

A Qualitative Case Study of Social Adjustment of Children from the Broken Families of District Poonch, Tehsil Rawalakot, Azad Jammu & Kashmir, Pakistan

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Abstract

Social adjustment is a continuous process that requires a home setting with or without parents. Broken families frequently make it difficult for parents to provide a healthy environment at home because a single parent cannot properly groom their child. For social adjustment, children need appropriate income, parental hostility, and the well-being of their parents as a relationship. To study the impacts of broken families on children and their separated parents, this research study was conducted. Case studies as well as structured interviews were used to collect data from ten families as respondents. Every family has a different story about their lives, but single parenting is very difficult for both the mother, father, and children. The most affected are children because they face mental, behavioral, and social issues their whole lives. The foremost objective of the research study is the social adjustment of children of broken families by case study in district Poonch, tehsil Rawalakot, AJK, Pakistan.

Keywords: social adjustment; broken families; mental, behavioral, and social issues

Introduction

Child wellbeing can be characterized from various perspectives. There is a consensus that childhood wellbeing is multidimensional and ought to incorporate components of physical, instructive, passionate, and social wellbeing. Prosperity is viewed as affected by family pay and access to education in light of the fact that these specific variables limit the probability of inconsistencies among people and improve the nature of life. Lamb stressed the significance of psychological adjustment as a key part of wellbeing e.g. the children of broken families (Atari, 2012). The adjustment reflects the social skills that humans get to acquire with others and to feature nicely in their normal day-to-day lives, for instance, at college. In these studies, toddler wellbeing and developmental results are considered through proportions of behavioral adjustment, social trade, and academic fulfilment (Conti & Heckman, 2012).

A few sorts of components have been found to add to the impact of family structure on children's outcomes, including lost economic and different assets and the pressure encompassing family changes. Here, parental involvement and parenting can be regularly influenced by changes in family structures (Crowder *et al.*, 2004). Depending upon individual and societal qualities, a few children may stay unaffected by modifications in the circle of relative's structure, while others can also react in a realistic manner way to those advances. Not solely does exploring such variations permit us to all the more likely judge whom to target conceivable technique interventions; however, it additionally allows us to recognize the mechanisms connecting household shape and youngsters' properly-being heterogeneity through man or woman attributes can be at the same time as the fifth segment centers around differences at the entire scale stage, to be unique, heterogeneity after some time and space. (Garriga & Härkönen, 2009).

Family is the children in front of the rest of the opposition to contact with the sector. The child thus gets schooling and socialization from his or her mother and father and different noteworthy individuals within the family. The researcher called attention to the fact that the circle of family lays the intellectual, suitable, and profoundly established order in the trendy improvement of the children. Structurally, the circle of relatives or homes is either damaged or unblemished. A broken domestic in this sense is one that isn't structurally flawless because of separation, partition, passing of a parent, or illegitimacy. Agreeing mental home situations emerge chiefly from the wrongness of children, the mark of an acquired infant, broken houses, separation, and parental hardship. Such abnormal states of residence are possibly going to detrimentally affect the college execution of the children, he affirms (Agulana, 2000).

Objectives:

1. To identify the problems faced by children in social adjustment in broken
2. To explore the psychological condition of children with broken
3. To explore the impacts of broken families on children and parents.
4. To explore the consequences of broken families on children's educational and social adjustment issues.

Literature Review

Sreekumar (2017) stated that parental attitude influence impacts the manner in which parents treat and their treatment of the children, thus impacting their children's attitudes towards them and the manner in which they carry on. The effects of a broken home on family relationships rely upon numerous elements, the most significant of which are the course of the smash while it happens and whether it's far temporary or permanent. At the factor when a destruction within the house is brought about through death and when children remember that they determine will never return, they mourn much less and switch their affection to the remaining parent who will live away for the indefinite destiny. They grieve much less and flow their friendship to the relaxation of the discern, trusting thusly to rule the security they some time ago had. In youth, the lack of a mother is greater harm than the loss of a dad. The explanation behind this is that the care of youthful children should, should the situation be what it is, be taken over to households or paid servants whose baby training systems may be assessed by the ones utilized by the mothers and who once in a while can give children the consideration and affection they once in the past got from their mothers.

Rappaport (2018) confirmed that slowed educational development is any other basic way that separation impacts children. The emotional strain of separation by myself may be enough to stunt your toddler's educational progress, but the manner of existence modifications and precariousness of a broken circle of the family can add to negative academic results. This bad educational progress can originate from numerous variables, including a lack of confidence in the house situation, a lack of monetary resources, and conflicting schedules. The influences of a damaged infant's development are predicated upon numerous components, including her age when she discerns development and her own family courting (Lauglo, 2008). No matter the fact that new-born kids and younger children might also encounter a few poor formative influences, older children and teenagers can also enjoy some troubles in social, emotional, and educational functioning. Ugly dependent on parental care, with the family the significant locus of one's social life.

Mcnulty *et al.*, (2017) informed us that the literature on the expatriate circle of family adjustment suggests that the profession choices of expatriate people are influenced by the means of their family (and vice versa), and understandings of the challenges and tactics of adjustment of the person's circle of family contributors in determining the outcome that an expatriate's own family enjoys is therefore vital. In the following sections, we are able to summarize the main empirical findings regarding

the particular challenges and application of resources by expatriate employees' trailing companions, children and adolescents, and households as a whole (Gikonyo & Hart, 2010). Consistent with the intention of the cutting-edge paper, the inclusion of research in every section has been based on their unit of interest (i.e., partners, youngsters or teens, and their circle of relatives as a whole). The unit of dimension in most research was the individual. In the companion's phase, the informants have been partners themselves or expatriate personnel reporting about their partners. In different phrases, the three measures had been administered to character informants, and they measured people's beliefs about themselves and their families or relationships (Kelly & Emery 2003).

Results

There is a disaster between growing a child in a nuclear family and an extended one. Every family has its own values, traditions, and effects on the growth of a child. If a marriage broke, it left noticeably terrible impacts on a child. It gets more uncomfortable for that child to adjust to another environment. We can see its perilous results when studying such cases. The results of the qualitative study through interviews in a few cases are discussed in the following:

Case No. I:

The first case is about a person who was a lawyer in family courts, belonged to a family, and lived below the line. Faheem's father was a government servant who passed on during his obligation. The deceased father left a widow with two young sons and an infant baby girl. At that time, one family had an ideology (belief system). So my mother never gets married again. She, with the help of the children's paternal grandparents, raises her children with great care and love. All siblings have grown up in a healthy environment and got married. Faheem is married to her first cousin. Because of close relatives, both families used to visit each other more often. Misunderstandings and conflicts are raised day by day. Family politics was the main reason behind their broken marriage. Children are sensitive. They acknowledge positive and negative impacts so quickly. As Faheem and his wife stuck in their routine conflicts, they unconsciously ignored the socialization of their child. They noticed their child losing confidence. He gets confused while meeting with people; it also affects a child's education, personality building, and wellbeing. Her mother left them to her father and got second marriage. She never thought about it a single time without her mother, whose children survived. Children in their growing years need both parents. Getting a basic education, parent's attention, and a healthy environment are children's basic rights. How we deprived them of their fundamental rights. How beautifully Hazrat Ali quoted, "Raise your child well before the evil society comes over."

Case Study 2:

Shazia was a lady of 45. She had two daughters and two sons. Her husband died seven years ago. She started living with her brother. She was working in a girl hostel as a cook. She told me that when her first husband passed away, it got difficult for her and

for her children because she wanted to facilitate them but did not have the resources. Nobody gave respect to my children. With the passage of time, she realized that the social involvement of the children was getting neglected as other kids were avoided. Due to loneliness, her younger son is involved in drugs. Because of all these reasons, her parents made the decision for my second marriage. After getting married, her husband accepted her children happily. She and her children were satisfied. Her son quit drugs and started working. Her daughters again started going to school. On a very bad day, she was at work. Her daughters were at school for exams. Her husband went to school, took away her daughter, and ran away. However, as I listened, this story started talking about how her husband and her daughter were in an illegal relationship with my daughter. Unfortunately, she believed it was her fault because nobody was trustable. After losing her daughter, she realized that her harsh attitude does not provide a free environment in which she can express her feelings of anxiety from her stepfather's freedom. She never felt her lioness, as she was dealing with so many other issues that she showed carelessness towards her daughter. Hence, children belonging to broken families suffered from psychological issues, which other people took advantage.

Case study 3:

Khalid was my male respondent, who was 48 years old and had his own business operations. He was living separately from his wife. He told me that he himself gave her the idea of separation because she was so proud of her education that she always turned down her husband's suggestions. He further told me that he had four children, including one daughter. He received custody of his children because he never wanted to give them to that proud woman who always shows off her education and independence in front of others. Children also did not want to live with their mother because of her strict attitude. When I met his wife, Guineas, she told me that she was highly educated and her husband was only a matriculated. He was very allergic to his unsocial and illiterate behavior. It made their lives miserable, so she could not adjust to such a person who had the inferiority complex of being a matriculate. After hearing their views about their disliking, uncomfortable nature, and separation, I asked questions to both of them separately: what did they think about how this separation has affected their children during adjustment, especially their daughter? The mother replied that she knew that nobody would accept broken families' children, perhaps sons or daughters, neither in family nor society. She said her children were under pressure from their father. He treats them; they were not allowed to meet her. Her daughter needs her because she is suffering from loneliness and stress, and she is not talkative enough to share her feelings with anyone but with her mother. She told her son that he stopped going to school because there was someone at home to look after them and take responsibility for their education. She said that she wanted to provide a liberal and educated environment to her children. But due to daily fights with her husband, he had distanced me from my children. But this separation affected their children badly.

Case Study 4:

This case was of a separated woman. Her name was Robeena, and she was 31 years old. She had two children: a daughter and a son. She was working as a teacher. Her education was in M.A. Urdu. She had been living separately from her husband for five years. She narrated: Both of us (me and my husband) were working in a school as teachers. He was of the opinion that I had to be a typical housewife serving all his family members. The major interpersonal conflict was related to my job. I told him that I can do only one thing: either work or control household affairs, because I cannot do the double job. But her husband wanted to do both. He said that it was not difficult to do both things inside and outside the house. These duties were unbearable for me. I could not serve him as a servant. So I left his home. And both children lived with me in my father's house. But this decision was not good for her children. Because they were more attached to their father. After separation, children were always afraid of the absence of their father, so they lost confidence, never talked to anyone, and played bad behavior with others. Due to these problems, other people are avoiding them. Children were feeling unsecured. The feeling of insecurities will even trigger if they are around their friends or other family members who are living a normal, complete, and happy life.

Case Study 5:

Samia was separated from her husband for 4 years. Her age was only 27 when she got a divorce. The major reason was the birth of daughters. Her husband married another woman because he wanted a son. That way, they got separated. And she had come to court for money from her husband because she wanted to continue the education of her daughters. The adjustment of her daughter was difficult because, as a single parent, her mother started working at the school as a maid. And her daughters brought them with her during school hours. In school, other children have seen their hated eyes; don't play with them. When they come back to school, they ask many questions about why other children have bad behavior with them. That is why daughters are developing hatred towards other children and avoiding public gatherings; they engage in aggressive behavior like shouting, or, on the other hand, they give no respect to their father due to this circumstance and become depressed and isolate themselves.

Case Study 6:

Noor Jahan was a lady health worker at age 45. Her education was in matriculation. She was from a village near Rawalakot. She had three children: two daughters and one son. She started living at her brother's home, where her unmarried sister was also living. She got separated from her husband because her mother-in-law was cruel. She told a researcher about her husband, "He was quite good with me. They never had a quarrel. But he was in control of his mother while he never wanted to divorce, but her mother-in-law forced him to do so." Due to the pressure of her mother, he divorced me. When they got separated, her mother-in-law forced him to take her son, but she wanted to keep him with her. But unfortunately, they were powerful, and they took

custody of her son. Her mother again arranged her marriage with a bus driver. Her second husband is too good, and they both have filed a case for the custody of her son. Although her stepfather plays a positive role in adjusting to her daughters, he gives her name as a father. Although her daughter was satisfied to have a father, after her mother's separation, they were affected socially, mentally, and economically, suffering from many hurdles. They faced many financial problems because, after separation, they were hand in hand. Everybody took them with sympathy. Give them old clothes. They left for school. And become victims of stress. But now they were happy to live a full life with the deficiency of a brother. Their father left him in a workshop to earn money. His socialisation and personality development were in danger.

Case Study 7:

Extramarital affairs outside the house cause many problems inside the house. It creates dangerous conditions for the children. In this case, the major reason for separation was the extramarital affairs of the husband. Nadia was a divorced woman of 35. She was working as a tailor. She told me that her husband was careless towards her and their children. He had a superstore. But he did not give me enough money. Her children were getting an education, but he had no time for children to matter. After some time, some of their children were not under her control. They used to abuse each other. People don't like them due to their father's bad character. Their father destroyed their socialization. "He was cruel and selfish." He used to force her to go to her parents for money because he indulged in bad activities. After some time, she got to know that the reason behind her carelessness and selfishness towards his family was his extra-material affairs. She told me that she was ready to bear his affair, but she was not ready to give away their children's rights for his stupid girlfriends. Due to this extramarital affair, the family situation was getting worse, with their children humiliated by their neighbors, friends, and relatives. Due to these, they lose their confidence and trust level. She told me that now they are suffering from financial issues as her husband is not supporting them with their expenses. She felt that her children were going to the inferiority complex. So for this reason, she has come to court for her rights.

Case Study 8:

Maintaining trust in marital life is very important. Lack of trust can affect not only the relationship between husband and wife but also their children. Asma was a 30-year-old divorced lady, and the reason behind her separation was that her husband did not have to trust her. She told me that they had a court marriage without the permission of her parents and brothers. They were not in favor of this marriage because Asma belongs to the Shia sect and he belongs to the Sunni sect. She told me that she has broken the trust of her parents, due to which she realized her husband does not trust her. She told me that they were having a daughter, but he never accepted her as his own daughter. He was of the view that his wife was having an affair before getting married. Due to a lack of trust, he left her, and she started living in Dar-ul-Aman. She started working in a hospital to provide a better life for her daughter. She just wanted to provide a

respectful environment, but she was unable to give her proper time. Because of her carelessness, she became the victim of sexual harassment at Dar-ul-Aman. As a single parent, she realized that the supervision of a father really matters in a daughter's life. It has not only ruined her life, but it has also miserably affected her daughter's future. She filed a complaint against employees of Dar-ul-Aman, but nobody took action against anyone. The society also criticized her for her decisions.

Case Study 9:

This case study is about a girl who attended a government college in Rawalakot. Due to her unstable home conditions, she passed her matriculation in three years. Her mother was running home with her sewing skills. Her father was a landlord who contributed nothing to their support. Her father divorced her mother four years ago. The reason behind the broken marriage was the father's second marriage. And her father's lack of interest in domestic affairs. Even though she completed her 8th year of education with available work, However, her father's divorce decision has torn her apart. Her father left them alone, and the rest of the family moved towards another city for a new beginning. Ms. Sakeena never adjusted to the new environment. She failed her intermediate exams badly. She had been seen running through so many thoughts all the time. She seemed starved for her love and attention. Mother told us about how she had a pleasing personality and good academic records. But unfortunately, a bad incident in her life ruined her restless life.

Case Study 10:

At 17 years old, Ms. Ayesha Arshad has faced more hardships than most people her age. She is a broken-family child. Her father divorced her mother for another fascination of his life. He opposed bearing the expense of his first family due to his sharp hatred for them. It was hard for them to align paydays with even monthly rent. Her initial adolescence was set apart by maltreatment and steady removals that continue to this day. Regardless of her difficulties, Ms. Ayesha earned a school degree. She has been trying to pass her intermediate exams for three years. However, I couldn't succeed. Ms. Ayesha remembers, "We were harassed by our neighbors for speaking about the problems to the poverty." Her mother was insufficiently educated, so she could bear the expenses to survive. She got married to a man twice her age (a man with two youthful youngsters). Ms. Ayesha, with her mother and siblings, is now living with her stepfather's joint family system. She used to explain her circumstances as "when you're homeless, you feel so vulnerable and exposed." Through family together, she received financial support, yet not the regard she deserves. Arshad and his siblings are tortured by the progression family all day. No one treats them with sympathy or love. They express their feelings by saying, "Home is the most dangerous place. It is scary for those who are not of their own blood. I don't know how we will survive in such a situation."

CONCLUSION AND DISCUSSION

A family is a group of two or more people, with one of them being the householder. He or she is connected with others by virtue of taking birth in the same family, getting married to someone in that family, or being adopted by that family. He normally resides with the same family, a vital group, evolving from human improvement inclinations and a desire to nurture the relationship. It lays the foundation for an individual's development and relationship. The family provides a loving and nurturing environment. It can also be a strong determining factor in the outcome of individual success and happiness in life. In short, it is a basic unit of socialization that organizes the early life of an individual. The social adjustment of adolescents is dependent upon individual family differences or variations in the family's climate. Family is the first training school in both behavior and behavior. In the present study, social adjustment is difficult for children of broken families, and the broken family's children have the space to engage in anti-social activities, and the risk of negative activities is higher in the broken family's children. The family gives a sense of belonging by showing love to an individual and is the first agent of the child's socialization.

The majority of respondents said that they were feeling the change in their children after separation due to their greater attachment to their mother or father. Social adjustment implies the best approach to empower the person to be socially and mentally coordinated; any attempts that cause an individual to accomplish self- and social development are justified and legitimate routes and to make productive social trends. Respondents believed that their children's personality grooming was affected by the court's environment, and they were suffering from mental disturbance. Parents should create socially adjusted families and societies as a catalyst for the production of socially adjusted adolescents. If the attitude of both parents is in harmony with each other and with the accepted codes of conduct of the general community, the home can effectively transmit cultural and moral values to oncoming generations.

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