

## Original Article

## Association between Depression, Anxiety, Quality of Life and Satisfaction with Life Among Children of Divorced Couples

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### Abstract

**Objective:** The aim of this study is to identify the association between depression, anxiety and quality of life (QOL) among children of divorced couples.

**Methods:** A random sample comprised of 198 individuals, 07 to above 20 years of age. An organized self-report questionnaire based on 6. Segments was administered; 1. Consent form, 2. Demographic information sheet of participants, 3. Beck anxiety inventory (BAI), 4. Beck depression inventory (BDI), 5. Satisfaction with life-scale, 6. Quality of life Scale.

**Results:** The current research reveals that the Beck anxiety inventory has a non-significantly positive correlation with the Beck depression inventory ( $r = .77, p > .05$ ) and a non-significantly negative correlation in Satisfaction with life scale ( $r = -.26, p > .05$ ), and has a significantly negative correlation with Quality of life scale ( $r = -.026, p < .05$ ). Beck depression inventory has a non-significant negative correlation with satisfaction with life scale ( $r = -.279, p > .05$ ) and has a significant negative correlation with Quality of life scale ( $r = -.015, p < .05$ ). Satisfaction with life scale has a non-significant positive correlation with Quality of life scale ( $r = .340, p > .05$ ).

**Conclusion:** Analysis of the current research study indicates that divorce is a predictive factor in the life of children who have separated parents. Divorce is a strong factor which affects the level of depression, anxiety and quality of life and satisfaction with life.

**Keywords:** anxiety, depression, parental divorce, quality of life, children.

### How to cite this:

Abbas S, Abbas S, Latif M, Razzaq A, Sarwar M. Association between Depression, Anxiety, Quality of life and satisfaction with life among children of divorced couples. J Pak Soc Intern Med. 2022;3(4): 336-338

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DOI: <https://doi.org/10.70302/jpsim.v3i4.2266>

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### Introduction

Almost, thirty years of investigation analyzing the effect of family structure on the wellbeing and prosperity of kids which shows that kids living with their wedded organic guardians reliably have better physical, passionate, and scholarly prosperity. Many researches have been conducted on different factors which affects the quality of life and psychological well-being of children with different parenting styles as one of the research study conducted by Latif, M., & Abbas, S. 2022 states that Parental education plays an important role in the self-esteem, quality of life and psychological well-being of the children. Pediatricians and society ought to advance the family structure that has the most obvious opportunity with regards to creating sound kids. Separation makes hopeless damage all included, however most particularly to the kids.<sup>1</sup> Another study conducted by Abbas, S. 2022., revealed that domestic violence and

parental life satisfaction plays an important role in the lives of young females. Separation harms society. Children are the beings which always get affected by the parent's attitude and their lives. A happy marital life is very much important for the children to have groomed personalities in upcoming eras of their lives.<sup>2</sup> As one study conducted by Abbas, S. 2022., suggests that early marriages are also the cause of marital dissatisfaction which ultimately results in the form of low level of quality of life, welcomes fetus mortality, female health issues etc., all these issues will be presented as major factors in the personality development of children.<sup>3</sup> Separation is a terminology which is not only considered as a stigma for a female it also affects the life of a male as well, but the individuals which are affected most by this term are the children who don't have understanding about what's going around the lives of their parents. Children from separated parental background have better charges

of enthusiastic shakiness, instructive inconveniences, social clashes, and psychological negative perspectives in contrast with the ones adolescents from continually wedded mother and father.<sup>4</sup> Britannica (2016) defines quality of life (QOL) as that a person is healthy, comfortable, and able to attend and enjoy life events.<sup>5</sup> The World Health Organization (2020) defines QOL as a person's understanding of his status in his life as set by his cultural and societal norms and values with whom they are living in order to fulfil his aims, motives and standards. This includes all physical, emotional, social aspects of an individual's life. According to Seidl (2004), Quality of life usually is described in terms of a subjective notion or belief which is multidimensional, also is described and systematized with difficulty and finally of sophisticated operationalization.<sup>6</sup> It is basically described as an individual understands of their status in their lives along a societal and cultural context in association with their objectives, standards and expectations.<sup>7</sup>

The challenges of separates from the practices of father and mother likely are not generally helpful for the kid. A few tests were performed to check aggravation among kids. Indications of discord in drawings routinely supposedly show the hover of family members disharmony strongly affects adolescents and children opposing results in the survey factors. Simultaneously, as children may not explicit verbally their issues with the own family, projective drawing checks susceptibly mark the ones emotions. The socioeconomics and philosophical connections of families are changed because of the numerous grown-ups believes that marriage is antiquated, and keeping. On the off chance that the relationship doesn't give satisfaction, guardians accept that their kids receive recently connections thus, separation or partition will not many long haul outcomes. These convictions prompted marriage happened later, ladies having less kids, single parents bringing forth numerous youngsters and less kids lived with their folks. The reasons for separate likewise changed. Separation and parental detachment harm the kids, families and society.

A recent research conducted by Amy Morin 2021, states that children from separated families experience anger, confusion, anxiety, depression and many more psychological issues with their physical health. As indicated by Center for Disease Prevention Control, in 2008 the marriage rate was 7.1, and the separation rate was 3.5 among 1000 individuals. Moreover, these days in 2011 the cost of marriage was 6.8 and the separation cost transformed into 3.6. Cavanagh et al. (2006) directed examination clarifying that the conjugal accounts of guardians can shape a kid's instructive accomplishments for the duration of the existence course. Their discoveries featured how family precariousness added to separation in the United States. In this accreditation

based economy, moving on from a four-year school (also graduate school) is found to add to better positions, monetary security, better wellbeing and connections.<sup>8</sup>

**Methods**

Current research is based on quantitative research comprised of purposive sampling technique for data collection. Data was collected through the administration of standardized scales i.e., WHOQOL scale developed by World health organization in 1995 and revised in 2012 based on 32 items, Beck Depression Inventory- by ARON, T-Beck(21 Items Scale-1996) Test-retest reliability 0.92 Phan T, Carter O, Adams C, et al. 2013, Beck Anxiety Inventory(ARON, T-Beck, 21 Items), Satisfaction with life scale by Pavot, W., & Diener, E. (2008), The coefficient alpha for the scale has ranged from .79 to .89 was determined in 2013. For the analysis of data inferential statistics was used, mean, standard deviation, correlation and linear regression were estimated with the used of SPSS 21.0 version.

**Results**

The Table below shows the impact of Beck Anxiety Inventory and Beck Depression Inventory on Life Satisfaction and quality of life. The R<sup>2</sup> value of .09 revealed that the predictors explained 9% variance in the outcome variable with F (2, 195) = 8.829, P<.001. The findings revealed that Beck Anxiety inventory has non-significant negative effect on Satisfaction with life (B= -.114, P>.05). Whereas Beck Depression Inventory has non-

**Table 1:**

Variables	B	SE	B	P(Sig)
Beck depression inventory	-.114	.077	.289	-.053
Beck anxiety inventory	-.191	.020	.078	-.093
R	.237a			
R2	.092			
△ R	.053			
F	8.829			

significant negative effect on Satisfaction with life (B = -.191, P>.05).

The table revealed that Beck anxiety inventory has non-significant positive correlation with Beck depression inventory (r= .77, p> .05) and has non-significant negative correlation with Satisfaction with life scale ® =-.26, p> .05), and has significant negative correlation with Quality of life scale (r= -.026, p< .05). Beck depression inventory has non-significant negative correlation with satisfaction with life scale (r= -.279, p> .05) and has significant negative correlation with Quality of life scale (r= -.015, p< .05). Satisfaction with life scale

**Table 2:**

Variables	1	2	3	4
Beck Anxiety Inventory (BAI)	1			
Beck Depression Inventory (BDI)	.77	1		
Satisfaction with life Scale (SWL)	-.26	-.279	1	
Quality of Life Scale (QOL)	-.026	-.015	.340	1

has non-significant positive correlation with Quality of life scale ( $r = .340, p > .05$ ).

### Discussion

In this investigation, it has been clarified that divorce is a factor which has strong relationship between depression, anxiety, quality of life and satisfaction with life among children of divorced couples. The outcomes of this investigation have indicated that there is a non-significant relationship between depression and satisfaction with life, whereas quality of life has a strong relationship with depression and anxiety. Numerous investigations have upheld the findings of current research. The current outcomes are predictable with the discoveries of prior explores. The first speculation, worried to the relationship of depression and anxiety was upheld by the discoveries. Along these lines there was a positive relationship among depression and anxiety. The child which have significant level of versatility bargain the existence difficulties in a decent way and further more elevated level of quality of life. The threatening children degree of quality of life was higher than those of strong children. In any case because of some social contrasts the outcomes are not steady. The correlation of Beck depression inventory and Beck anxiety inventory is negative, which depicts that with the increment of depression and anxiety quality of life and satisfaction with life decreases in all these circumstances divorce plays a major role.

### Conclusion

To conclude, it is illustrated from the results that divorce is a major predictive factor for the depression, anxiety, quality of life and satisfaction with life. Children who belong to separated families may face dissatisfaction with life, low quality of life, depression and anxiety. Results indicate that divorce is a variable which has adverse impact on lives of the children from separated parents. The results explored that level of anxiety and depression that are linear in relationship. Current research explored that a healthy individual is nourished by both parents as they play a vital role in the development of children's personalities. Current research demands more

research in this area to find out factors which are responsible for divorce among couples.

**Conflict of Interest:** *None*

**Funding Source:** *None*

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