

Psychosocial Adjustment and Physical Health of Secondary School Students from Divorced Homes in Andoni/Opobo Local Government Areas of Rivers State: Implications for Counselling

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ABSTRACT

The study investigated the psychosocial adjustment and physical health of students from divorced homes in Andoni/Opobo Local Government areas of Rivers State: Implication for counselling. The population of the study consists of 228 Senior Secondary School students from divorced homes in Andoni/Opobo Local Government Areas of Rivers State. The census sampling technique was adopted to study the entire population. Three (3) research questions and three (3) null hypotheses guided the study. The descriptive survey design was adopted in carrying out the research. Students Psychosocial Adjustment and Physical Health Assessment Scale (SPAPHAS) was used for data collection. The content and face validity of this instrument was established using test – retest method, which yielded 0.73 Data collected from the instrument were analyzed with mean and standard deviation for the research questions, while Z-test was used to test the hypotheses at 0.05 level of significance. Results revealed that psychological adjustment problems affect both male and female students. Social adjustment problems also affect both male and female students; same applies to physical health adjustment problems. Based on the findings the following recommendations amongst others were made: counselling services should be provided in groups exclusively for students from divorced homes to help them appreciate the fact that they are not alone. All Secondary Schools in Andoni/Opobo Local Government Areas should be provided with school counsellors to help guide them to achieve their potentials, school management and teachers should know the home background of each student to know how best to handle them.

Keywords: Psychosocial adjustment, physical health and divorced.

INTRODUCTION

A popular African saying goes thus “when two elephants fight, the grasses suffers the consequences” this saying is true of children of divorced parents, most often they suffer the effects of the break up, children are always the losers in divorce. This is because they may end up getting less parental care and supervision. This could affect their psychological, social emotional and general well-being. They may be susceptible to the influence of their peers and this may increase their chances of getting involved in deviant behaviours.

A study conducted by Silverman in Calm (2016) concludes that people who suffer stress as a result of parental divorce in childhood are at higher risk of social and psychological problems later in their adult lives. A report found by the economic and social research council as reported by Silverman says that good health depended on lifestyle condition or social medicines. These were said to include a stable family life, stress-free childhood, alcohol free culture for young people, secure and rewarding employment, positive relationship with friends and neighbors and a socially active old age. Bartley in Michael (2017) who was among the academics involved in the research said. Family living arrangement is related to children’s physical health.

Shaffran in Mayo (2016) says that the psychological effects of parental divorce on children can be devastating. Unfortunately, parents do not think about the consequences of how they treat their so to be ex-spouse and how they continue to malign them in front of their children who often feel loyalty to both parents and how it can affect the children on the long run. These children are often manipulated by their parents for personal, social or financial reasons. The stress that this causes the children can lead to anxiety, depression, substance abuse, delinquent behavior and teen pregnancy by girls. Sometimes the children even make suicide attempts. Shaffran says that it has been noted by clinicians and therapist that the children caught in the middle of the parent's animosity during separation or divorce proceedings have attention or concentration problems, academic problem, anger problem and sleep disorders, some even have bed wetting and bowel problems. One of the major problems for the children of divorce is that they blame themselves often and think "it's my fault that my parents are divorcing, there must be something wrong with me" if I do x, y or z I can get my parents back together again. These children need psychological services to understand that their guilt feelings have nothing to do with the conflicts of their parents.

Psychological adjustment can be defined as the adaptive task of managing upsetting feelings and frustrations aroused by the illness and persevering emotional balance (Gutierrez, 2014). Divorce is a stressor that should be considered by health professionals as potentially responsible for decline in physical health and psychological mal-adjustment. Physical health can be defined as a state of well-being when all internal and external body parts, organs, tissues and cells can function properly as they are supposed to function (<https://www.normalbreathing.com.phy>), Wikipedia.

Adjustment is what everybody needs to cope with life. There is no perfect individual but adjustment makes the difference for excellence among individuals. Adjustment is used to emphasize the individuals struggle to get along or survive in his or her social and psychological environment (Onyejiaku in Oluwole and Chika 2014). Transition of children of divorce homes from intact home to single parent home could be a daunting experience for these children and may also have an impact on their emotional, social, physical health and academic development. How children are affected by divorce is a question of huge importance to the children, parents and society at large, the researcher therefore thinks that a study on the psychosocial adjustment and physical health of students of divorced homes can reveal some hidden facts that can help counselors, therapist and others in the helping professions to help children of divorced homes to adjust to the situation they find themselves. It is against this background that this study is carried out.

The Concept of Divorce

Divorce is the complete termination of marriage between a husband and wife officially or otherwise. Divorce is not a one man's problem or a family problem, it is a social problem of great magnitude in countries all over the world irrespective of language, colour and race. Divorce has led to the formation of an alternative type of family called single parent family which the children never bargained for. The experience of parental divorce or separation results in a decline in individual and family wellbeing in children, the literature is consistent in pointing out that most children present decreased developmental outcome in the two years following marital dissolution (Hetherington & Kelly, 2002). Such adaptation problems however, tend to be ephemeral and may not have significant impact in the child's future developmental pathway.

According to Clark – Stewart & Brentano (2006) a conflicted parental relationship is, in itself a risk factor enough to generate a high level of stress. However, most investigations, in the area suggest more for a negative adjustment in the marital dissolution process, such as alternations in the family socio-economic level, less frequent contact with the parent who does not have parental rights and interparental conflict (Hetherington, Kelly, 2002; Amato, 2001; and Amato & Kaith, 1991). All these factors, usually transversal to divorce may have an impact over stress response and later on over the physical and psychological health of the children implication in this and reorganization of the family system.

Although there is empirical evidence on the impact of marital dissolution over physical health. The scientific community has developed very few conceptual proposals of the rate theoretical proposals has been presented by (Troxel & Mathews, 2004); namely the bio psychosocial model of the impact of

marital dissolution on children's physical health. In summary, the model proposes that divorce is a family stress or which causes on one hand disorganization of parental practices in security. When associated to factors of biological family, inter personal and social vulnerability, these dimensions will contribute to emotional deregulation and insecurity in children, such emotional instability is the result of development variation on affection behavioral and cognitive levels. These alterations such as the appearance of internalizing and externalizing symptomatology, decline or inhibition of stress-management health-risk behaviors and in the neuro-psychobiological stress responses. As a consequence, these physical health problems are reflections of significant developmental transformation to which children must respond in place of family change.

This study aims to review the literature regarding the impact of parental divorce over children's physical and psychological health in order to respond to the needs of scientific update of pediatricians and other health care professionals. The biopsychosocial model of Troxel and Matthews in 2004 was selected as the conceptual guideline for the organization of this review. The first part of this study is dedicated to the vulnerability and risk factors which interact in the adaptive behavioral responses of children to parental divorce, with special focus on children's individual characteristics, the family financial situation, parental style and quality of co-parental alliance, individual characteristics and level of adjustment of parents and inter parental conflict.

After that, the impact of divorce is assessed based on children's academic achievement, externalizing/internalizing disorders, stress levels, physical health and immunologic response. The main conclusions are then summarized and guidelines are proposed for future investigations.

Impact of Divorce on Children's Development

Children of divorced with low levels of hostility and conflicting parenting present good levels of adjustment, comparable to those of children of intact families with low level of conflict. Studies show that the degree and quality of children's functioning are not exclusively to the type of family structure, but instead to the quality and tone of the relationship between the marital/parental dyad. Hetherington (2006) shows, for instance, that pre-adolescent of divorced parents' advice developmental result superior to those of pre-adolescents of the intact families with high level of conflict.

Academic Performance and Interpersonal Relationship

Along the past decades, some studies from children of divorced parents presented lower academic motivation and performance if compared to children of intact families (Biblarz, & Gottaomer, 2000).

In more concrete terms, children of finishing school project face more challenges concentrating in complex task, present worse academic result in languages as mathematics and lower level of responsibility (Bertram, 2006). Some authors suggest that decreased parental involvement in children's academic life is the main factor behind decline in School result.

Concept of Physical Health

Health is the level of functional and metabolic efficiency of a living organism, in humans it is the ability of individuals or communities to adapt and self-manage when facing physical, mental, psychological and social changes with environment –Wikipedia. Physical health is critical for overall well-being and it is the most visible of the various dimensions of health, which also include social, intellectual, emotional, spiritual and environmental health. Some of the most obvious and serious signs that we are unhealthy appear physically (WHO, 2015). Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO, Albeit, 1948).

Lynch (2015) believes that state of our physical health depends largely on our personal health plan. In other words, it depends on how well we take care of ourselves on a regular basis. That includes; Eating habits, exercise habits or lack thereof, sleep habits, spiritual habits or lack thereof and general living habits. Lynch believes that physical health is not mutually exclusive from other aspects of health such as physical, mental, emotional, spiritual and financial.

Physical health can be defined as a state of well-being when all internal and external body part organs, tissues and cells can function properly as they are supposed to function. Physical health generally is a state of physical well-being in which a person is physically fit to perform his or her daily activities without restrictions. For example, good physical health means, our ears can normally hear, our eyes have

normal vision, our legs can walk, jump, run and perform many other normal activities without problems. A person cannot sustain physical health for long periods of time if she or he abuses the body too much in terms of lack of sleep, lack of good diet, lack of exercise, mouth breathing, poor posture, eating too much, talking much etc. Health is wealth says a popular adage and everyone needs good health to function effectively.

Statement of the Problem

Divorce is becoming increasingly prevalent in our society, significantly affecting all parties involved. This distressing event alters the family future and brings a sense of loss due to disruption in normal routines as well as absence of daily contact with each other.

Divorce wreaks havoc on the psychological stability and physical health of many children. Children from divorced families have more emotional and behavioral problems, negative feelings and less psychological well-being than those from intact families according to different studies conducted. Upon the divorce of their parents' children experience a wide range of emotional reactions such as sadness, anger, loneliness, depression, heightened anxiety, worry, lower life satisfaction, low self-esteem and confidence, fear, yearning, rejection, conflicting loyalties and a sense of fault for their parents' problems, withdrawals from friends and families, aggressive, impulsive or hyperactive behavior. Parents' divorce may also contribute to the development of mood disorders, bipolar disorder, dysthymia (mild chronic depression) and post traumatic disorder. Many children from divorced homes experience painful memories and ongoing worries about their relationship with their parents and relationship with each other, at times they even lose contact with their parents. The catalogue of challenges experienced by children of divorced parents are enormous and it is not just inimical to the children but to the society at large. This problem is delicate and need cautious handling. The problem is, can these children cope with the psychological, social and physical health problems they experience? The fallout of this study may help such children to cope with such experiences. It is on this premise that this study "psychosocial adjustment and physical health of students of divorced families in Andoni/Opobo Local Government areas of Rivers State is conceived.

Purpose of Study

The main purpose of this study is to investigate the psychosocial adjustment and physical health of children from divorced homes in Andoni/Opobo local government areas of Rivers state, while the specific objectives of the study includes;

1. Determine the difference in psychological adjustment between male and female students from divorced homes in Andoni and Opobo Local Government Areas of Rivers State.
2. Ascertain the difference in social adjustment between male and female students from divorced homes in Andoni and Opobo Local Government Areas of Rivers State.
3. Investigate the difference in physical health adjustment between male and female students from divorced homes in Andoni and Opobo Local Government Areas of Rivers State.

Research Question

The following research questions guided the study:

1. To what extent do male and female students from divorced homes differ in terms of psychological adjustment in Andoni and Opobo/Nkoro local government areas of Rivers State?
2. To what extent do male and female students from divorced homes differ in terms of social adjustment in Andoni and Opobo/Nkoro local government areas of Rivers State?
3. To what extent do male and female students from divorced homes differ in terms of physical health adjustment in Andoni and Opobo/Nkoro Local Government Areas of Rivers State?

Null Hypotheses

The following corresponding null hypotheses were formulated to give bearing to the study.

Ho₁: There is no significant difference between male and female students from divorced homes in terms of psychological adjustment problems encountered in Andoni and Opobo/Nkoro Local Government Areas.

Ho₂: There is no significant difference between male and female students from divorced homes in terms of social adjustment problems encountered in Andoni and Opobo/Nkoro Local Government Areas.

Ho₃: There is no significant difference between male and female students from divorced homes in terms of physical health problems encountered in Andoni and Opobo/Nkoro Local Government Areas.

METHODOLOGY

Research Design

The research design adopted for the study was the survey research design. Specifically, the descriptive survey study was used. This study enables the researcher to collect data from a large sample drawn from a given population and describes certain features of the sample as they are at the time of the study and which are of interest to the researcher without manipulating any independent variable of the study (Nwankwo,2013).The researchers are convinced that this study ‘ Psychosocial adjustment and physical health of students from divorced homes in Andoni and Opobo/Nkoro Local Government Areas of Rivers state: Implication for counselling was most suitable with the use of descriptive survey.

Population of the Study

The population of the study consists of all the senior secondary school students from divorced homes in Andoni and Opobo/Nkoro Local Government Areas of Rivers State. As at the time of this study the number of students from divorced homes stands at (228) two hundred and twenty-eight students from the fourteen (14) senior secondary schools in the two local government areas with a total student population of four thousand, two hundred and forty-seven students (4247). (Andoni = 3903, Opobo/Nkoro = 344, Source: Senior Secondary Schools board, office of the director, planning Research and statistics).

Sample and Sampling Technique

The Census sampling method was adopted for the study. The entire population of two hundred and twenty-eight (228) senior secondary school students from divorced homes was meticulously and comprehensively studied. With the use of census sampling, the problem of generalization of findings from a sample of individuals studied directly to the population is completely avoided because census sampling studies every member of the entire population directly.

Development of Research Instrument

The instrument used for data collection was tagged “Students psychosocial adjustment and physical health assessment scale (SPAPHAS). Section A is the personal data section indicating sex and Location of school, while section B is titled ‘family background’ with five questions that elicited yes and no response solely for the purpose of identifying students from divorced homes. Data from this section was not subjected to any form of statistical analysis, rather to enable the researcher to identify students from divorce homes for the study on the whole 228 students were identified as students from divorced homes. Section C consist of 21 self-report items on three adjustment levels in relation to psychological, social and physical health adjustment problems of students from divorced homes with (7) seven items each. The items were mixed up as presented in Table 2.1 to ensure fair responses.

Table 2.1: Items Spread sheet of Students’ psychosocial adjustment and physical health assessment scale (SPAPHAS)

Problem	Items Spread	Total
Psychological	1, 3, 5, 7, 9, 15, 27	7
Social	2, 8, 11, 13, 14, 19, 21	7
Physical Health	4, 6, 10, 12, 16, 18, 20	7

The Items were on a four-point scale of Strongly Agree (SA) = 4, Agree (A) = 3, Disagree (D) = 2, Strongly Disagree (SD) = 1. The items on the scale gives a minimum of 21 points and a maximum of 84 points. Those with a score range of 21 – 52 were adjudged to be well adjusted while those with a score range of 53 – 84 were adjudged to be mal-adjusted. The raw scores obtained from this instrument were subjected to mean and standard deviation scores which were eventually used for parametric statistical operations to draw inferences about the population of the study. Only the raw scores obtained from students from divorced homes were used.

Validation of the Instrument

Face and content validity of the instrument was established by the research supervisor and three (3) experts in the field of guidance and counseling and test experts from the Rivers state university and the University of Port Harcourt. The experts were asked to confirm if the instrument is a true measure of psychosocial and physical health adjustment issues as it affects students from divorced homes. Through constructive criticism and adjustment of the items by the experts, the initial pool of 35 items constructed were reduced to twenty-one (21) valid items. The experts confirmed that the 21 items are true measure of psychosocial adjustment and physical health related issues of students from divorced homes which means the instrument has a good face and content validity and it was accepted by the researcher and the supervisor as meeting its superficial and content values after effecting the corrections and suggestions made.

Reliability of the Instrument

The reliability of the instrument was determined through a test-retest approach for a measure of stability at two weeks’ interval. A simple random sampling method was used to draw a sample of twenty students from divorced homes outside the sampled local government areas. The subjects were required to rate the extent to which each of the items is applicable to them by responding sincerely to it. It was done and retrieved the same day. After an interval of two weeks, the same instrument was re-administered on the same sample in order to control memory effects of the testing, which is a known weakness of the test retest measure, the items of the test were re-ordered to disguise its former pattern. Re-ordering the items implies repeating the same items as they appear in the first test but changing position or numbers during the second administration. The initial scores and the retest scores of the sample were correlated using Pearson product moment correlation test to ascertain its reliability and it yielded a co-efficient value of r 0.73 which was accepted to be high for utilization.

Administration of the Instrument

The face to face method which implies administering the questionnaire personally or through an assistant was used for the purpose of explaining further, terms that may not be clear to the respondents. The teachers in the respective schools and the research assistants assisted the researcher in administering the instrument. High retrieval rate was achieved for the study

Data Analysis Procedure

The research questions were answered with mean and standard deviation while the three (3) null hypotheses were tested at 0.05 level of significance with the Z-test statistic.

RESULTS

To what extent do male and female students from divorced homes differ in terms of psychological adjustment in Andoni and Opobo/Nkoro Local Government Areas of Rivers State?

Z-test analysis of male and female students’ psychological adjustment problems

Psychological Variable	N	Mean score	Sd	Mean difference	df	P	Z cal	Z crit	Decision
Male	86	68.78	9.07	1.22	226	0.05	0.89	1.96	Accept
Female	142	67.56	9.19						Ho
Total	228								

Null Hypothesis 2: There is no significant difference between male and female students from divorced homes in Andoni and Opobo/Nkoro local government areas of Rivers state in terms of social adjustment.

To answer this research question, mean and standard deviation were used and to test the corresponding null hypothesis Z-test statistics was used.

Z-test analysis of male and female students from divorced homes in terms of social adjustment

Social adjustment variable	N	Mean score	Sd	Mean difference	df	P	Z-cal.	Z-crit	Decision
Male	86	67.56	9.13	1.77	226	0.05	1.16	1.96	Accept
Female	142	69.33	9.03						Ho
Total	228								

Null Hypothesis 3: There is no significant difference between male and female secondary school students from divorced homes in Andoni and Opobo/Nkoro local government areas of Rivers state in terms of physical health adjustment,

Z-test analysis of male and female students from divorced homes in terms of physical health.

Physical health	N	Mean score	Sd	Mean diff	df	P	Z-cal	Z-crit	Decision
Male	86	67.23	9.03	2.06	226	0.05	1.19	1.96	Accept
Female	142	69.29	8.47						Ho
Total	228								

Summary of Results

The results obtained after the data analysis are summarized as follows

1. Male students had a slightly higher mean score than female students in terms of psychological adjustment. This was statistically not significant when tested with Z-test.
2. Female students had a slightly higher mean score than their male counterparts from divorced homes in terms of social adjustment. However, this was not proven statistically significant when tested with Z-test statistics.
3. Female students had a higher mean score than their male counterparts from divorced homes in terms of physical health adjustment although this was not proven statistically significant when tested with Z-test statistics.

DISCUSSION OF FINDINGS

Male versus female students from divorced homes in terms of psychological adjustment problems

The result in **table 4.1** showed that the male students from divorced homes had a mean scores of 68.78 and 9.01 standard deviation above their female counterparts with a mean score of 67.56 and standard deviation of 9.19. This is an indication that female students are psychological more adjusted than their male counterparts. When this mean difference was subjected to Z-test, it was found that there was no significant difference between male and female students in terms of psychological adjustment. This finding was expected and not surprising because several studies shows that upon the divorce of their parents, children experience a wide range of emotional reactions such as sadness, anger, loneliness, depression, etc. This finding is in positive connotation with the findings of Umezulike and Njumogu (2015) who conducted a study on the psychological problems of adolescents from divorced homes among 200 students sampled, comprising male and female adolescent students. The result showed that respondents were aggressive, sad, lonely, and having a feeling of being neglected due to the incident of parental separation/divorce. In the same vein the study had a positive connotation with the thoughts of Good in Umezulike and Njumogu (2015) who stated that adolescents may interpret the exit of a parent from the house as a rejection of themselves. Ikeonu and Odumodu (2009) in their study also discovered that adolescents exhibit anger and frustration when their parents are involved in divorce. If spouses can learn to stay together in marriage, managing their affairs all these problems can be averted.

Male versus female students from divorced homes in terms of social adjustment problems

Table 4.2 shows that the female students from divorced homes had a mean score of 69.33 and a standard deviation of 9.03 while their male counterparts had a mean score of 67.56 and a standard deviation of

9.13 with a mean difference of 1.77 which shows a slight increase of the female students' social adjustment score over that of their male counterparts. When this mean difference was subjected to Z-test statistic it was proven that, no significant difference exist between the male and female students from divorced homes in terms of social adjustment. This result is in line with that of black stone (1984) who in his study discovered that the trauma of divorce can make adolescents not to trust others because they do not want to be hurt. Man as a social being interacts with his environment and at the same time will not be comfortable in a coarse environment. Relationships do not exist in isolation, worthy relationship brings about cordiality and rapport which enhances commonality of living. No family, community and friendship can exist in a coarse environment. In positive connotation with this view Fan (2012) examined the relationship between teacher-students' interpersonal relationships and students' academic achievements in social studies in government secondary schools in Calabar Educational Zone of Cross Rivers State using a sample of 1954 Junior secondary school 3 (JSS iii) students, randomly drawn from 50 schools revealed that a good human relationship is a powerful tool of high productivity and achievement in all areas of life. Social adjustment is a personality trait, Denga in Kennedy (2008) said that socially maladjusted people cannot persist in any meaningful activity. Students will be more productive when there is intimate and strong affiliation among family members than in a coarse environment.

Make versus female students from divorced homes in terms of physical health adjustment

Table 4.3 shows that female students had a mean score of 69.29 and 8.47 standard deviation score in their physical health adjustment problems as against 67.23 mean score and 9.03 standard deviation obtained by their male counterparts with a mean difference of 2.06 which shows that the female students had more physical health adjustment problems than their male counterparts however when this mean difference was subjected to z-test, it was proven that no significant difference exist between male and females students from divorced homes in terms of physical health problems. This finding agrees with the findings of Linda (2012) who discovered in her study that the body responds to stress by releasing stress hormones that causes blood pressure, heart rate and blood sugar level to rise and this causes mental health disorder such as depression and anxiety. Mayo (2016) added that stress may be affecting your health unknowingly. You may think that it is mere sickness but it is stress. Inconsonance with this view, Timothy (2015) posited that individuals with stress and anxiety for long period of time are prone to have negative health related outcome and they are more likely to develop heart ailments, diabetes etc. Divorce has been rated as one of the most stressful life events that affect all family members. This finding also correlates with the findings of Michael (2017) who found that before and during performance the entire system gets prepared for instant action, the system yields the necessary adrenaline which is a hormone, released into the blood stream in reaction to bodily or psychological stress and the substance processes that normally will help to adjust to a dangerous situation. Carlo (2015) in line with this finding discovered in her study that the higher your stress level, the more shock you obtain. If you have too much stress, it may affect your performance and decision making ability. Calm (2016) also asserted that anxiety can essentially cause both low and high level of exhaustion at the same time makes you feel extremely weak.

SUMMARY OF THE STUDY

The Major Purpose of this study was to investigate the psychosocial adjustment and physical health of secondary school students from divorced homes in Andoni and Opobo/Nkoro local government Areas of Rivers State: Implication for counseling.

To assist the researcher to achieve this purpose three (3) research questions and three (3) null hypotheses were formulated for the study. Related literature was reviewed in chapter two (2) under conceptual, theoretical and empirical review and a summary of the review literature was made. The method adopted in carrying out the research was highlighted in chapter (3). The survey design was used in carrying out the research, specifically the descriptive survey, with a population of two-hundred and twenty-eighty senior secondary school students from divorced homes. The census sampling method was adopted for the study. One instrument was developed for the study tagged 'Students Psychosocial adjustment and physical health assessment scale (SPAPHAS) developed to assess students from divorced homes psychosocial and

physical health adjustment problems. Face and content validity of the instrument was established and the reliability of the instrument was determined through a test-retest method for a measure of stability and a co-efficient of 0.73 was obtained. The face to face method of administration was employed in the administration of the instrument. The data obtained from SPAPHAS was collated, analyzed and presented on tables. Mean and standard deviation were used to answer the research question while the Z-Test statistics was used to test the hypotheses. The findings were discussed in chapter 4. Based on the following results obtained from the analyzed data, the following findings were made;

1. There was no significant difference between male and female secondary school students from divorced homes in Andoni and Opobo Nkoro Local Government Areas of Rivers state in terms of psychological adjustment.
2. There was no significant difference between male and female secondary school students from divorced homes in Andoni and Opobo/Nkoro Local Government Areas of Rivers State in terms of Social adjustment.
3. There was no significant difference between male and female secondary school students from divorced homes in Andoni and Opobo/Nkoro Local Government Areas of Rivers State in terms of physical health problems, on the whole three (3) null hypotheses were tested and accepted.

Implication for Counseling

The result of this study has far reaching implication for counselors as follows

There is no doubt that most of the fallouts of parental divorce has far reaching effects on the children psychologically, socially and in terms of physical health. Thus counselors need to understand those concepts which could be handled or treated with psychotherapies. This means counselors must also understand the therapies best suited to handle children from divorced homes.

Counsellors should be well knowledgeable on how best to use behavior therapy techniques to restructure the cognition of children from divorced homes who have crippled emotions to change their thought patterns for a better living. Students from divorced homes should be helped to have optimistic tendency to perceive pain, frustration and other distressing experiences constructively. They should be counseled towards living a balanced fruitful life

CONCLUSION

From the findings of the study the following conclusions were drawn,

1. The psychological adjustment problems of children from divorced homes in Andoni and Opobo/Nkoro Local Government Areas of Rivers State affects both male and female students non was exempted from its effect.
2. The social adjustment problems of children from divorced homes affected both male and female students in Andoni and Opobo/Nkoro Local Government Areas of Rivers State. No sex was exempted from the social adjustment problems of divorce.
3. Physical health problems were encountered by both male and female students from divorced homes in Andoni and Opobo/Nkoro Local Government Areas of Rivers State.

RECOMMENDATION

Based on the findings of this study the following recommendations were made,

1. Counseling services should be provided in groups exclusively for students from divorced homes to help them adjust to the situation they find themselves. This will help them to appreciate the fact that they are not alone.
2. As a follow up measure to recommendation (1) above, every secondary school in Andoni and Opobo/Nkoro Local Government Areas of Rivers State should have a school counselor that will guide students of the divorced to achieve their Potentials
3. Teachers and School management should know the home background of each student so as to know the appropriate means of handling them. This is because family stress such as divorce may lead to dissatisfaction with life, which in turn will predispose such students to delinquent life in school that may not be tolerated by the school authority. In addition, parents and adult members

of the family should be encouraged to maintain peaceful and healthy family relationship during parents' teachers' association (PTA) meetings.

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