Psychological and Social Consequences of Divorce Emphasis on Children's Well-Being: A Systematic Review

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Abstract

Introduction: Divorce is a traumatic phenomenon that causes extensive consequences. Awareness of the consequences of divorce can contribute to conducting effective interventions to reduce the extent of harm to couples taking divorce. To this end, the present study aimed to discover the consequences of divorce based on children's well-being through a systematic review of previous studies in the literature. **Data sources:** Articles addressing the consequences of divorce during the last decade (2011 to 2021) were reviewed in SID, Noormags, Magiran, Ensani, Elsevier, ScienceDirect, and Google Scholar databases. **Study selection:** All articles published in Persian and English on the consequences of divorce were reviewed. Out of 159 retrieved articles, 38 articles that met the inclusion criteria were analyzed in this study. **Results:** Divorce consequences were classified into three categories: individual, family, and socio-cultural consequences. Individual consequences of divorce include physical and psychological consequences such as hypochondriasis, depression, anxiety, psychological distress, and aggression, and behavioral consequences are taking sedatives, alcohol and drugs, suppression of sexual instinct, and sexual marginalization. Furthermore, from a familial perspective, children, and paternal family members suffer many consequences. Poor academic achievement, aggression, anxiety, depression, and isolation in children and increased tension and conflict, blame and protest, involvement of others in the paternal family are among the

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family consequences of divorce. Socio-cultural consequences of divorce include the public negative attitudes, reduction of social relations, and feelings of alienation. In addition, financial problems, dowry payment, and high workload were identified as economic consequences of divorce. **Conclusion:** The consequences of divorce are very pervasive and in most cases affect all members of the family and society. The divorce could be impacting the children psychological well-being, therefore, awareness to these outcomes can lead to the necessary measures to resolve and reduction of these consequences should be provided post-divorce. Counseling and psychotherapy with couples and child's after divorce helps them to reduce the negative prosocial consequences.

Keywords: Psychological, Social, Consequence, Divorce,children, well-being, Systematic Review.

Introduction

One of the most important decisions that every human being makes is the choosing a partner. Marriage is known socially as a stable bond between a man and a woman, which in addition for meeting their sexual and emotional needs, also regulates their economic needs and social and cultural relations (Askari-Baghmiyani and Javadian, 2017). By choosing a partner and concluding a marriage contract, the family is formed to develop a sense of security, belonging, and self-respect, and to induce personal and social development (Piri et al. 2021). The family as one of the most important social institutions has always had a special place and weight in all societies throughout history (Sadeghi, 2017). Divorce reduces social participation, divorced people usually reduce the contact with family and former friends. In addition, divorce often causes a person to move to another house and place. These events cause the social network close to the person to be limited. Divorce is stressful and may have severe negative effects on a person's well-being, and a person experiences financial and economic stress due to it. Divorce provides more space for people to engage in unhealthy behaviors. Divorce also causes a person to lose emotional and social support, and the same lack of support and social source after divorce causes a decrease in a person's well-being (Ramaekers et al. 2023;Sbarra and Whisman. 2022). Having a stable and reliable relationship with parents is very important during the development of children because children depend on their parents. In ideal conditions, children should grow up in a predictable and relatively unchanging environment, but being in the divorce process of parents can be harmful for children. This dramatic change not only affects his family life, but can also leave adverse effects on their relationships with their parents (Kabyn. 2023).

The family is the first institution that has been formed to meet the natural needs of human beings, especially the need for social life, and none of the human beings have rejected the need to join this basic institution and have always tried to provide effective and scientific solutions in various ways to strengthen the foundations of this human institution (Firozjaeian et al. 2018). Favorable relationships between family members are created when family members meet each other's emotional needs well, understanding the mood and feelings of other family members, listen to each other and pay attention to their concerns, talk to each other in a sincere tone, and express immense lover and affection to each other. These actions lead to satisfaction and peace among family members (Sattari Sefidan Jadid et al. 2018). Besides, having the ability to manage and resolve conflicts constructively can form a strong relationship between the couples and help them to establish an intimate and close relationship (Somohano, 2013).

The social developments of recent decades at the global level have exposed the family system to new and diverse changes, challenges, issues, and needs. Thus, during this period, the family system has been threatened due to numerous and complex factors (Shekarbeigi et al. 2016). During the last century, due to developments such as industrialization, urbanization, and technological advancement, there have been extensive and profound changes in the family system, and thus, family and marital life faced serious changes. These developments are more evident in the family system (Hassani et al. 2017). The formation of different types of families, the expansion of selective to positive

relationships, single-parent families, single mothers, extramarital affairs, the reduction of marriage duration, and finally a significant increase in divorce rates are some changes that complicate relationships in families (Piri et al. 2021). The marital and family system in Iran is also undergoing extensive changes in line with the global situation affected by cultural, social, political, and economic developments. This transitioning situation threatens the stability of the marital relationship. Delay in marriage, women's employment and their greater participation in social affairs, the expansion of the nuclear family, the reduction of the role of parents in mate selection, the reduction of the childbearing rate, and the increase of the divorce rate are among the recent changes in the family system (Abdollahi et al. 2020). The phenomenon of divorce is one of the most complex problems in married life and one of the most important consequences of recent developments, and this complexity is due to the role of various individual, social, economic, and cultural factors in the occurrence of this phenomenon (Haghighatian et al. 2020).

Divorce means dissolution of marriage and is a phenomenon that allows a man and a woman to break off the marital bond and separate from each other under certain conditions (Askari-Baghmiyani and Javadian, 2017). Divorce is the termination of marriage under certain legal, religious, and customary requirements, after which the couple has no rights or obligations towards each other (Firozjaeian et al. 2018). Divorce occurs when a couple decides not to live with each other anymore and also no longer intends to remarry or live together (Mohd Shariff et al. 2021). Divorce used to be the last resort of a life together and until it reached that end all the ways to continue married life were tested, but now divorce is considered as normal as marriage and in most societies, it is an accepted and institutionalized way to end a marriage, and marriage no longer means spending a lifetime with one person (Ebrahimi and MohammadLou, 2021). However, in some cases, divorce must be accepted as a necessity. Sometimes marital life becomes so disorganized that the continuation of cohabitation becomes unbearable and children who grow up in such a toxic environment will suffer from complications and mental disorders (Felix et al. 2013). In Iranian society, the formation, stability, and strength of the family in have long been encouraged and emphasized by religious and social conventions, and in Iranian culture, the instability of the family system has not had much cultural acceptance. Despite efforts to secure marriage, the divorce rate has risen in recent years. According to the statistics published by the Civil Registration Organization of Iran, the ratio of marriages to divorces has increased from 0.89 in 2004 to 1.7 in 2009 and this increasing trend reached 2.4 in 2005 and 3 in 2019 (Bigdeli et al. 2020). In addition, a comparison of the number of marriages and divorces registered in 2019 shows that for every 1000 marriages, 318 divorces have occurred. Thus, not only has the situation not improved, but the divorce-to-marriage ratio has reached its peak in 2019 in the history of Iran (Ebrahimi and MohammadLou, 2021).

The stability of marriage can pave the way for personal growth and prosperity for the individual, and at the same time failure in it leads to widespread and consistent confusion and turmoil (Ahadi et al. 2021). Divorce as a social phenomenon can lead to many different issues and consequences and sometimes many other social harms at the individual and social levels. These consequences happen for both men and women and

also children (Golabi and Shokuhi Alishah, 2021). Divorce is a stressful event that is associated with poor health and survival consequences (Ding et al. 2021). Divorce affects various aspects of health, psychological well-being as well as economic, social, and family life (Leopold, 2018) and has far-reaching economic, social, and psychological consequences for divorced men and women, children of divorce, kinship networks, the local community, and society as a whole (3). This unpleasant experience gives people a sense of skepticism and low self-esteem, which makes it difficult for them to adapt to their new situations (Golabi, and Shokuhi Alishah. 2021). Divorce, which is the most important indicator of marital turmoil, disrupts the cognitive structure of individuals and, as a result, failure in coping with tension (DeLongis and Zwicker, 2017). Divorce destroys family relationships, halts the upbringing of children, and reduces the social and economic support of mothers and children (Mekonnen et al. 2017). Divorce also increases economic and social problems and reduces psychological adaptation among family members (Martínez-Pampliega et al. 2015). When the family is restructured by divorce, social isolation may occur for all family members (Amato, 2014). The experience of divorce affects the compatibility of couples and their children in all psychological, physical, social, and emotional aspects, leading to malfunctioning and inefficiency of family members after divorce (Najjari et al. 2017).

Divorce is now considered a threatening issue that causes both personal harm and the disintegration of society , family and the values associated with them. Given that divorce plays an important role in endangering the health of the family and society, a review of the literature on the consequences of divorce and a deeper study of this issue can help us to better understand the consequences of divorce. Awareness of the psychological and social consequences experienced by people after the divorce can pave the way for more effective action. To this end, the present study intends to evaluate and categorize the results of previous studies on the psychological and social consequences of divorce emphasis on children well-being through a systematic review to better understand this phenomenon and provide some insights into its prevention and treatment.
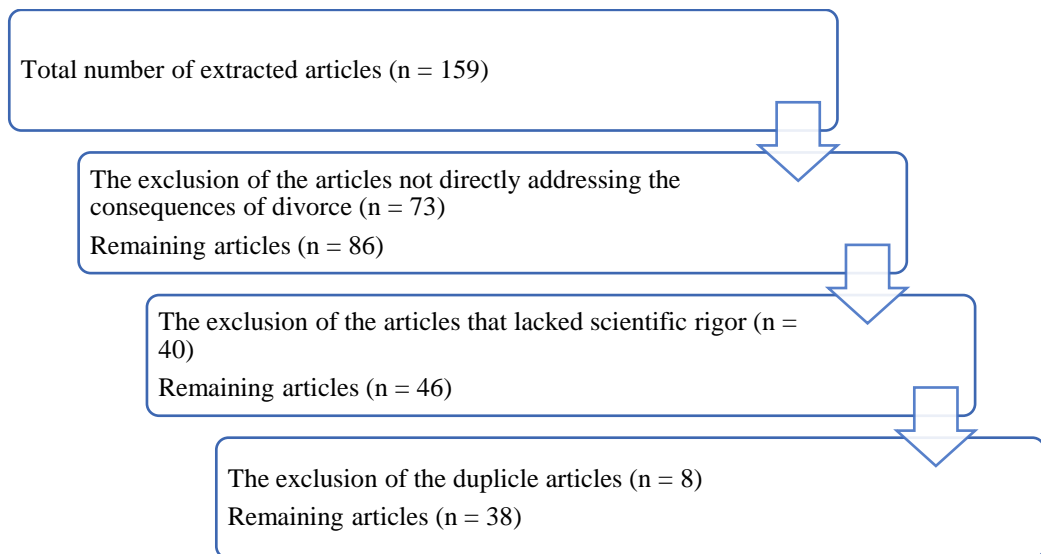
Methods

In present study, the systematic review method has been used, which is actually a structured search that is conducted based on pre-determined rules and regulations. The two main characteristics of a systematic review are: 1. It has high reliability, i.e. it is repeatable 2. It is done in several stages, at first the search is very broad and in the last stages it becomes specific(Jahan et al. 2016).This systematic review was conducted from July 2021 to January 2022.

Eligibility of Studies: This study was conducted as a systematic review. A systematic review is the examination of evidence about a question formulated clearly. In this study, regular and specific methods were used to identify, select, and critically evaluate early

studies on the subject and the data of these studies were extracted and analyzed. In this method, all relevant individual studies were identified, evaluated, and summarized to provide access to available evidence. Combining the results of several studies provides more reliable and accurate estimates for effective intervention (Tufanaru et al. 2015).

Search Strategy: To this end, studies that examined the consequences of divorce and were published in English and Persian during the last ten years (from 2011 to 2021) were reviewed. The search strategy included the terms divorce, separation, divorce consequences, effects of divorce and divorce harm searched in several databases including the Scientific Information Database (SID) of Academic Center for Education, Culture and Research, Iran Magazine Bank (Magiran), Noor Specialized Magazines (Noormags), and the Institute for Humanities and Cultural Studies, Google Scholar, ScienceDirect, and Elsevier. The articles that addressed the consequences of divorce were included in this review. To this end, 159 articles published in English and Persian were extracted. Furthermore, the references used in the selected articles were also checked to ensure the articles were relevant to the subject in question. The exclusion criteria were: (1) The articles that did not directly address the consequences of divorce, (2) The articles that lacked scientific rigor (the articles with unknown ranking or unspecified research procedure), and (3) Duplicate articles. After reviewing the abstracts and taking into account the inclusion and exclusion criteria, 38 articles were selected for review as shown in the figure below: To select the articles and extract the data, first the titles and abstracts of all the articles obtained by the authors of the design, review and duplicates were removed, then the title and abstract of the remaining articles were carefully studied and the articles that did not meet the entry criteria This review has been deleted. Finally, the full text of possible related articles was checked, eligible articles were selected and unrelated articles were removed. The current research was carried out in six stages: 1. Determining the topic 2. Searching for articles related to the topic 3. Applying restrictions to enter the sample 4. Extracting demographic data 5. Extracting conceptual data 6. Combining data and extracting the results.

Total number of extracted articles (n = 159)

The exclusion of the articles not directly addressing the consequences of divorce (n = 73)

Remaining articles (n = 86)

The exclusion of the articles that lacked scientific rigor (n = 40)

Remaining articles (n = 46)

The exclusion of the duplicle articles (n = 8)

Remaining articles (n = 38)

Figure 1. Different stages of implementing research

Results

A total of 38 articles were reviewed to determine the consequences of divorce. The data indicated that most of the articles (21 articles) used a qualitative design. Besides, 11 articles used a qualitative design, 2 articles used mixed methods design, and 4 articles were review articles. Table 1 summarizes the results of the reviewed articles on the consequences of divorce:

Table 1: *A summary of the reviewed articles*

Row	Author(s)	Title	Research design	Results

1	Bastani et al. (2011)	Emotional divorce and strategies to face it	Design: Qualitative Sample: 20 women in Tehran Instrument: Interviews	Depression, boredom, anxiety and worry, feelings of inferiority, motivation, loss of confidence, feelings of failure, loss of vitality, physical illness, premature weakness, isolation, child anxiety, isolation of children, children's school dropout, children aggression, and children' feeling of insecurity
2	Massoglia, Remster, & King, (2011)	Stigma or Separation? Understanding the Incarceration-Divorce Relationship (Survey Study)	Design: Survey Study Sampling: Random Instrument: Questionnaire	The findings indicated the importance of spousal separation for recognized the incarceration-marital dissolution relationship.
3	Sadeghi Fasaei & Esari (2012)	Gender analysis of life after divorce: A qualitative study	Design: Qualitative	Dowry payment, difficulty in managing the household affairs,

			Sample: 36 divorced men and women Instrument: Interview	relocation, change in the parent-child relationship, difficulty in playing a single parent role, custody of children, role ambiguity and duality, suicide, addiction, alcohol abuse, isolation, low self-esteem, people's negative attitudes, social rejection, discredit, loss of married friends, restricted remarriage, dissatisfaction with emotional needs, and suppression of sexual instinct
4	Sadeghi Fasa'I & Isari (2013)	Post-divorce self-redefining and identity building in women	Design: Qualitative Sample: 18 divorced women Instrument: Interview	Role duality, returning to the paternal home and adapting to living with them, finding a job, reducing independence and increasing conflict in

				the paternal home, insecurity, anonymity, and a sense of suspense
5	Merghati – Khoei et al. (2020)	Divorce from a divorcee woman's perspectives: A qualitative study	Design: Qualitative Sample: 26 divorced women Instrument: Interview	Physical, mental, and emotional disorders, social stigmatization, separation from children, loss of financial resources and support, loss of social status, destruction of social role, despair, loss of hope in the future
6	Ghodrati & Hassani (2016)	Meaning reconstruction of the experience leading to divorce using grounded theory among divorcees in Mashhad city	Design: Qualitative Sample: 22 divorced women in Mashhad Instrument: Interview	Feeling lonely, change in spiritual beliefs, social stigmatization, distrust in others, smoking
7	Ghamari Givi & Khoshnoodniay Chomachaei (2016)	Comparison of social skills, mental health and academic performance in	Design: Quantitative Sample: 481 children of divorce and	Children's anxiety, children's social dysfunction, children's depression, a decline

		children with divorced, divorcing and intact parents	419 children of parents seeking divorce Instrument: Questionnaire	in children's social skills and academic performance
8	Ghodrati et al. (2017)	Exploring the meaning of divorce from the viewpoint of divorcees in Sabzevar	Design: Qualitative Sample: 15 divorced women Instrument: Interview	Remorse, worry about the future of children, stigmatization, reduction of social capital, loss of the opportunity to remarry, need for a companion, proposal of concubine/temporary marriage
9	Mohammadpour (2016)	A study of socio-cultural, economic, and psychological issues of women after divorce	Design: Qualitative Sample: 300 divorced women in Khoramabad Instrument: Interview	Harassment, use of drugs and sedatives, negative attitudes of others, the impossibility of remarriage, financial problems, lack of control over events, worries, anxiety, feeling defeated, frustrated, sensitive

				and quick-tempered, and aggressive behaviors
10	Sadeghi et al. (2016)	Exploring the youth's perceptions of the divorce experience: A qualitative study in Tehran	Design: Qualitative Sample: 15 divorced women and 19 divorced men Instrument: Interview	Divorce stigma and labeling, isolation and withdrawal, pessimism, moral harassment for women, emotional and economic gaps, financial and economic problems, hiding the divorce, concern for the future of children, custody of children, difficulty in providing economic and emotional security for children
11	Sha'bani & Tat (2017)	A comparison of mental profiles among female high school students from divorced and normal families in Gorgan	Design: Qualitative Sample: 180 female students Instrument: Interview	Hypochondriasis, depression, hopelessness, aggression and violence, feelings of insecurity and anxiety, mood disorders

12	Askari-Baghmiyani & Javadian (2017)	The double pressure of life, the main outcome of Divorce on women: A qualitative study	Design: Qualitative Sample: 25 divorced women Instrument: Interview	Low income and financial problems, high workload, feelings of loneliness and isolation, limited relationships, harassment of others at work and in the community, offers of friendship and temporary marriage, family members' blame and objections to behaviors, family pressure to remarry, the father's emotional gap, and lack of care for raising children
13	Haji-Hosseini & Raissi (2017)	Identification of factors affecting parental divorce damage in boys under the custody of the mother	Design: Qualitative Sample: 13 boys in divorced families Instrument: Interview	Feelings of sadness in children, feelings of anger in children, academic failure, smoking, alcohol, and drugs in children, and economic problems

14	Taheri Bonchenari et al. (2016)	An exploration of divorce and its origins and consequences in Tehran	Design: Qualitative Sample: 25 divorced and divorcing women Instrument: Interview	Family restructuring, stigma, educational, emotional, and moral decline in children, feelings of rejection, the regret of married life, feelings of alienation, and individualism
15	Haghighatian et al. (2018)	Typology of divorce and its social consequences among the divorced women under the support of Imam Khomeini Relief Committee of Chaharmahal and Bakhtiari Province	Design: Qualitative Sample: 400 divorced women Instrument: Interview	Loss of social identity and status, isolation and loneliness, loss of social support, a decline in social relations, feeling of insecurity, rejection, people's negative attitudes, negative feedback from others, harassment and violence, financial problems
16	Zamani Zarchi et al. (2018)	A phenomenological study of emotional and subjective experiences of	Design: Qualitative Sample: 17 male and female adolescents	Hatred for the absent parent, interference from others, resentment for the custodial parent due to wrong decisions,

	children of divorce	with divorced parents Instrument: Interview	repetition of negative experiences, negative social attitude, distrust, feeling insecure, feeling lonely	
17	Ahmaddoust et al. (2020)	The context and consequences of divorce in Rasht, Iran: A qualitative study	Design: Qualitative Sample: 25 divorced men and women Instrument: Interview	Exercising control from the paternal family, social stigma, cold relationships, abuse, the difficulty of remarriage, fear of remarriage, lack of opportunity for remarriage, financial problems, feelings of anger, loneliness, regret, preoccupation, pessimism, and negative thoughts
18	Shahbakhti et al. (2018)	Designing a family concept model in divorce applicant couples based on grounded theory	Design: Qualitative Sample: 9 couples applying for divorce	Decreased self-confidence, stress, children's unknown future, negative attitudes about divorced women, suppression of

			Instrument: Interview	talents, creating chaos in society, disrupting the peace of society, satisfying needs through extramarital relations, normalization of divorce, job threats, loss of financial, emotional, and family support
19	Amani et al. (2019)	The identification of the consequences of parents' divorce on children: A qualitative study	Design: Qualitative Sample: 13 students with divorced parents Instrument: Interview	Insecurity in social interactions, economic problems, structural family problems, depressive symptoms, dysfunctional adjustment patterns, and academic problems
20	Mirzaei Saghreloo & Khodabakhshi-Koolaee (2020)	Child custody challenges for divorced mothers: A phenomenological study	Design: Qualitative Sample: 17 women applying for divorce	Negative emotions and psychological distress, social exclusion, economic problems, worries about the future of children, worries

			Instrument: Interview	about the failure of children in marriage
21	Hamed & Zokaei (2020)	Lived experience of divorce children in Iran	Design: Qualitative Sample: 24 children with divorced parents Instrument: Interview	Unsafe social interactions, academic failure, mental health problems, fear of the future, poor resilience, and the tendency to abnormality
22	Abdollahi et al. (2020)	Analysis of the experience of divorce from the perspective of divorced couples in Tehran	Design: Qualitative Sample: 19 divorced persons Instrument: Interview	Decreased self-esteem, negative attitudes towards the opposite sex and married life, the tendency to short-term relationships, mutual pessimism in the family, increased family tensions, relatives' curiosity, forced relocation, losing one's status in family relationships, increased harassment, and reduced social responsibility

| 23 | Rafati Asl et al. (2020) | Developing a support model for divorced children (Case study: Tehran) | Design: Qualitative Sample: 26 children with divorced parents Instrument: Interview | Financial poverty, rejection, abandonment, hiding parental divorce, emotional repression, spatial breakdown, discriminatory support, fear of the future, need for housing and high workload, fear of being judged, loss of self-confidence, loss of social relationships, frustration, and feelings of inferiority, feelings of helplessness, dropout, the tendency to self-destructive behaviors, the tendency to deviant behaviors, fear of the future |

24	Golabi & Shokuhi Alishah (2021)	Gender and habitual differentiation: a comparative study of perception and experience of men and women when divorcing (Case study: Tabriz)	Design: Qualitative Sample: 17 divorced women and 15 divorced men Instrument: Interview	Decreased social relationships, lack of economic support, depression and mental disorder, formation of a single-parent family, sexual marginalization, requests for illegitimate relationships
25	Ahadi et al. (2021)	Developing a conceptual model of the factors forming divorce in the first five years of life: a grounded theory study	Design: Qualitative Sample: 19 divorced persons Instrument: Interview	Decreased self-esteem, pessimism about marriage, increased family conflicts, forced relocation, loneliness, declining physical health, distrust, self-blame, diminished relationships with relatives, weakening of religious beliefs, depression, aggression, isolation
26	Amato & Anthony (2014)	Estimating the effects of parental	Design: Qualitative	A decline in children's

		divorce and death with fixed effects models	Sample: 2138 children Instrument: Interview	development and adaptation
27	Haimi & Lerner (2016)	The impact of parental separation and divorce on the health status of children, and the ways to improve it	A review study	Development of behavioral problems, negative self-concept, social problems, problems in interacting with parents, depression, violence, suicide attempts, and physical illnesses
28	Wazeema & Jayathunga (2017)	Impact of divorce among Muslims in Sri Lanka	Design: Mixed methods Sample: 40 divorced women Instruments: Interviews and questionnaires	Mental disorders in children such as depression and anxiety, behavioral problems such as aggression and fights, poor academic performance, poor quality of life, financial problems, the impossibility of remarriage, drug addiction, feelings of rejection and

				worthlessness, aggression, family worries about their child's future, depression and feelings of family inferiority, social disorder, poor job performance, rising medical costs
29	Leopold (2018)	Gender differences in the consequences of divorce: A study of multiple outcomes	Design: Qualitative Sample: 1220 divorced persons Instrument: Interview	Relocation, economic problems, raising children alone
30	Mekonnen et al. (2019)	Prevalence, causes and consequences of divorce in Bahir Dar city, Ethiopia	Design: Mixed methods Sample: 361 families in the qualitative phase and 8 couples in the qualitative phase Instrument: Questionnaire	Drug use, reducing the relationship between children and the non-custodial parent, the failure to meet the basic needs of children, reduced income, economic crisis, feelings of neglect, isolation, stress, feelings of helplessness,

			and interviews	feelings of inferiority, distrust
31	Akpan & Ezeume (2020)	The challenges faced by parents and children from divorce	A review study	Economic problems, behavioral and antisocial problems faced by children, mental disorders
32	Spremo (2020)	Children and divorce	Design: Qualitative Sample: 590 children Instrument: Questionnaire	Depression, anxiety, anger, and low self-esteem in children
33	Reuven-Krispin et al. (2021)	Consequences of divorce-based father absence during childhood for young adult well-being and romantic relationships	Design: Qualitative Sample: 119 adults experiencing parental divorce in childhood Instrument: Questionnaire	Experiencing lower levels of commitment, intimacy, love, and passion
34	Wambua (2021)	Effect of parental divorce and separation on the psychosocial wellbeing of adolescents in	Design: Qualitative Sample: 1312 students Instrument: Questionnaire	Restlessness, hyperactivity, headache, stomach pain, physical illness, anger, isolation, constant

		Kajiado North Sub-County, Kenya		worry, lack of concentration, feelings of discomfort, and dissatisfaction
35	Heimisdóttir (2021)	The effects of parental divorce on self-esteem, anger, substance use and family aspects among young people (Doctoral dissertation)	Design: Qualitative Sample: 2156 persons Instrument: Questionnaire	Low self-esteem, less parental support, anger, smoking, using alcohol and drugs
36	Ding et al. (2021)	Effects of divorce and widowhood on subsequent health behaviors and outcomes in a sample of middle-aged and older Australian adults	A review study	Smoking, changes in diet and physical activity, feelings of discomfort, anxiety, depression
37	Bucheli & Vigorito (2021)	Short-and medium-term effects of parental separation on children's well-being. Evidence from Uruguay	Design: Qualitative Sample: 810 couples Instrument: Questionnaire	Children's school dropout, economic problems

| 38 | Mohd Shariff et al. (2021) | The effects of divorce parents on child's behavior | A review study | Problems in relationships with peers, stress, aggression, academic failure |

The outcomes identified in this study need to be organized and analyzed in detail. For this purpose, the identified consequences of divorce were divided into three individual, family, and socio-cultural categories. The individual consequences were divided into two categories: physical - psychological, and behavioral. Furthermore, the family consequences were divided into two subcategories : children and family categories. The socio-cultural consequences were divided into two issues: social and economic consequences. Table 2 presents these consequences systematically:

Table 2: *Psychological and social consequences of divorce*

Consequences	Categories	Consequences of divorce
Individual	Mental and physical	Suffering from physical illnesses, depression, impatience, anxiety and worry, feelings of inferiority, apathy, loss of confidence, feelings of failure, loss of vitality, ambiguity and role duality, suicide, decreased self-esteem, self-blame, feelings of helplessness and pending, despair, having no hope in the future, feelings of loneliness, changes in spiritual beliefs, regrets, self-pity, aggression and violence, feelings of insecurity, mood disorders, sensitivity and irritability, preoccupation, pessimism, and negative thoughts, negative emotions, and psychological distress, poor resilience, negative attitude towards the opposite sex

		and married life, dissatisfaction with emotional needs, fear of remarriage, pessimism about marriage, worry about the future of children, public distrust, fear of children's failure in marriage, feeling of being ignored
	Behavioral	Difficulty in managing the household affairs, problems in remarriage, suppressing sexual instinct, using drugs, alcohol, and sedatives, lack of opportunity for remarriage, failure in developing talents, the tendency to abnormality, sexual marginalization, living alone, engaging in extramarital affairs, restricted relationships
Family	Children	Anxiety, isolation, aggression and insecurity, change in parent-child relationships, social dysfunction, depression, decreased social skills, the father's emotional gap, and lack of care for raising children, difficulty in meeting economic and emotional needs, educational, emotional, and moral decline, feelings of sadness, smoking, using alcohol and drugs, resentment towards the absent parent, resentment toward the custodial parent for wrong decisions, rejection, abandonment, concealment of parental divorce, emotional repression, spatial breakdown, fear of the future, fear of being judged, loss of self-confidence, loss of social relationships, frustration and feelings of inferiority, feelings of helplessness, dropout, tendency to self-destruction behaviors, tendency to deviant behaviors, the development of behavioral problems, negative self-concept,

		problems in relationships with parents, suicide attempts, reduced relationships with unaccompanied parents, dissatisfaction with basic needs, economic problems, behavioral and antisocial problems, restlessness, hyperactivity, physical illness, withdrawal, constant anxiety, lack of concentration, discomfort and dissatisfaction, less parental support, problems in peer relationships
	Parental family	Returning to the paternal home and arranging life with them, declined independence and increased conflicts in the paternal home, separation from children, family blame and protest against behaviors, family pressure to remarry, interference from others, exercising control from parental family, mutual pessimism in the family, increasing family tensions, relatives' curiosity, increasing family conflicts
Socio-cultural	Social	Public negative attitudes, social rejection, discredit, loss of married friends, social motivation, loss of resources and social support, loss of social status, destruction of social role, stigma, proposing temporary marriage, negative attitudes of people, harassment in the workplace, and society, proposing friendship and temporary marriage, changing family structure, feeling of alienation and individualism, loss of identity and social status, harassment and violence, cold relations with others, abuse, insecurity in social interactions, creating chaos in society, destroying the peace of society, normalization of divorce, tendency to short-term relationships,

		reducing social responsibility, reducing social relationships, proposing illicit relationships, a decline in relationships with relatives, formation of single-parent family
	Economic	Dowry payment, loss of financial resources and support, low income, high workload, economic gaps, financial and economic problems, lack of economic support, job threats, job search

Discussion

This study investigated the consequences of divorce. Divorce can be a life-changing experience for the entire family, for children, spouses, and for the family beyond the nuclear unit. Divorce is one of the most important phenomena of human life and has many aspects in human society: Divorce is the first psychological phenomenon, which affects not only the psychological balance of couples but also their children, relatives, and friends. Second, divorce is an economic phenomenon because disrupting the family as the only legitimate reproduction system affects the quality of society and results in children deprived of parent and family support. In addition (Rowshani et al. 2015; Çaksen, 2022; Thadathil & Sriram. 2019). Divorce is a harmful phenomenon that can have adverse effects on people's health, relationships, and living conditions. According to the results of the present study, divorce has a wide range of consequences that can be divided into three individual, family, and socio-cultural consequences (Endeweld et al. 2021).

The individual consequences of divorce include physical, psychological, and behavioral consequences for the divorced person (Hald et al. 2022). Divorce increases the risk of physical and mental illness and threatens people's physical and mental health. A review of previous studies indicated after divorce, people experience consequences such as depression, anxiety, pessimism, mental disorder, aggression, hypochondriasis, anxiety

about the future, feelings of failure, hopelessness, feelings of inferiority, and low self-esteem. Divorced people also experience behavioral consequences such as the use of sedatives, alcohol, and drugs, difficulty in managing household affairs, living lonely, suppression of sexual instinct, limited relationships, and satisfaction of sexual needs through extramarital relations. Each of these consequences can pave the way for other consequences. When people's physical and mental health is impaired, their performance in various fields is also impaired and can lead to harm to the family, social relationships, and job performance. Moreover, the family consequences of divorce include the consequences for children and the paternal family. Children are not immune to the consequences of divorce, and their parents' divorce will have adverse effects on them. Children of divorced families experience far-reaching consequences. Divorce of parents may induce mental disorders in children. After a parent's divorce, children are exposed to reactions such as depression, aggression, anxiety, poor academic performance, and in some cases school dropout. Children try to hide their parents' divorce from others because of people's bad attitude towards divorce, but in cases where parental divorce has been exposed, children experience feelings of loneliness, rejection, sadness, and humiliation. They also have problems in their social relationships with others, try to limit their relationships with others, and sometimes have problems in relationships with peers. In addition to the children, divorced people also experience consequences. Tensions and conflicts in the family increase, family members feel pessimistic about each other, people around them, and relatives get involved in issues, which intensifies the family's unhappiness (Kerr, 2012).

Moreover, the socio-cultural consequences of divorce can be divided into two social and economic categories. In the context of social relationships, divorce sets the stage for consequences such as social exclusion, social stigmatization, feelings of discredit, and sexual dysfunction. In addition, when couples get divorced, they face negative reactions from others, those around them limit their relationship with them, and they develop a negative view of the divorced person. Thus, the divorced person feels alienated and loses his/her sources of social support. In addition to these consequences, divorce causes the

divorced person to be harassed in public and at work, to receive offers of friendship and short-term relationships, offers of a concubine, and illicit relationships, which can lead to other consequences for the divorced person. Divorce also has economic consequences for people. Dowry payment is one of the most important economic consequences for men, which can weaken their financial situation. Besides, financial problems and the loss of resources and financial support after divorce causes people to look for better jobs or to work continuously to make up for their financial shortcomings (Baitar et al. 2014).

Divorce is a harmful phenomenon for individuals and society that has far-reaching consequences. The scope of these consequences is not limited to the divorced person, but also encompasses children, the paternal family, and society. The consequences of divorce affect everyone and in some cases can cause irreparable damage. Therefore, an awareness of the consequences of divorce can contribute to developing programs to reduce the impact of these consequences on individuals and society.

This study also had some limitations. The search was conducted in both Persian and English, which could prevent access to all studies on the consequences of divorce. Another limitation was the unavailability of the full manuscript of some articles. Thus, some articles were excluded from the review process. Despite these limitations, this review study has several strengths; First of all, this study employed a comprehensive search strategy to retrieve data from several comprehensive databases. Besides, this article is the first systematic review of studies on the consequences of divorce.

Conclusion

Divorce is a reprehensible phenomenon that causes great harm not only to the family but also to the society. Extensive consequences of divorce are classified into three dimensions: individual (physical-psychological and behavioral), family (children and paternal family), and socio-cultural (social and economic) consequences indicating that divorce is a phenomenon with countless consequences that not only cause various psychological and social harms to couples and their families but also cause wide-ranging consequences at the community level. Some consequences of divorce, both

psychologically and socially, may have adverse and irreversible effects that require immediate and significant interventions. The results of this research showed that parental divorce has negative psychosocial effects on children. Informing and providing divorce counseling services to families and their children can lead to reducing psychological and social harm. In addition, before finalizing the decision of divorce, psychological, social and economic preparation of children to face new life conditions is necessary.

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