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UNRAVELING LIVES: THE FAR-REACHING CONSEQUENCES OF BROKEN FAMILIES

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ABSTRACT

This research study explores the far-reaching consequences of broken families, emphasizing their impact on children's emotional, social, and psychological development. The study aims to identify the contributing factors to family breakdowns, assess their social repercussions, and evaluate the effects on children's well-being. Employing a mixed-methods approach, the study incorporates both qualitative and quantitative data gathered from surveys and interviews with affected individuals.

Key findings reveal that children from broken families are more prone to mental health issues, lower academic performance, and difficulties in social relationships. The analysis highlights that the challenges faced by these children often stem from factors such as marital conflicts, economic strain, and domestic violence. The research underscores the need for comprehensive support mechanisms to mitigate these adverse effects.

In conclusion, this study contributes to the understanding of the complex dynamics surrounding broken families and their implications for child welfare. By shedding light on the specific challenges faced by children in these situations, the research provides valuable insights for policymakers, educators, and social workers, ultimately fostering the development of effective intervention strategies

KEYWORDS: *Broken Families, Consequences, Children's Well-Being, Social Repercussions, Support Mechanisms*

INTRODUCTION

The increasing prevalence of blended families and broken families is a growing issue in today's complex cultural landscape. Broken families are households that have experienced separation, divorce, or major disruptions in the parent-child connection. Understanding the contributing elements, social repercussions, and subsequent effects on children's well-being is critical for designing successful methods and support mechanisms.

The social consequences of broken families are far-reaching, affecting not only immediate family members but also the wider community. Children from broken families are more likely to experience mental health issues, and understanding the root causes of broken families can enable policymakers, social workers, and organizations to implement targeted interventions.

Broken families can have adverse effects on children's well-being and development, including increased poverty rates, compromised educational attainment, higher rates of delinquency, and mental health issues among children. The societal burden resulting from the breakdown of family units emphasizes the need for comprehensive support systems to mitigate these consequences.

In the Philippines, the legal frameworks governing broken families are primarily enshrined in the Family Code of the Philippines, which outlines various aspects of family relations, including marriage, legal separation, annulment, and the rights and responsibilities of spouses. Other laws, such as Republic Act No. 9262 and Republic Act No. 8552, address specific issues within broken families.

By addressing the contributing factors, social consequences, and implications for children's well-being, this research seeks to contribute to the development of effective policies, programs, and support mechanisms that promote healthy family dynamics and improve the overall welfare of children in broken families.

STATEMENT OF THE PROBLEM

This study explored the complexities and consequences of fractured families and sought to find answers to the following questions:

1. What are the contributing factors of broken families?
2. What are the social consequences of broken families?
3. How do broken families affect children's well-being?
4. What strategies for family reconciliation and support for children at risk are provided by the BCPC?

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5. What action plan can be proposed to the BCPC to assist children coming
from broken families?

METHODOLOGY

The study used qualitative research design to understand broken families and their impact on children's well-being in the criminal justice system. It provided insights into lived experiences, stakeholder perceptions, contributing factors, intervention strategies, and structural barriers, aiding in policy development and better family outcomes.

The study involves qualitative interviews and focus groups with individuals from broken families, parents, children, and BCPC representatives to explore factors, social consequences, and child well-being.

Qualitative research uses non-probability sampling techniques like purposive, convenience, snowball, and maximum variation to select participants based on relevant characteristics, experiences, or demographics, such as in the thesis on broken families.

- Barangay Council for the Protection of Children (BCPC): The BCPC representative is a social worker specializing in family issues and assists broken families by facilitating communication, providing resources, and advising on legal matters
- Parents: Parents experiencing broken families share their perspectives, experiences, and concerns during interviews. They discuss reasons, feelings, and efforts to navigate the situation.
- Child: The child's involvement in a broken family interview is crucial for understanding their perspective and expressing their feelings about the situation and their desire for resolution

This study excludes parents undergoing separation or divorce, unwilling or unable to share experiences, those not separated long enough, those unable to communicate, and children outside the age range. Exclusion criteria ensure well-being and avoid potential distress or bias.

The study utilized web browsers for literature reviews and interviews to gather information on family dynamics and their effects on children. Audio recordings ensured accurate documentation and representation of participants' experiences, thereby enhancing the study's theoretical framework.

The researcher conducted an investigation through thorough interviews, obtaining permission and participant consent, recording their perspectives and experiences, using sources such as audio recordings and subject guides.

This study used an informed consent form to inform participants about the study's purpose, procedures, risks, benefits, rights, and voluntary participation. Participants were respected for their decision not to participate. Data was collected using a questionnaire, and ethical considerations were taken into account. If included, research ethics would be considered to ensure protection and well-being for minors and disabled individuals.

RESULTS AND DISCUSSION

Theme: "Shattered Foundations: The Multifaceted Causes of Family Breakdown"
This thesis explores the complex causes of broken families, including financial strain, communication failures, infidelity, and external interference, to understand their lasting effects on individuals and society.

Theme 1 - "Torn by Debt: The Cost of Financial Strain"
Financial strain can significantly impact family stability, leading to tension and eventual breakdown. Problems with money, such as debt or insufficient income, exacerbate tensions and erode trust, contributing to the fragility of family structures. Addressing financial strain can help families cope with these challenges and improve their overall well-being.

Theme 2 - "Silent Walls: The Breakdown of Communication"
Effective communication is crucial for maintaining family unity and resolving conflicts. However, when it breaks down, it can lead to unresolved issues and family separation. Research by Raley and Sweeney highlights the importance of good communication in preventing problems and preserving family bonds.

Theme 3: "Betrayed: The Shadows of Infidelity"
Infidelity, a breach of trust, can lead to deep emotional wounds and family breakdown. It diminishes trust and contributes to the disintegration of family bonds. Research by Raley and Sweeney (2020) confirms that infidelity erodes trust, causing emotional harm and affecting family stability.

Theme 4: "Family Feuds: The Interference Effect"
Parental interference in family conflicts can escalate disputes and create stress, leading to further breakdowns in relationships. Research by Reeta and Singh (2020) shows that such interference can lead to juvenile delinquency and further breakdowns in family dynamics.

Theme 5: "Unprepared Hearts: The Youth and Family Conflict"
Youth and family conflicts intensify when young individuals are not ready for family responsibilities, leading to social stigma, judgment, and isolation, further exacerbated by their youth.
The social consequences of broken families
Theme: "The Social Ripple Effect: Consequences of Broken Families"
Broken families cause strained relationships, financial difficulties, and social stigma, impacting individuals and society as a whole.

Theme 6 - "Chaos Within: The Struggles of Rebellious Youth"
Broken families can lead to children's rebellion and disobedience, exacerbated by lack of support from friends, family, or community resources. Chaotic home environments, characterized

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by disorganization, noise, and frequent changes, impair children's executive functions and decision-making abilities. Addressing household chaos is crucial to mitigate its negative impact on children and family dynamics.

Theme 7: "Shattered Dreams: The Impact of Financial Strain"
Financial strain in broken families significantly impacts children's lives and future prospects. Single-parent households or separated families face reduced access to resources, education, and overall quality of life. Severe financial stress leads to poorer academic performance and social skills, perpetuating a vicious cycle of disadvantage.

Theme 8: "Isolation Blues: The Social Stigma of Broken Families"
Broken families face social stigma and judgment, leading to isolation and exacerbated challenges. Internalized stigma can cause feelings of shame, disappointment, and alienation, affecting family dynamics and children's ability to form supportive peer relationships. This highlights the social stigma of broken families.

Theme 9: "Lost Futures: The Educational Fallout of Family Disruption"
Family disruptions, such as divorce, can significantly impact a child's education and future prospects. Financial strain, lack of access to resources, and emotional turmoil can lead to underperformance and missed learning milestones, affecting children's educational outcomes.

The effects of broken families to children's well-being
Theme: "The Impact of Broken Families on Children's Well-Being"
The theme 'The Impact of Broken Families on Children's Well-Being' examines how family disruptions impact children's lives, including education, emotional struggles, and overall development.

Theme 10: "Unfinished Dreams: The Education Struggle
Breakdowns in families, such as separation or divorce, can lead to financial and emotional stress, hindering children's ability to complete their studies. This theme highlights the need for support to help affected children succeed academically.

Theme 11: "Fractured Foundations: The Impact of Family Breakdown"
Family breakdowns significantly impact children's stability and well-being, disrupting their emotional stability, security, and overall development. Breakups, such as separation and divorce, in the United Kingdom, lead to emotional problems like worry and uncertainty, necessitating assistance.

Theme 12: "Focus Lost: The Price of Family Instability"
Family instability can significantly impact a child's ability to concentrate on their studies, especially in school environments. Disruptions within the family environment, such as separation and divorce, can lead to mental turmoil, depressive feelings, and difficulty adjusting to new situations and expectations.

Theme 13: "Grown Too Soon: Resilience and Risk in Young Lives"
Children from broken families often grow up faster due to difficulties, leading to early maturity and resilience. This can lead to positive and negative outcomes, such as regaining social interactions and age-appropriate activities. Walsh emphasizes the importance of providing support systems and promoting healthy coping strategies to mitigate these negative effects.

Theme 14: "The Green-Eyed Kids: Envy and Displacement"
Children from broken families often experience feelings of envy and displacement due to frequent changes in their living situation. This affects their emotional well-being and sense of belonging, potentially causing stress in family dynamics and exacerbated behavioral problems.

Strategies for family reconciliation and support for children at risk are provided by the BCPC Theme: "Healing Together: BCPC's Strategies for Family Reconciliation and Child Support"

The BCPC supports families and children at risk through strategies and interventions, including the Divorce Process and Child Adoption Trajectory Typology (DPCATT) model. Techniques include communication, support systems, cooperative co-parenting, educational interventions, and continuous observation to build resilience and adaptability.

Theme 15: "Counseling for Peace: Bridging Family Gaps"
The BCPC offers counseling services to help families resolve conflicts and improve communication. Mediation facilitates discussions and understanding among family members, promoting peace and reconciliation. Balvin and Christie (2020) emphasize counseling's role in addressing emotional issues, rebuilding trust, and fostering trust among children from broken families.

Theme 16: "Guardians of Childhood: Advocating for Safety and Rights"
The BCPC is instrumental in protecting children's rights and well-being by raising awareness about child abuse, neglect, and exploitation. They work to create a safer environment and uphold children's rights. Advocates play a crucial role in navigating child welfare and judicial systems, especially during family upheavals.

Theme 17: "Community Shields: Mobilizing Support for Child Protection"
The BCPC emphasizes the importance of community involvement in child protection efforts, organizing meetings, workshops, and activities to raise awareness and mobilize support. Rajewska de Mezer (2020) highlights the role of family mediation, community support networks, and advocacy for children's rights in helping children from broken families navigate challenges. Neighborhood associations and support

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systems offer both practical and emotional support, creating a nurturing environment for children.

Outcome of the Study

The project aims to reduce social stigma surrounding broken families by educating the public about their challenges and creating a supportive community environment. Strategies include public seminars, social media, community events, educational initiatives, and resource development, focusing on the Barangay Council for the Protection of Children.

CONCLUSION

The study highlights the significant factors contributing to broken families, including financial strain, communication failures, infidelity, and external interference, and emphasizes the importance of targeted interventions and support systems in addressing these issues.

RECOMMENDATIONS

Considering the summary and conclusions provided, the researcher humbly recommends the following:

1. Combat social stigma by providing awareness campaigns to reduce the social stigma associated with broken families. Educating the public about the challenges faced by these families can help foster a more supportive and less judgmental community environment.
2. Strengthen financial support systems by implementing programs to provide financial assistance and debt management resources for families experiencing economic hardship. This could help reduce financial strain and its impact on family stability.
3. Enhance Communication Skills Training to develop and offer workshops and resources focused on improving communication skills within families.Effective communication can prevent misunderstandings and conflicts that contribute to family breakdown.
4. Expand access to counseling and therapy services for families dealing with infidelity and other relational issues. Professional support can help families address and resolve deep-seated issues and rebuild trust.
5. Address external interference by creating guidelines and support systems to manage the involvement of external parties, such as extended family members, in conflicts. Mediation and counseling can help manage and mitigate the impact of external interference.
6. Develop targeted educational programs and support services for children from broken families. This includes tutoring, mentorship programs, and financial aid to ensure they can complete their education despite family disruptions.
7. Implement programs focused on building resilience in children from broken families. Early intervention can help these children cope with their circumstances and develop positive life skills.
8. Support and expand advocacy efforts to protect the rights of children from broken families. This includes raising awareness about child abuse, neglect, and exploitation to ensure a safer environment for all children.
9. Foster community involvement in supporting families and children at risk. Organize community meetings, workshops, and activities that promote child welfare and gather support from local residents.
10. Establish mechanisms to regularly monitor and evaluate the effectiveness of support programs and interventions provided by organizations like the BCPC. This will help identify areas for improvement and ensure that the support is meeting the needs of families and children effectively

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