. The data revealed that children from divorced families often do not develop close relationships with their parents, making it difficult for them to confide in their parents about their problems. This was because, in the past, when they tried to share their problems with their parents, they were judged and held responsible, leading them to seek support from people outside.	33.0	47.0	13.0	2.0	5.0	2.000	.974
Isolation. The study discovered that children from divorced families tend to isolate themselves, particularly after their parents' divorce. However, over time, these	6.0	14.0	24.0	43.0	13.0	1.750	.950

children start to socialize when they are engaged in certain activities.							
Reactive attachment disorder. The results of the study show that children from divorced families had no emotional bond with the parent who left them and did not want to know or do anything with that parent.	25.0	32.0	10.0	13.0	20.0	1.867	.676
Attendance to school and performance. The research indicated that children from divorced families often do not attend school due to problems at home that may prevent them from going, or because they have declined in performance due to the divorce, as some participants reported.	35.0	16.0	10.0	22.0	17.0	3.133	3.605
<b>Average mean</b>						<b>2.20</b>	<b>1.487</b>

**Source: Primary data (2024)**

With reference to table 9 above, it can be seen that 35% strongly agreed, 21% Agreed to the statement that divorce can lead to the toxic relationships of children, 31% Disagreed, 10% strongly disagreed to the same statement while 3% of the respondents were not sure.

However 33% strongly agreed, 47% Agreed to the statement that divorce deter close relationship between children and their parents making it difficult for them to confide in their parents about their problems, 2% Disagreed, 5% strongly disagreed to the same statement while 13% of the respondents were not sure.

It can also be seen that it can be seen that 6% strongly agreed, 14% Agreed to the statement that isolation of children from the society and their peers is associated by divorce from their parents, 43% Disagreed, 13% strongly disagreed to the same statement and 24% of the

respondents were not sure. This is an indication that divorce causes isolation of children from their peers.

When asked whether reactive attachment disorders often co-occur with the effect of divorce on children complicating, 25% strongly agreed, 32% Agreed to the statement, 10% of the respondents were not sure while 13% Disagreed, 20% strongly disagreed to the same statement making the minority of the respondents. This is an indication that reactive attachment disorders often co-occur with divorce on children's wellbeing.

It can also be observed that 35% strongly agreed, 16% Agreed to the statement that divorce can cause reduction from attendance of school by children due to problems a home, 22% Disagreed, 17% strongly disagreed to the same statement while 10% of the respondents were not sure.

**4.4.1 Regression Analysis for the social impact of divorce on children in Butebo Sub-County Butebo District.**

For analysis of the social impact of divorce on children on the children's social wellbeing in Butebo Sub-County Butebo District, the independent variable was conceptualized in terms of social impact and for the study to achieve its one of the objectives; social impact of divorce was regressed to determine its effect on prevalence of children's social wellbeing. The results from analysis are presented in the model summary and coefficients tables below.

**Table 10 Regression model summary and coefficients for the effect of alcohol use on prevalence of anxiety disorders in Namatala slums**

Model summary

Model	R	R Square	Adjusted R Square	F-Statistic	Std. Error of the Estimate
1	.304 <sup>a</sup>	.092	.077	9.421	.464

a. Predictors: (Constant), Social impact of divorce

Coefficients<sup>a</sup>

Model	Unstandardized Coefficients	Standardized	Sig.
-------	-----------------------------	--------------	------

				Coefficients	
		B	Std. Error	Beta	
1	(Constant)	2.892	.325		.000
	Alcohol use	.224	.089	.304	.015

a. Dependent Variable: Children's social wellbeing.

**Source: primary data, (2024)**

From the tables showing the model summary statistics above, a p-value = 0.015 that is less than 5% level of significance indicates that social impact positively (Beta=0.224) predicts the prevalence of an

Children's social wellbeing and effect is significant at p-value < 0.05. An adjusted R<sup>2</sup> of 0.077 implies that social impact explains and predicts significantly 7.7% variations in prevalence of children's social wellbeing in Butebo Sub-County Butebo District and the remaining 92.3% explained by other factors. Basing on such findings, the researcher therefore concludes that a

Social impact of divorce significantly and positively affects prevalence of children's social wellbeing in Butebo Sub-County Butebo District.

#### **4.4.2 Research questions three: Finding out a coping mechanism on the effect of divorce on children in Butebo Sub-County Butebo District.**

**Table Showing the coping mechanisms on the effect of divorce on children in Butebo Sub-County Butebo District.**

Detail	SA (%)	A (%)	N (%)	D (%)	SD (%)	Mean	S.D
Engaging in early relationships. The data revealed that children in divorced families	8.0	21.0	11.0	29.0	31.0	2.350	1.448

may engage in sexual relationships at an early age. They may do this in search of comfort that they are unable to receive from their parents, or as a way of obtaining personal needs that their parents are unable to provide. The findings of this study revealed that children in divorced families engaged in early relationships in search for comfort and also getting needs parents could not give the children this agrees with the research carried out by							
Drugs and theft. Many children in divorced families turned to using drugs as a way of coping with the trauma of divorce and dealing with the problems they faced.	38.0	24.0	17.0	6.0	15.0	2.383	1.993
Provide stability Try to maintain routines and consistency in the children's lives as much as possible. Let them know that they can rely on you for support and security	22.0	29.0	16.0	14.0	19.0	2.267	1.260
Encourage expression of emotions. Allow your children to express their feelings about divorce, whether it be sadness, anger, or Validate their emotions and reassure them that it is okay to feel that way .	54.0	21.0	2.0	17.0	6.0	2.667	1.130
Seek therapy. Consider seeking professional help for your child to process their feelings and emotions surrounding the divorce. A therapist can provide support	43.0	25.0	13.0	16.0	3.0	2.367	1.823

and guidance in coping with the changes.							
<b>Average mean</b>						<b>2.407</b>	<b>1.1308</b>

**Source: Primary data 2024**

It can be observed that the majority of the respondents 38% strongly agreed, 24% agreed to the statement that children involving themselves in early relationships as away of comforting them from the lost love from their parents, 6% Disagreed, 15% strongly disagreed to same while 17% of the respondents were not sure.

**When asked whether** children may instead indulge themselves in taking drugs and theft as away of dealing with trauma that resulted from divorce of their parents, 22% strongly agreed, 29% strongly agreed to the statement that divorce can lead to children's involvement in relationships as away of comforting them, 14% Disagreed, 19% strongly disagreed to the same statement mean while 16% of the respondents were not sure.

It can also be observed that the majority of the respondents 54% strongly agreed, 21% Agreed to the statement that providing stability among children may also be a good coping mechanism on the effect of divorce on children. It can be trying to maintain routines and consistency in the children's lives as much as possible. Let them know that they can rely on you for support and security, 17% Disagreed, 6% strongly disagreed to the same statement while 2% of the respondents were not sure.

It can be observed that the majority of the responds 43% strongly agreed ,25% agreed to the statement that encouraging expression of emotions,16% Disagreed, 3% strongly disagreed to the same statement while 13% of the respondents were not sure hence implying that encouraging expression of emotions to children by counsellors can help children from divorced families to cope up with the long term effect of divorce .

#### 4.4.3 Regression Analysis for the coping mechanisms on the effect of divorce on children in Butebo Sub-County Butebo District

In order to analyze the coping mechanisms on the effect of divorce in Butebo Sub-County Butebo District, the independent variable was conceptualized in terms of coping mechanisms on the effect of divorce on children and for the study to achieve its objectives; regression analysis to assess the different coping mechanisms on the effect of divorce on children which was performed using SPSS. The results from analysis were presented in the model summary and coefficients tables below.

**Table 12 Showing regression model summary and Coefficients for the coping mechanisms on the effect of divorce on children in Butebo Sub-County Butebo District.**

##### Model Summary

Model	R	R Square	Adjusted R Square	F-Statistic	Std. Error of the Estimate
1	.194 <sup>a</sup>	.037	.021	8.642	.588

a. Predictors: (Constant), coping mechanisms on the effect of divorce

##### Coefficients<sup>a</sup>

Model		Un standardized Coefficients		Standardized Coefficients	Sig.
		B	Std. Error	Beta	
1	(Constant)	3.356	.374		.000
	Inhalant use	.091	.100	.114	.169

Dependent Variable: coping mechanisms on the effect of divorce on children

**Source: primary data, (2024)**

From the table showing the model summary statistics above, a p-value = 0.169 that is more than 5% level of significance indicates that coping mechanisms on the effect of divorce on children (Beta=0.091) predicts and affects their children's well-being. However, its effect is insignificant at p-value > 0.05. An adjusted R<sup>2</sup> of 0.021 implies that coping mechanisms explains 2.1% variations on children's wellbeing in Butebo Sub-County Butebo District. However, these variations are not significant in affecting the children's wellbeing basing on such findings, the researcher therefore concludes that coping mechanisms on the effect of divorce on children positively affects.

Children's wellbeing in Butebo Sub-County Butebo District much the effect that exists between the variables is significant.

## CHAPTER FIVE

### SUMMARY OF THE FINDINGS CONCLUSIONS AND RECOMMENDATIONS

#### 5.1 Introduction.

In this chapter the researcher gives a summary of findings, conclusions and recommendation in line with the research questions and objectives.

#### 5.2 Summary of findings.

The researcher provided a summary of findings in line with the objectives as follows;

##### **5.3.1 Research Question one: Findings on the psychological impact of divorce on children in Butebo Sub-County Butebo District.**

The study investigated into the psychological impact of divorce on children in Butebo Sub-County Butebo District. Results according to descriptive statistics showed that most respondents were positive to the statements that they were asked. For example;

Majority of the respondents were constituting 30% strongly agreed, 24% Agreed to the statement that divorce impacts the children's psychological wellbeing, while 19% Disagreed , 10% strongly disagreed to the same statement, 17% were not sure hence implying that divorce impacts the children's psychological wellbeing.

On the other hand, while 29% disagreed, 46% disagreed to the same statement while 6% of the respondents were not sure. On the statement that *can divorce cause confusion and frustration*.

Most responses were positive indicating that divorce has a significant effect on the children's psychological wellbeing in Butebo Sub-County.

### **5.3.2 Research Question two: Findings on sociological impact of divorce on children in Butebo Sub-County Butebo District.**

The study investigated into the sociological impact of divorce on children in Butebo Sub-County Butebo District.

Results according to descriptive statistics indicated that majority of the respondents ,25% strongly agreed, to the statement that reactive attachment disorders often co-occur with the effect of divorce on children 32% Agreed to the statement, 10% of the respondents were not sure while 13% Disagreed, 20% strongly disagreed to the same statement making the minority of the respondents.

Most responses were positive indicating that social impact of divorce has a significant effect on prevalence children's wellbeing in Butebo Sub-County.

### **5.3.3 Question three: Findings on the different coping mechanisms on the effect of divorce on children in Butebo Sub-County Butebo.**

Results according to elucidation statistics revealed that majority of the respondents 38% strongly agreed, 24% agreed to the statement that children involving themselves in early relationships as away of comforting them from the lost love from their parents ,6% Disagreed, 15% strongly disagreed to same while 17% of the respondents were not sure.

Most responses were positive indicating that divorce has a significant effect on children's early involvement in relationships.

## **5.4 Conclusions.**

The study concludes that children from divorced families experience psychosocial problems following the divorce of their parents. These problems may not become apparent in the immediate aftermath of the divorce, but may emerge as the children grow older, typically around the age of 10-11 years. These difficulties can include negative coping mechanisms such as drug abuse, theft, partying, commercial sex, and early relationships, which may be risky for their age. These can be also be influenced by children's in ability to express their emotions and can be detrimental to their well-being. To improve the well-being of children from divorced families and prevent risky behavior, training programs should be implemented for both children and parents. These programs should include peer educators, chosen from among the children

themselves, who can provide a safe and supportive space for their peers to share any problems or concerns. Additionally parents can play a crucial role in supporting their children's social and psychological well-being by creating a comfortable and supportive home environment, and by actively listening to and engaging with their children. This can help their children cope positively with the challenges they face following the divorce of their parents.

## **5.5 Recommendations**

### **Parents**

When parents divorce, they often don't consider the impact it has on their child. Based on this, parents should make an effort to support their children during times of divorce and to educate themselves about the effects of divorce on children. This could involve seeking out resources or seeking guidance from trusted sources, such as a therapist or school counselor. Raising a child after divorce can be challenging, particularly for parents who may be navigating issues such as co-parenting and child care. In view of this, parents should get access to resources and support to help them navigate these challenges and to effectively raise their children. Parent groups can provide a range of resources and support, including information on co-parenting and child care, as well as a supportive community for parents to discuss their experiences and challenges.

### **Non –Government Organizations and schools**

Research has shown that children who experience parental divorce are at increased risk of a variety of negative outcomes, including anger, confusion, abandonment academic difficulties, and social isolation. In light to these challenges, Non-Governmental Organizations (NGOs) should design programs that can help children cope with their emotions and experiences in a healthy and positive way. These programs can be implemented in schools, providing a safe and supportive space for children to open up and share their feelings and find solutions. By providing targeted support and resources, Non-Government Organization can help children navigate this difficult experience and emerge stronger and more resilient. Non-Government organization should offer training programs for parents on positive parenting styles to help them effectively support children who have experienced parental divorce. Techniques like authoritative parenting, which involves listening to children and being responsive to their needs, can be particularly beneficial.

Non-Government organization and schools should promote conflict resolution and management among parents, both married and divorced, to ensure that children are not caught in the middle of disputes that only concern the parents. This can be achieved through various methods such as providing mediation services, educational workshops, and support groups for parents to learn effective communication and conflict resolution skills. Non-Government organization and schools should prioritize providing immediate attention and support to children from divorced families, particularly during the early years following the divorce of their parents. This is important in order to prevent negative behaviors such as drug abuse, commercial sex, and theft from developing as the children grow. Schools, in particular, can play a crucial role in identifying and supporting these children, as they have regular contact with them and can provide them with psychosocial support. NGOs and schools should work to establish more robust peer leadership programs. The programs should focus on training a group of students to serve as counselors and mentors for their peers, particularly those who struggling with issues related to divorced families to provide a safe and confidential space for children to discuss their experiences and seek guidance. Peer leaders should be equipped with the skills and knowledge necessary to provide counselling and support to their peers, as well as the ability to document and report on the matters discussed in order to come up with solutions to help children from divorced families. By fostering a supportive and compassionate environment through these programs, schools and NGOs can help to mitigate the negative impacts of divorced families on children and promote their well-being and success..

### **Communities**

Communities can also provide psychosocial support to children who have experienced parental divorce. This can be done by local leaders collaborating with community members and NGOs to identify and support these children. Village meetings with local leaders can be a useful forum for discussing ways to help children from divorced families and prevent negative outcomes such as involvement in commercial sex work, drug use, and theft. By working together, communities can create a supportive environment for these children and reduce the impact of parental divorce on their well-being.

The community should always be vigilant and protect the children from engaging criminal behavior like drug abuse and theft. This can be achieved through providing support and

guidance to children, collaborating with local authorities and non-governmental organizations to address any issues that may arise, providing children with positive role models, offering educational and recreational activities that keep them engaged and out of trouble.

### **Recommendations for further research**

Longitudinal research should be conducted to assess the coping mechanisms of children from divorced families as they continue to grow and develop. This can help identify any challenges that arise over time and allow for interventions to be put in place to support these children. Social problems, including missing the absent parent, sadness, attachment issues, and difficulty maintaining relationships with the parent they live with. As a result of these challenges, some children turned to harmful behaviors such as drug abuse, theft, and commercial sex work in an attempt to cope with the emotional and social deficits they experienced. These behaviors were used as a way to fill the gap created by the divorce. During interviews with key informants who spent significant time with children from divorced families that is to say the parents and teachers, they reported that these children engaged in harmful behaviors such as drug abuse and commercial sex work. They also noted that these children experience psychological issues as a result of the divorce and related events in their home environment. Overall, the participants had an understanding of what divorce means and were able to share their experiences of it, including the psychological and social experiences and the coping mechanisms they used. Psychological experiences of children in divorced families Under psychological experiences, my study revealed that children in divorced families often lose interest in activities due to the frustration that comes with the divorce. The participants reported losing interest in studying, doing household chores, and even eating. Other participants in my study reported feeling confused and frustrated about the divorce, particularly when they saw that they were not living with both of their biological parents and instead were growing up with a single parent and a step parent. Some participants reported feeling sad when they saw other families together but were unable to have a similar experience for themselves. Some also mentioned feeling sad when they were unable to obtain what they needed due to one parent being unable to provide for them.

These experiences highlight the impact that the lack of family structures can have on children from divorced families. Some participants in the study reported feelings of worry and nervousness regarding the divorce of their parents, and expressed fear of being abandoned by

the parent who remained in their life some of the participants revealed that they became angry with their parents, particularly with the parent who had left them. They did not want anything to do with that parent or to see them again. A few participants were also angry with the parent who stayed. The study found that the participants did not blame themselves for their parents' divorce, but rather attributed responsibility to their parents. This indicates that the participants were able to recognize and acknowledge the role that their parents played in the divorce, rather than internalizing blame or responsibility for the event. The study found that the participants experienced feelings of loneliness and missed the parent who left them. Some participants reported that they missed their fathers and felt a sense of loss, while others mentioned that they missed their mothers, particularly when they needed someone to talk to. This finding suggests that the divorce of parents can have a significant impact on children, leading to feelings of loneliness and loss. Based on the findings of this study, it was evident that some participants had no emotional bond with their parents. This was reflected in their responses, as they reported not loving the parent who had left or feeling any desire for a relationship with them. Another significant finding of this study was that some of the participants reported exhibiting aggressive behaviors towards their peers as a result of the challenges they were facing at home. These behaviors included fighting, abuse, and nicknaming others. This finding suggests that the participants were unable to effectively cope with or express their emotions related to their home lives, and instead turned to aggression towards their peers as a means of coping or releasing their frustrations.

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## **APPENDIX I**

### **PARTICIPANT CONSENT FORM**

#### **Introduction**

Dear Sir/Madam

This is to inform you that I am requesting you with the assistance in answering the questions attached; I am finalist Bachelor's degree at The Uganda Christian University (UCU), in Faculty of Social Sciences and Department Of Social Work And social Administration. I am doing a research on the subject entitled as “The effects of divorce on the children, case study of Butebo Sub-county Butebo District”. For achieving the objectives of this study; you are required to answer the questions attached on this letter. Feel free in providing your answers because this research is used in academic research only.

Thanks for your collaboration in this research

**KATEU MINDADI.**

#### **Student**

#### **Instructions:**

Please answer the following questions based on your observations and knowledge. Your responses will remain confidential.

## Section 1: Demographic Information

### 1. Age:

Under 18

18-24

25-34

35-44

45-54

55 and older

### 2. Gender:

Male

Female

Other

Prefer not to say

### 3. Occupation:

Student

Business Owner

Government Employee

Law Enforcement

Health Professional

Other (please specify): \_\_\_\_\_

### 4. How long have you lived in Butebo Sub-county?

Less than 1 year

- 1-5 years
- 6-10 years
- More than 10 years

**Section 2: Effect of divorce on Children**

How would you rate the prevalence of divorce in Butebo Sub-county?

- Very High
- High
- Moderate
- Low
- Very Low

Have you noticed any recent changes in the effect of divorce on Children?

- Significant Increase
- Moderate Increase
- No Change
- Decrease
- Not Sure

**Section 3: Crime and effect of divorce on Children.**

**Do you think there is a relationship between divorce and an increase in juvenile delinquency in Butebo Sub-county?**

- Yes
- No
- Not Sure

**How do you believe divorce may contribute to criminal behavior in children in Butebo Sub-county?**

.....  
.....

Which types of crime do you think are most associated with the effect of divorce on Children in Butebo Sub-county? (Select all that apply)

- Theft
- Assault
- Domestic Violence
- Drug-related Offenses
- Vandalism
- Other (please specify): \_\_\_\_\_

10. How has the effect of divorce on Children affected law enforcement efforts in your opinion?

- Significantly Increased Workload
- Moderately Increased Workload
- No Effect
- Decreased Workload
- Not Sure

**Section 4: Community Impact and Recommendations**

How do you think divorce affects the community as a whole?

.....  
.....  
.....

What role do local community services play in addressing experiences of children in divorced families?

Very Effective

Somewhat Effective

Neutral

Ineffective

Not Sure

What resources do you believe would be most beneficial to support children in divorced families?

.....  
.....  
.....

What improvements or additional measures do you think are needed to better address and its impact on crime?

.....  
.....  
.....

**Conclusion:**

Do you have any additional comments or suggestions related to the effect of divorce on Children and crime in Butebo Sub-county?

.....  
.....

Thank you for participating in this survey. Your input is valuable and will contribute to understanding and addressing the issues that arise due to the effect of divorce on Children and crime in Butebo Sub-county .....

.....

This questionnaire aims to collect clear and actionable data while remaining user-friendly. Feel free to adjust questions based on specific research needs or feedback from initial trials.

## KEY INFORMANT INTERVIEWS GUIDE

Date

Title

Location

Duration: start end

1. In your experience, what are some common challenges or difficulties that children face when their parents go through a divorce?
2. How might a child's age or developmental stage impact how they are affected by their parents' divorce?
3. Are there any protective factors or strategies that can help children cope with the effects of divorce?
4. How does divorce typically impact a child's emotional well-being and mental health?
5. What are some common emotional responses that children may have to their parents' divorce?
6. How can parents and caregivers support and help children navigate their emotions during and after a divorce?
7. Have you observed any behavioral changes or challenges in children after their parents' divorce?
8. How might these behavioral changes manifest in different age groups or genders?
9. What strategies can parents and caregivers use to address and manage these behavioral changes effectively?
10. How does divorce impact a child's academic performance and social relationships?
11. Are there any specific interventions or support systems that can help children maintain their academic and social well-being during and after a divorce?
12. What role can schools and other support systems play in helping children navigate the challenges of divorce?

**APPENDIX II**  
**DATA COLLECTION LETTER**



# UGANDA CHRISTIAN UNIVERSITY

A Centre of Excellence in the Heart of Africa  
MBALE UNIVERSITY COLLEGE.

## Office of the Academic Registrar

To THE CAO BUTEBO  
DISTRICT LG

Dear Sir/Madam,

Re: Academic Research

Christian greetings!


We are honored to introduce to you Mr. Mrs./Miss KATEU MINBABI  
Of Registration Number 2013MUCB01013 pursuing a Masters'  
Degree/Postgraduate Diploma / Bachelor's Degree  
BACHELOR'S DEGREE IN BUSINESS

He/ she is required to carry out academic research on the topic  
"THE EFFECT OF DIVORCE ON CHILDREN"  
ACASE STUDY IN BUTEBO SUB-COUNTY BUTEBO DISTRICT.

and thereafter produce a well bound hard cover research report (MAROON) in color for undergraduate and three (BLACK)copies for Postgraduate students as a university requirement for the award of a degree/diploma in the academic discipline that he / she is pursuing.

We shall be grateful for the help you may offer to him or her accordingly.  
Thank you.

Yours faithfully,

  
Mr. Akampurira Timothy  
Academic Registrar



Permitted to carryout  
research for 5 Month  
Under Butebo SC  
2/9/2024  
For: Chief Administrative Officer  
Butebo



A Complete Education for a Complete Person

P.O Box, Mbale, Uganda, email: academicregistrar@mbale.ucu.ac.ug