

Counseling Strategies for The Traumatic Psychological Problems of Divorced Children

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ABSTRACT

With the increasing number of divorced families in our country in recent years, the mental health problems of children from divorced families have received more and more attention. The divorce of parents makes it impossible for children to grow up healthily in a sound family environment, and their body and mind are very vulnerable to influence. In order to improve the mental health status of children from single-parent families, it is not only necessary for both parents to make efforts but also for schools and society to make efforts. Therefore, this paper mainly analyzes the status quo of children's mental health in divorced families and gives corresponding suggestions for improvement.

KEYWORDS: *Counseling Strategies, Traumatic Psychological Problems, Divorced Children*

I. INTRODUCTION

Divorced families mainly refer to the parents being divorced, leaving only the father or mother alone with the children of the family. Children who grow up in divorced families, because of the emotional lack of a father or mother, mental health is easily affected, plus in school, society will be intentionally or unintentionally treated differently, not only mental health but also the children's character. Although divorced families and parents can have a great impact on children, the divorce rate in recent years in our country is still rising constantly. The number of children in divorced families is also increasing constantly. Therefore, the mental health and education of children from divorced families has become important issues that cannot be ignored at present.

Divorced families are a special social phenomenon; research shows that parents who divorce first hurt their own children. "Divorce is second only to death as a traumatic event for a child," says child psychologist Lee Sock. According to the survey, for the divorce of parents, over 90% of primary school students have a psychological burden, weak emotion and willpower, and cannot correctly understand the people and things around them and society. Due to the long-term lack of parental care, these young hearts and minds will have major problems. The

main manifestations are the psychology of being abandoned; the lack of belonging; interpersonal communication that produces inferiority; rebellious psychology; fear of failure; and the ability to lose confidence in learning. For these children, we should use scientific and effective mental health education means and methods, timely insight into the psychological problems of students, and their hearts, so that divorced children bathe in the sunshine of love and have happy and healthy growth.

II. CHILDREN'S POSITIVE AND OPTIMISTIC CHARACTER

Combined with our many years of student psychological counseling education and class teacher work, introduce some of their own practices.

Pay attention to daily care and cultivate the positive and optimistic character of divorced children. As the famous educator Suhomlinsky said, "No love, no education." Divorced children are more eager to get the love of class teachers because they are very eager to use the teacher's love to make up for the lack of affection. Therefore, schools and teachers, in the process of educating students from divorced families, must treat them with sincere love, protect their self-esteem, always have positive expectations of their children, understand their feelings, and trust their abilities. At the same time, we should actively look for their shining points through the typical examples around us, educate divorced children to develop in the direction of praise, correctly establish their own world outlook and outlook on life and values, bravely face setbacks and difficulties encountered, and cultivate divorced children's positive and optimistic character.

A. Sincerely Accept Them and Open Their Hearts.

According to Rogers (2022), showing acceptance to others is helping to be accepted. People are important factors in moving towards mental health, becoming more creative and productive, and realizing their full potential. If the teacher knows how to use positive language to express a broad mind to accept all kinds of children, you can encourage the child to accept and like themselves and increase their sense of personal value because acceptance is an act of love.

From a psychological point of view, feeling loved is very important for children, can promote personal physical and mental development, and is the most effective treatment for physical and mental trauma. Divorced children need our acceptance to enhance their sense of belonging and mutual acceptance between each other, like a spiritual bridge connecting the emotions of both sides. Only with sincere acceptance can the teacher effectively open their hearts.

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B. Close contact; feel the sincere love of parents.

There is one kind of love that cannot be replaced, and that is the sincere love between parents and children. Even if the parents are divorced, they should tell them to take time out as much as possible, accompany their children, and explain the reasons for the divorce to the child in time so that he can accept the fact. As a teacher, although it cannot replace the role of parents, it can set up a bridge between parents and children so that the role of parents in the growth of children can play its due role as much as possible. Teachers should often contact the children's parents, let them share the children's joys and sorrows, and send blessings when the children achieve success. Offer encouragement when your child is feeling down. Usually, let the child know through WeChat, phone, SMS, and other ways to actively communicate with their parents: although the parents are divorced, they are not at their side, but they still always care about themselves and their own way forward with their kind company. In this way, children will have stronger confidence and greater courage to face difficulties and unpredictable futures. If the child can still bathe in a strong family atmosphere and harmonious teacher-student affection from time to time after divorce, then the child can grow up actively and healthily.

C. Actively appreciate and create a tolerant and harmonious atmosphere.

Research has found that children behave inappropriately because they want attention. Divorced children want more attention from teachers than other children, and teachers should be motherly enough to tolerate their sometimes irritating behavior. When he makes progress, the teacher should be generous with your words of praise and actively appreciate him. At the same time, we should educate other children to be more tolerant and less critical of them, jointly create an atmosphere of love for them, let them feel the warmth of the collective, and invest in the collective and society with a more positive and optimistic attitude.

Build a broad stage to enhance the self-confidence of divorced children.

Psychological research shows that self-confidence is an important characteristic of personality psychology. Self-confidence is a person's positive feelings about themselves; mental health talent has a sound "self." Confident people will love life, can deeply feel the beauty of life and the fun of life, and actively look forward to a better future. For divorced children, in addition to many activities to enhance their self-confidence, there is also the warmth of the teacher to stimulate their self-confidence. Therefore, it is necessary to build a broad stage for them to enhance the self-confidence of divorced children and eliminate their inferiority.

1) *Stimulate children's self-confidence with sincere encouragement.*

Sincere encouragement is the catalyst for enhancing the harmonious relationship between teachers and students. He often encourages children; his psychology is positive and optimistic; it can help children build self-esteem, confidence, and self-worth. A child with self-esteem can adapt to the environment and grow steadily. A confident child will strive to move toward goals and pursue self-affirmation. Children of divorced parents, due to a lack of belonging and not being accepted, need more comfort and encouragement. They also need teachers' care

and love. Valuing the nature, endowments, and contributions of divorced children and expressing appreciation and gratitude will enhance their self-confidence and make them braver to face the future. Encourage children to believe in themselves and affirm their ability to play. Paying attention to children's internal motivation can boost their self-confidence and help them establish a good sense of self.

2) *Attach importance to efforts and progress to enhance children's sense of achievement.*

When parents divorce, children are vulnerable, and their hearts are weak. Therefore, as long as the child works hard, regardless of success or failure, even if there is only a little progress, the teacher should immediately give appreciation so that he has confidence in himself. The teacher should often create a suitable opportunity for their performance so that they can be recognized by everyone through their efforts and show appreciation for them, which can greatly enhance the child's sense of accomplishment. If it is a very difficult job, the teacher can ask the child to do it in sections. After each completion of a paragraph, the teacher should give timely encouragement so that they feel the sense of accomplishment brought by success. In addition, verbal encouragement can also make children motivated. For example, "I see you work very hard," "I thank you for doing this; the students will like you very much," let him really feel their presence in the class, enhance his happiness, which has a great boost to his self-confidence, and the child can also understand that any effort is valuable and meaningful.

3) *Establish close friendships and enhance children's happiness.*

Divorced children often feel lonely. Their personality is often autistic, and making friends with peers can greatly alleviate their psychological pressure. As the saying goes, "A heart must cure a heart." The best key to opening the hearts of students is friendship between students. Therefore, teachers should set up a bridge of friendship for children and establish close friendships among classmates. In the classroom, teachers should encourage students to make friends with divorced students and praise students who make friends with divorced students. For example, Li classmates in my class were younger, timid, afraid, and had no self-confidence. Since making friends with the monitor, he learned to adjust his mood, began to put down his prejudice against people and themselves, and correctly treated the relationship with classmates. Teachers can also carry out "one-to-one" learning and support activities, with the good conduct of eugenics to infect, with the enthusiasm of eugenics to edify, and with the good results of eugenics to awaken, in order to cultivate the positive and healthy psychology of divorced children, the pursuit of superiority, and self-affirmation, so as to obtain satisfaction.

III. FINDINGS

In the process of educating children, children may continue to repeat mistakes or deliberately test the determination of the teacher. At this time, the teacher should be in a firm position with a gentle expression to implement norms or requirements. When the method used is ineffective, do not lose heart and frustration; give yourself more encouragement. With unremitting efforts and lasting patience to educate the child, I believe that the future will be able to harvest the growth of the child.

Parents must first adjust their own mentality, use their own healthy interpersonal relationships to demonstrate to children, guide children to interact with others, and teach them to solve problems. Only in this way can children have a healthy psychology from childhood, establish a strong social relationship, and offset the adverse effects of their parents' divorce.

Family is a banner for children, and parents are a mirror for children. Even in a divorce, that's still true. Positive parents bring positive life to their children; negative parents bring negative life to their children. Therefore, if parents want to cultivate a good child, they should first be good parents. If you want your child to get out of the sleep effect of divorce, parents should adjust their mentality and do the following four things:

- 1) Don't fight; be happy to part. Before and after divorce, parents try to minimize conflict.
- 2) Do not interfere with normal life. Try not to change your child's life too much after divorce.
- 3) In the cultivation of children's careers, parents should form an educational force.
- 4) The first person responsible for the child should consciously cultivate the child's positive interpersonal skills.

In conclusion, the psychological problems of divorced children are a complex and important social problem. "Let each divorced child eliminate psychological barriers in time and form a sound personality so that they always have a healthy, positive, confident attitude to face the present and future and live happily and grow up happily" is the ultimate goal of research on children's psychological problems.

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