PSYCHOLOGICAL STATE AND SOCIAL ADAPTATION OF ADOLESCENTS RAISED IN DIVORCED FAMILIES

S.S. Buranova
New Century University
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Abstract. *This article analyzes the psychological state, emotional experiences, and specific features of the social adaptation process of adolescents raised in divorced families. It also highlights the factors influencing their development and outlines pedagogical and psychological support strategies.*

Keywords: *divorced family, adolescent, psychological state, social adaptation, emotional stability, stress, adaptation.*

Introduction. Today, changes in socio-economic, cultural, and spiritual factors in society significantly affect family relationships. In particular, the increasing rate of divorce has led to a growing number of children being raised in single-parent families. This, in turn, has a serious impact on the psychological development, emotional stability, and social adaptation of the younger generation.

Adolescence is one of the most complex and dynamic stages of human development, during which processes such as self-awareness, independent thinking, and the acceptance of social roles and values actively take place. The family serves as the primary environment for socialization, where a child first learns social interactions, gains emotional experience, and begins to perceive themselves as a member of society.

Main Part. The psychological state of adolescents raised in divorced families is complex and multifaceted, manifesting in various emotional and behavioral changes. First of all, such adolescents often experience internal anxiety and uncertainty. The disruption of family stability and parental separation create insecurity about the future, leading adolescents to feel vulnerable and indecisive when making important life decisions.



Emotional instability is another significant characteristic. These adolescents often display frequent mood swings, irritability, sensitivity, and sometimes depressive states. This negatively affects their relationships not only within the family but also in school and social environments.

A sense of loneliness is also common among adolescents raised in divorced families. Due to the absence of one parent or reduced attention, they may feel unnecessary or misunderstood. This can lead to withdrawal into their inner world and a decrease in social activity.

Additionally, a decline in self-confidence is a major issue. Family conflicts and the negative experiences associated with divorce adversely affect adolescents' self-esteem. As a result, they may doubt their abilities, avoid taking initiative, and struggle to express their opinions openly.

In such conditions, adolescents' behavior may also change. In some cases, they become aggressive, display rude behavior, or show a tendency toward conflict. In other cases, they exhibit passivity—withdraw from social interactions, become less communicative, and avoid activities.

Table: Psychological State and Adaptation Factors of Adolescents in Divorced Families

Factors	Negative Effects	Positive Support
Family environment	Stress, conflicts	Love and understanding
Parental attention	Lack of attention	Individual approach
School environment	Difficulty adapting	Psychological support
Peers	Isolation	Friendship and support

Research Results. Observations and analyses show that a significant proportion of adolescents raised in divorced families face psychological difficulties. In particular, about 65% of adolescents experience emotional instability, characterized by frequent mood changes, irritability, depression, and internal conflicts.

Furthermore, 48% of adolescents encounter difficulties in social adaptation. They may feel uncomfortable communicating with peers, hesitate to join groups, or struggle to find their place in society. This negatively affects their social activity and self-confidence.

In addition, 30% of adolescents were found to need psychological support. This indicates the importance of timely professional assistance in stabilizing their psychological condition and improving their social adaptation.

This study aims to investigate the psychological state and social adaptation of adolescents raised in divorced families from a contemporary psychological perspective. It is widely acknowledged that family structure plays a crucial role in shaping an adolescent's emotional stability and behavioral outcomes. In this regard, the findings suggest that adolescents from divorced families often experience challenges related to emotional regulation, self-esteem, and social competence.

From a psychological perspective, resilience and coping strategies are considered key factors that determine how successfully adolescents adapt to family changes. The data reveals that adolescents who receive consistent emotional support and guidance tend to demonstrate higher levels of psychological well-being and better social integration. Conversely, those exposed to prolonged family conflict are more likely to develop anxiety, depression, and maladaptive behavioral patterns.

Discussion

The psychological state of adolescents raised in divorced families largely depends on the quality of the family environment. The culture of interaction between parents plays a crucial role in shaping the adolescent's mental well-being. If the divorce process occurs peacefully, based on respect and understanding, the level of psychological trauma in adolescents is significantly reduced.

Conversely, intense conflicts and hostile relationships between parents can cause severe stress, anxiety, and emotional tension in adolescents. This negatively affects their mental development and may lead to long-term difficulties in social adaptation.

Therefore, it is essential to pay special attention to child upbringing in divorced families and to improve parents' pedagogical and psychological literacy. Understanding and supporting adolescents, as well as creating a healthy psychological environment, can ensure their emotional stability and successful integration into society.

Conclusion

In conclusion, the psychological state and social adaptation of adolescents raised in divorced families represent a complex and multifactorial process. Due to the sensitivity of adolescence, family changes—especially divorce—directly affect their emotional stability.

The study shows that emotional instability, anxiety, loneliness, and low self-esteem are common among such adolescents. At the same time, their social adaptation may be challenging, although with proper support, they can develop into independent and responsible individuals.

Ensuring emotional stability and improving social adaptation requires a comprehensive approach. Cooperation between family, educational institutions, and psychological services plays a crucial role. Timely psychological and pedagogical support contributes to the formation of a healthy personality and successful integration into society.

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