

Learning Activity #5

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PY-202: Life Span Development

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CONNECT: Explain how factors that promote resilience contribute to favorable adjustment following divorce.

“Despite the significant stressors associated with divorce, approximately 75-80 percent of children become well-adjusted adults with no lasting psychological or behavioral problems (E. M. Hetherington, 2010).” According to a study by Amato (1999), children of divorced families in their young adult hood have the ability to be involved in natural healthy relationships. Children from divorced families have experienced the hardship that is in relation to that pain. This bring them to be stronger individuals because they have overcome and recognize a quality life that they do not want to experience or portray among children of their own. In Amato’s study (1999), it even explains that these children had higher well-being scores in comparison to those who were not from divorced families.

Other factors that promote resilience and contribute to favorable adjustment following divorce is support from both parents and creating stability in both home environments. Exhibiting hostile behavior in front of children promotes stress and uncertainty. As a personal reference, I remember the out in the open hateful behavior between both of them in front of my siblings and. I remember the way I felt. I believe that divorced parents should, for the sake of their children, should conduct themselves respectfully to the other parent, and come to the realization that this is what it is, and as a parent ensure that their children are favorably adjusting.

APPLY: Claire told her 6-year-old daughter never to talk to or take candy from strangers. Why is Claire’s warning unlikely to protect her daughter from sexual abuse?

Claire’s mothers warning is unlikely to protect her daughter from sexual abuse because she is not actually talking about “the elephant in the room.” How is Claire going to associate candy with sexual abuse? That’s like parents ignoring that fact that they need to talk about the birds and the bee’s, and then expecting that their children are not going to have sex. Or those who put their children on birth control thinking that it’s going to solve all underlying problems and issues they may encounter. Claire may be too young to be told why she shouldn’t take candy from a stranger, or what sexual abuse is. If this is so, then Claire’s mother may need to find another way to be proactive in protecting her daughter against sexual abuse. As a parent, you would remove them from any situation in which that could ever happen.

REFLECT: Describe a challenging time during your childhood. What aspects of the experience increased stress? What resources helped you cope with adversity?

Whenever I resort back to my childhood memories, or a significant period of time that was stressful, I think of the relationship between my mother and father. This is significant because there are many underlying factors of why it was not the best – a lot of the negativity was projected through behavior and verbally from my mother onto my siblings and I . I remember more from my childhood as an adult. I remember memories with people, the smell of the lilacs outside my bedroom window (which I loved), and how wonderful and loving my memere and

pepere where. I remember bragging about how well I did on an art project to a group of peers in second grade, and my teacher pulled me aside and told me what I was doing was not very nice (I was embarrassed, and made a point not to publicly ever do so again).

The stressful part was watching my parents. My dad traveled for work a lot, wasn't really a homebody, and drank alcohol in excess. His mother was an alcoholic that ended up in rehab and his father died of lung cancer from smoking. Then there is my mother. She is highly educated, very classy and was a great mother. I believe when her and my father were younger things had been different, but when they moved our family from Connecticut(where my mom is from) to Maine (where my dad is from), environmental and social influence could have brought him to back to bad habits. The way my father treated her, caused her to project a lot of it onto us. I'm not really going to go into detail, but as a young child I understood what was going on. I observed a lot, watched and made concrete decisions and why certain things/actions happened.

School life, sports (soccer, cross country, basketball and softball), a great group of peers, and focusing on my studies was the coping method that I used. I played basketball in college and loved it, and I met a wonderful man who became my husband and was from a very Christian nurturing family (with parents that did not ever drink). My mother and father divorced after my siblings and I moved out, and things are much different now, but better.

References

Hetherington, E. M. (2010, May 30). Risk and Resilience in Children Coping with Parental Divorce. Retrieved June 6, 2020, from <https://sites.dartmouth.edu/dujs/2010/05/30/risk-and-resilience-in-children-coping-with-parental-divorce/>

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