

Psychological aspects of divorce

Madina Abdumalik kizi Abdumutalova

Uzbek national pedagogical university named after Nizami

Abstract: Divorce is the breakup of marital relations in its legal, economic and psychological aspects, which entails the reorganization of the family system. The period of divorce is associated with the legal registration of the new status of the family, the recognition of the termination of the former rights and obligations of the spouses in connection with the dissolution of the marriage and the adoption of new obligations to preserve parental functions. The duration of this period is determined by legal norms and depends on the voluntary decision on divorce by both spouses and whether they have children. There are also a number of psychological aspects of the phenomenon of divorce.

Keywords: premarital factors, dating conditions, mutual satisfaction, partner matching, duplication complex, marriage motives, emotional divorce, economic divorce, psychological divorce

In psychological literature, the following factors are identified as contributing to the increase in divorce rates:

- Strengthening of women's economic independence and social equality;
- Liberalization of views on divorce;
- Liberation from class, religious, and national prejudices;
- Increased life expectancy;
- Decline in parental influence over the choice of a spouse;
- Inadequate motivation for entering marriage by one or both partners, among others.

The primary motive for divorce is the inability to satisfy the needs and desires of spouses within the existing marital union. The causes of divorce have been studied by A.I.Antonov, A.N.Volkova, T.A.Gurko, E.S.Kalmykova, D.Kutsar, Z.Rosenthal, E.Tiit, among others. Common reasons cited include:

- Loss or lack of love, mutual respect, trust, and understanding;
- Infidelity, extramarital sexual relations, and jealousy;
- Alcohol and drug abuse;
- One spouse's claim to absolute dominance, violations of democratic family communication, authoritarian leadership styles;
- Unfair distribution of household duties, role overload of women due to difficulties combining work and family obligations;
- Interference of in-laws in the life of the young couple;
- Inconsistencies and contradictions in child-rearing approaches;
- Absence of shared interests and hobbies, separate leisure activities, and unequal distribution of free time between spouses;
- Character incompatibility, divergent views and values. Irritation and alienation arise from traits such as pettiness, dishonesty, frivolity, impracticality, distrust, and emotional instability of a partner;
- Sexual disharmony in the marital relationship;
- Domestic violence and aggressive behavior (ranging from physical abuse to irritability and verbal hostility);

- Unfulfilled desire to have children;
- Criminal behavior or antisocial conduct by one of the spouses;
- Engagement in professions or activities that conflict with the partner's ethical, religious, political, or personal values;
- Financial and housing difficulties, dissatisfaction with the standard of living.

The process of marital breakdown has been described in the works of O.V.Ageyko, L.Ya.Gozman, S.Duck, J.A.Lee, O.A.Karabanova, R.Kochunas, E.Kübler-Ross, N.I.Olifirovich, A.Maslow, and others. For instance, A.Maslow proposed a seven-stage model of marital dissolution:

1. Emotional divorce - the collapse of marital illusions, dissatisfaction, alienation, fear, despair, and loss of love;
2. Pre-divorce reflection and despair - pain, shock, anger, fear of the future, attempts to restore the relationship, and seeking help from family and friends;
3. Legal divorce - legal proceedings, depression, suicidal ideation, conflicts, helplessness, self-pity, anger, and despair;
4. Economic divorce - termination of joint financial management and division of budget;
5. Parental custody negotiations - redefinition of relationships and responsibilities with children, fostering dignity and independence in the new structure;
6. Self-exploration and return to equilibrium - loneliness, forming new friendships, emotional conflict, lifestyle changes, and restructuring family roles;
7. Psychological divorce - emotional acceptance of the breakup, emotional stabilization, overcoming negative feelings, readiness for autonomy, and building new relationships.

O.A.Karabanova distinguishes two periods: the actual divorce and the post-divorce period.

The actual divorce includes three phases:

1. Decision-making phase - can last from days to years and is marked by emotional detachment, chronic conflicts, and deep dissatisfaction;
2. Family system dissolution planning - includes emotional separation, physical separation, economic agreements, social restructuring, co-parenting arrangements, and religious considerations (if applicable);
3. Separation phase - cessation of joint household, redefining individual identities ("I" vs "We") while maintaining parental responsibilities.

The divorce period involves the legal confirmation of a new family status and assumes responsibilities for maintaining parental roles. Its duration depends on legal procedures, mutual agreement, and presence of children. Courts may intervene in custody disputes prioritizing children's mental health and development, with psychological expertise being consultative.

The post-divorce period involves restructuring and stabilization of the family system and passes through three phases:

1. Post-divorce phase (several months to a year) - focuses on developing a new lifestyle in a single-parent family. Divorce is often experienced as proof of personal failure, leading to depression, insecurity, and self-blame. Children form a new family image and adapt to new interaction conditions. Women often experience depressive syndromes (hopelessness, loss of meaning, low self-worth), while men face loneliness, sleep disorders, substance use, and sexual dysfunction. Psychological support aims to:

- Eliminate the perception of "irreparable loss";
- Stabilize emotional states and reduce anxiety;
- Promote financial independence and personal responsibility;
- Ensure balanced role distribution with support from extended family;

- Align expectations, including roles of grandparents.

2. Reconstruction phase - completion of emotional divorce and formation of stable or neutral attitudes towards the former spouse. Two compensation strategies appear: searching for a new partner or shifting affection to a child. However, new marriages often fail due to identity-based motivations. Financial stabilization and lifestyle changes also occur. In parent-child relations, there's often reduced paternal involvement and increased responsibility placed on children. Emotional enmeshment between mother and child may intensify, limiting social freedom and peer interactions. Adolescents may interpret the divorce as a collapse of romantic ideals and seek emotional compensation through sexual relationships.

Psychological support during this phase includes:

- Creating a new family structure and lifestyle plan;
- Role definition in single-parent families;
- Restoring social connections;
- Supporting children's adaptation and family image development;
- Optimizing parent-child relationships.

Children's core issue during divorce is separation from the emotionally significant parent, fear of losing love and care, and a disrupted sense of security.

Recommendations include:

- Avoid hiding the divorce from the child; uncertainty increases anxiety;
- Clearly inform the child that both parents continue to love and care for them;
- Both parents should communicate the divorce together to ensure unity;
- Do not force the child to choose between parents (especially under teenage years);
- Allow open discussion about divorce;
- Maintain the child's lifestyle (school, friends, routines).

3. Stabilization phase - former spouses develop cooperative relationships, enabling joint parenting. They may now be ready to create new families. The psychological marker of stabilization is the ability to reflect positively on the marriage, acknowledge its good moments, and express gratitude to the former partner.

Psychological work focuses on:

- Forming a new family ideal after divorce;
- Redistributing roles to avoid overburdening the mother;
- Utilizing extended family and social support networks effectively.

References

1. Ароне К. Развод: крах или новая жизнь? М., 1995.
2. Бафаев М.М. Семейная психология: Учебное пособие /Бафаев М.М. - Ташкент, 2022 г. - 205 с
3. Antonov, A. I. (2003). Sociology of the family. Moscow: ISPI RAN.
4. Volkova, A. N. (2006). Family in crisis: Causes and consequences. Moscow: Akademicheskiiy proyekt.
5. Gurko, T. A. (2004). Modern Russian family: Sociological perspective. Moscow: ISPI RAN.
6. Kalmykova, E. S. (2008). Psychology of family relationships. St. Petersburg: Rech.
7. Kutsar, D. (2001). Changing childhood in Estonia: Reflections on the transformation of the late Soviet childhood. In C. Jenks (Ed.), Childhood: Critical Concepts in Sociology (Vol. 3, pp. 118-138). Routledge.
8. Rosenthal, Z. (1990). Family crises and the psychology of divorce. Moscow: Nauka.

9. Tiit, E. M. (1996). Demographic and social aspects of family changes. Tartu: Tartu University Press.
10. Ageyko, O. V. (2015). Family Psychology: Problems of Family Counseling. Moscow: Yurayt.
11. Gozman, L. Ya. (1999). Psychology of Emotional Relationships. Moscow: Eksmo.
12. Duck, S. (1982). A topography of relationship disengagement and dissolution. In S. Duck (Ed.), *Personal Relationships 4: Dissolving Personal Relationships* (pp. 1-30). Academic Press.
13. Karabanova, O. A. (2009). Developmental psychology: Psychology of development and age. Moscow: Akademiya.
14. Kochunas, R. (2004). Basics of psychological counseling. Moscow: Rech.
15. Kübler-Ross, E. (1969). *On Death and Dying*. New York: Macmillan.
16. Olifirovich, N. I. (2011). Psychological aspects of marital conflict and divorce. Minsk: BSU Press.
17. Maslow, A. H. (1970). *Motivation and Personality* (2nd ed.). New York: Harper & Row.