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DIVORCE AND REMARRIAGE: THE ADJUSTMENT OF CHILDREN

It is important that we learn how to make the remarried suprasystem work best for children and adults. For the children in remarried families, the multiplicity of relationships, personalities, values, and lifestyles can be extremely enriching, devastating or a combination of both. The child experiences a combination of home lives that he or she would not have been exposed to in an intact family. Under the best circumstances and with non-hostile co-parenting, the remarried family can provide a healthy alternate family life style for the child. Increasing public awareness of the incidence of remarriage, and having research provide us with the information that the adjustment to remarried life style is difficult for all concerned, even under the best psychological and material circumstances, is reflected in the fact that parents now focus on problems sooner, and some parents even seek preventive help before remarriage in the form of educational and supportive community resources. Schools also help by having class discussions about separation, divorce and remarriage, and teachers are alert to look for effects of family disruption in their classes and to seek help when necessary. In my clinical work with children of remarried families, I am getting referrals of children and adults before problems are of crisis proportion, although crisis situations are still in the majority. I continue to emphasize the importance of including in assessment, and if indicated, in treatment too, all involved members of the child's suprasystem. To exclude noncustodial parents, stepparents, or involved grandparents will usually mean that the therapeutic outcome will be limited since the child is leaving each session only to return to an unchanged and unhealthy environment.

Keywords: divorce, remarriage, adaptation of children

RAZVOD I PONOVI BRAK: PRILAGOĐAVANJE DECE

Deca čiji su roditelji stupili u novi brak su deca koja su doživela separaciju i razvod svojih roditelja ili smrt jednog od roditelja. Takvi događaji su značajni na bilo kom

razvojnou nivou. Za neku decu novi brak jednog od roditelja može biti sasvim prihvatljiv, tokom vremena i uz podršku odraslih, ona mogu naći adekvatno mesto u toj novoj porodici. Međutim, reakcija neke dece može biti veoma negativna. U radu je diskusija fokusirana uglavnom na decu mlađu od dvanaest godina. Dat je kratak prikaz relevantne literature o uticaju tog potencijalno stresogenog događaja na razvoj i prilagođavanje deteta. Takođe se razmatraju specifični problemi dece u ponovnim brakovima njihovih roditelja kao i načini adekvatnog prevazilaženja pojedinih teškoća.

Ključne reči: razvod, ponovni brak, prilagođavanje dece