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THE PRIMARY PSYCHOLOGICAL CONSEQUENCES OF MARITAL DISSOLUTION

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Abstract. The family, as a fundamental social institution forming the cornerstone of society, has retained its significance and is unlikely to diminish in importance in the foreseeable future. However, the evolving dynamics of human personality, gender relations, socio-economic structures, and moral frameworks have given rise to numerous contradictions within the family unit. The inability to resolve these conflicts often leads to family dissolution, resulting in various socio-psychological consequences. It is well established that such disruptions, which inflict profound emotional distress on family members, primarily affect children. The impact of familial conflicts and psychological distress varies depending on the child's age and socio-economic background. Historically, in efforts to stabilize familial relations, extended family members, community elders, and respected figures within society played a crucial role in mediation. In contemporary society, advancements in science and technology, the specialization of professionals across various fields, the expansion of social assistance programs, and the prioritization of family, child, and gender-related policies in state social frameworks have collectively contributed to positive developments in this domain. Nevertheless, divorce rates continue to rise annually, coinciding with an increase in health complications among children, exacerbated by environmental pollution and other socio-psychological stressors. These stressors, in turn, manifest in conditions such as neurological disorders, emotional instability, and mental health issues. Persistent exposure to stress may result in depression, heightened anxiety, and other adverse psychological outcomes.

To mitigate these effects, both theoretical and applied research initiatives are being undertaken to regulate these issues and facilitate the child's reintegration into a stable life. A comprehensive examination of existing efforts and unresolved challenges in this domain will contribute to future advancements in addressing the complexities of family dissolution. The historical conceptualization of parental responsibilities, including child-rearing obligations, has been shaped by deeply rooted societal values, traditions, and familial role models. The interplay between social norms, cultural customs, and personal parental experiences informs the ethical and normative frameworks governing parental duties. Furthermore, beyond legal regulation, parental obligations in every society are also, to some extent, influenced by public opinion and societal expectations.

Key words: family psychology, marital dissolution, socio-psychological determinants, social statistics, divorce dynamics.

Introduction. Family psychology constitutes a critical subfield within both general and social psychology. The methodological approaches employed in examining the formation and development of the family unit are diverse, encompassing a wide range of psychological investigative techniques. In essence, nearly all methodological tools utilized in the study of human personality are applicable in this field.

- The following factors can be identified as influential in the developmental characteristics of the family:
- The increasing material and psychological needs of all family members;
- The frequent inability of the male, typically regarded as the head of the household, to fulfill these demands;

- The abrupt transformation in the social status of women and the resulting increase in their social roles;
- The delayed adaptation processes for both men and women during the family life adjustment period, which negatively affects role distribution and psychological compatibility;
- The intensification of conflicts between social demands within the workplace and the family for women;
- The impact of urban lifestyles on the distribution of roles within the family;
- The emergence of discrepancies in the formulation of values related to family life during premarital behavior norm formation, etc. Distorted perceptions regarding family often hinder the successful adaptation of prospective spouses (Ayfer Aydiner Boylue, 2013).

Studies have shown that premarital communication plays a crucial role in family development (Howard J. Markman, 2010). The perceptions that both boys and girls have about their future spouses tend to be rather generalized and, in most cases, positive, encompassing love, affection, mutual respect, loyalty, wisdom, and similar values among family members. Boys, in particular, are more likely to focus on their future wife's physical appearance and behavior (Juan Hou, 2024). Specific traits such as a girl's height, body shape, physical health, neatness, ability to dress tastefully, overall attractiveness, and amiability tend to capture their attention. In contrast, girls place less emphasis on physical appearance, prioritizing physical strength and generosity in their evaluations.

Among the qualities they desire in a future wife, young men most commonly cite proficiency in household chores, work ethic, mutual understanding, delicacy, modesty, refinement, and compassion. On the other hand, girls seek qualities such as loyalty, attentiveness, care, integrity, sincerity, and fairness in a future husband (James Michael Sama, 2015).

Young couples entering into marriage are often eager to gain independence from parental supervision, desiring to live in an environment characterized by constant care and affection. Many also view marriage as a means of alleviating future loneliness. Undoubtedly, the perceptions of family and a future spouse are frequently idealized and overly romanticized.

Thus, the factors influencing family relations can be categorized into two groups: pre-marital and post-marital factors. The first group encompasses social origin, the nature of relationships within the parental household (both generally within the family and between the parents), as well as individual personality traits (such as temperament, preferences, habits, attitudes, etc.) (Girma Deressu, 2019). Furthermore, it is essential to incorporate perceptions of the ideal spouse within the future family context. Finally, the reasons for entering into marriage also assume a significant role.

The aforementioned factors exert substantial influence on the dynamics between young spouses and constitute the psychological foundation of marital relations.

Degree of problem development. The analysis of the social-psychological consequences of marital dissolution plays a pivotal role in addressing real-world practical challenges, particularly in the context of implementing preventive measures.

The factors impacting the relationships between married couples are as follows: 1. the ethical and emotional relationship between spouses; 2. the psycho-physiological relationship between spouses; 3. consensus on the upbringing of children; 4. the division of household and domestic responsibilities; 5. leisure activities and their utilization; 6. the relationship with the parents of either spouse; 7. the relationship with friends; and 8. attitudes toward alcohol consumption and other detrimental habits (Rosiana, 2022).

The influence of these factors on marital relations is contingent upon their relative importance and weight. Positive relationships are generally predicated upon mutual tolerance and forbearance.

In newly established families, the lifestyle is influenced by the age of the spouses. The formation of the psychological climate within the family is shaped by the development of family values, the establishment of perceptions regarding spousal relations, and evolving views on parental roles.

In the initial years of marriage, the emotional atmosphere plays a particularly significant role: the spouses tend to engage in frequent communication, sharing thoughts and impressions, while striving to demonstrate sympathy and respect for one another. Several needs tend to predominate during this period, including the desire for assistance, support, and a sense of protection (Courtney, 2017).

In families founded upon mutual respect and love, family values align, interests and needs converge, role distribution is more harmonious, and the couple collectively plans for the future development of the family. In such a context, mutual understanding prevails, and emotional attributes are more easily perceived. In positive, emotionally supportive young families, women generally take on the role of emotional leaders, assuming psychotherapeutic and nurturing responsibilities. Thus, family crises often manifest during significant life transitions such as the birth of children, their entry into school, interference from relatives in family matters, the collision of interests and values, and the confrontation of life positions. These crises, if unresolved, can culminate in family disintegration, which is often rooted in psychological dynamics that require thorough diagnostic assessment for resolution.

In the context of modern globalization, familial relations undergo substantial transformation. Traditional environments and lifestyles change, and within family members, there emerges a growing pragmatism in perceptions of the self ("I") versus the collective ("We") at the group psychology level. The demands and control within these relationships intensify, and as the parents' educational levels rise, so does the tension in role distribution and interpersonal dynamics within the family. In certain cases, these processes reach an irreversible point, leading to family dissolution. Contributing factors to this phenomenon include increased migration, shifts in professional structures, the constantly evolving conditions of life, the democratization process, new information technologies, and the growing socio-political activism of women. As a result of globalization, shifts also occur within the moral-psychological climate of the family, impacting its cultural level.

Globalization encompasses a range of factors, including the movement of large financial flows, the internationalization of economies, multi-polar political confrontations, the disintegration of moral-ethical and ethnic values, and the acceleration of social processes. Within the family, each individual is subjected to societal pressures: ecological, financial, moral-ethical, and political-legal, placing them in a constant state of stress, yet they remain ever ready to adapt to innovations and changes.

Families are not immune to these transformations. As mentioned previously, family formation no longer always occurs within traditional conditions; it is no longer tied to a specific lifestyle (for example, the social boundaries between urban and rural are increasingly blurred, customs and traditions evolve, rituals and relationships are altered). Typically, efforts within the family are coordinated based on certain norms and values. On these grounds, individuals face personal challenges they struggle to resolve alone, relying on collective effort to navigate them.

The aim of this study is to examine the psychological consequences of the breakdown of established norms and values in a dissolving family. These repercussions have a profound impact on the subsequent lives of parents, children, and other family members. How can psychologists intervene in alleviating these consequences? This question is a central focus of the research.

Research methods. A combination of scientific literature analysis, observation, factual investigation, and the application of biographical methodology is involved.

Causes of the Breakdown of Traditional Norms and Values within Families

Psychologists understand that an individual, by expressing readiness for mutual assistance and providing responsive support, harbors the hope of receiving support throughout the entirety of their life. Moreover, it is evident that by defending both their own and the group's reputation, an individual hopes that this established group status will be enhanced, thereby increasing the significance of their own personal influence.

As with every social group, the family also requires norms of solidarity, ensuring that a balance exists in the relationships between the group and its individuals. The breakdown or absence of these

norms results in the loss of the family's stability. It is well-established that intra-group relationships shift from the "I" to the "We," where solidarity is formed. In the early stages of family formation, the development and acceptance of shared values, as well as the formation of group thinking, depend on the conditions and relationships that evolve (ter Meulen, 2010). Sometimes, this process reaches a swift conclusion and leads to the formation of strong familial bonds; in other cases, however, the foundation may be fragile, leading to a rapid disintegration and the eventual dissolution of the family.

The formation of group thinking plays a crucial role in communication. During this process, an individual adopts values that align with the group's norms and traditions. Factors that hinder this process can diminish motivation, weakening the connection with the group. This dynamic is similarly observable within the family. The satisfaction of basic needs, such as inclusion in relationships, control, and affection, is anticipated. If these needs are inadequately met, internal conflicts intensify, and tension permeates the household. Factors that contribute to maintaining a healthy family environment include the spirit of collectivism, mutual expectations, and control.

Newly emerging family dynamics are influenced by Eastern thought, spirituality, communal relations, and regional customs and traditions. At the same time, various factors contribute to the creation of role tensions within modern families. Disparities in education between husband and wife affect the wife's fulfillment of maternal duties and domestic responsibilities (Yosika Pramangara, 2020).

The higher the educational level of the mother, the fewer children she desires to have. Consequently, tensions arise within the family regarding the number of children, and contradictions emerge in the fulfillment of status roles and the satisfaction of leisure time needs.

Furthermore, it should be noted that the globalization of economic relations affects the nature and developmental characteristics of the labor market. Unemployment rates rise, and the number of individuals migrating abroad to seek work increases rapidly. Typically, men migrate, sometimes bringing their wives along; however, in most cases, the woman remains the foundation and organizer of the family life at home. The father intermittently visits the family. The lack of employment opportunities and forced migration pose significant barriers to the fulfillment of basic human rights, such as the right to work, live in good health, and access education (Impact of Globalization, 2012).

As the head of the family leaves for an extended period, new values and tendencies emerge within the domestic relationships. New socio-psychological and moral connections are also established in parent-child relationships. It is known that, in such circumstances, some families may dissolve, and new families may form (often through infidelity on the part of the man), leading to a reassessment of many traditional family values. The family and marriage concepts, once grounded in traditional societal values, are gradually replaced by new perspectives.

As a result of prolonged job searches, estrangement between spouses begins to form and intensifies over time (Rovshan Najafov, 2022). One of the root causes of this phenomenon lies in the mental constructs prevalent among Azerbaijanis, particularly the belief that the husband must assume the responsibility of financially supporting the family. When this role is unmet, it has a detrimental effect on all family members, creating a distinctive psychological atmosphere. Consequently, some families experience disintegration. Although women aspire to work, the probability of securing employment remains considerably low. This situation gives rise to new levels of self-awareness and self-esteem, and fosters the emergence of new dimensions of identity (Leyla Zeynalova, 2023). These new dimensions are integrated with broader universal themes of community, religion, and family, alongside work, professional, and status-related activities. The introduction of new status roles leads to partial or complete transformation in marital dynamics. Moreover, the processes occurring within the family environment have negative implications for the upbringing and development of future generations (Guler Akif, 2022).

The evolving labor market, along with the demand for new professions and specialized skills, imposes new expectations on the structure and quality of education for young people. The financial

burden of acquiring such education is substantial. Consequently, young individuals seek higher-quality, prestigious education, often through specialized courses and individual preparation, with many opting for opportunities abroad. This shift results in a transformation of traditional patriarchal family structures, wherein multiple generations cohabit. The younger generation tends to leave the family home at an earlier stage in life, pursuing greater independence, which in turn weakens familial ties and fosters a growing sense of estrangement. Traditional values, such as respect for elders and care for the sick, are gradually supplanted by more pragmatic, measured relations (Isgandar Hasanov, 2022). Parent-child relationships are often marked by increasing tension, resulting in conflicts that exacerbate the challenges associated with role fulfillment.

Furthermore, these developments are influenced by the political foundations of contemporary social relations within the country. This is especially pertinent in light of democratic changes and the expansion of human rights. These shifts have led to an increase in public and political engagement across various spheres. The participation of both men and women in local, electoral, and higher management levels has notably increased. As a result, traditional perceptions of women's roles within the family and society are undergoing transformation, with the number of working women on the rise. Women's increased economic activity has also catalyzed their involvement in political affairs (In Azerbaijan, 2018).

At the same time, a perennial challenge remains – the difficulty of balancing family and work responsibilities. This imbalance contributes to men's departure from the family unit and the eventual dissolution of some families. While egalitarian relationships have begun to emerge, these are still in their nascent stages, and the division of roles within families largely remains traditional. Consequently, these dynamics contribute further to the exacerbation of familial issues. The rising political and social engagement of women often results in the fragmentation of the family unit, with women assuming the full spectrum of familial roles. This shift has profound implications for child-rearing and development (Gazanfar Abdullayev, 2025).

The Issue of Family and Modern Information Freedom

The escalation of family-related issues is also intricately connected to the matter of contemporary information freedom. The information space, facilitated by ICT, expands progressively each year, and in order to capitalize on this, it is imperative to enhance the educational system. A high standard of living, alongside the assimilation of new moral values, affords individuals the opportunity to live and act autonomously within an information society. Nonetheless, the majority of countries remain ill-prepared to cope with the rapid expansion and evolution of information currently taking place. This issue is especially alarming for the younger, developing generation. The vast influx of information gives rise to numerous physical, moral, and psychological challenges (such as developmental delays, the distortion of moral values, psychological dependency on the Internet, etc.). This necessitates a concerted effort to seek and implement new managerial strategies in the advancement of education and scientific domains.

It is crucial to engage proactively in preparing children for life from their early developmental stages. In many instances, parents lack the requisite knowledge and skills concerning education and child-rearing. As a consequence, specific socio-psychological challenges arise at home in relation to the child's education. Parents who are compelled to seek supplementary lessons or employ tutors must also secure additional financial resources, which many families find beyond their economic capacity.

It is widely acknowledged that a portion of the difficulties encountered by families stems from the organization of educational processes in schools, as well as the timely execution of reforms. The delay of such reforms impedes the enhancement of teachers' professional qualifications and prevents them from acquiring and applying new programs and pedagogical methodologies. Emerging industries create a demand for new specializations and professions, which require the establishment of a robust scientific-pedagogical and professional framework. The state must foster the integration of

science, education, and industry, ensuring that these sectors are aligned with contemporary demands, thus enabling the younger generation to enter society as responsible citizens and well-rounded individuals. This, in turn, serves to consolidate state power.

At present, a contradiction exists between the demand for highly specialized personnel and the capacity to train them. This contradiction undoubtedly influences familial relationships as well. The aspiration to attain a high level of education does not align with the educational infrastructure and human resources available at secondary and tertiary institutions. Furthermore, graduates seeking employment in their respective fields encounter significant challenges in securing relevant positions. Unemployment rates among youth are alarmingly high. An additional issue emerges: the value placed on obtaining a university degree, rather than the actual quality of education received. Parents, too, are actively involved in the job search process. Consequently, professions are often chosen based on their prestige, rather than considering the child's abilities and aptitudes. These issues contribute to familial tensions and invariably impact intra-family dynamics. It is also essential to account for the cultural mindset in this context. A strong sense of collectivism entails mutual assistance and support, with regional and community characteristics influencing this dynamic. At times, such support can hinder individuals from testing their capabilities, taking initiative, and establishing professional networks. Localism and traditionalism can occasionally lead to bureaucratic inertia and even foster corruption.

As previously noted, the influence of the information revolution has a profound effect on the nature of family relationships and the socialization of children. Children's self-awareness and consciousness remain fluid and susceptible to frequent changes under the influence of multiple factors. They do not fully internalize societal norms and values, which makes them vulnerable to various external influences. In this context, the role of the media and social networks becomes especially pivotal. Various television programs, electronic games, and films evoke primitive instincts in individuals, particularly children, promote aggression, hinder the development of moral values, and reduce complex concepts of life to oversimplified notions. When considering the specific developmental stages of children, it becomes evident how their sense of self-identity is increasingly jeopardized.

The transparency of information, its expanded accessibility, and simplification have entirely diminished the inclination among the youth to engage with literature, particularly fictional works. As is well known, the assimilation of moral values was predominantly achieved through the understanding of the positive attributes of literary protagonists. Presently, this approach to information is either underutilized or scarcely employed. Consequently, parents encounter considerable challenges in alleviating psychological dependency in their children and are unable to foster socially sanctioned moral and ethical frameworks.

Changes in Domestic Life and Family Traditions

Transformations within domestic life and cultural traditions represent another factor influencing the emergence of familial conflicts and the potential dissolution of the family unit. Domestic culture often plays a central role in shaping familial relationships and the processes occurring within them. It is acknowledged that the technical capacities of household life and the characteristics of its organization are now considerably advanced. As a result, uniformity and standardization have markedly increased, leading to the erosion of individuals' spiritual wealth, particularly among the younger generation.

The opportunities for interaction among individuals from diverse regions and familial backgrounds have expanded significantly. For instance, wedding rituals have become increasingly generalized and homogenized. In general, the dynamics of intergenerational relationships within the family are manifested in wedding ceremonies. Within these events, the relationships between the youth (the bride and groom) and both the elder and younger generations are explicitly articulated. It is evident that each ritual performed in these ceremonies conveys moral significance, reaffirming family values, validating the importance of marital life, and facilitating the expression of ethnic identity.

However, in the context of urban living (where the majority of the population resides in cities), wedding ceremonies have become more standardized (in special halls, with limited guest numbers and time constraints). It is clearly observable that values are becoming increasingly mixed, with young people unable to fully adopt moral, emotional, and ethical examples that are crucial for their future lives. As a result, young couples face issues within their relationships, initially among themselves and later with their extended families.

Individualism is on the rise, with families establishing autonomous lifestyles. Solidarity and unity are now often based on collective work. Currently, in agriculture, technical equipment and new technologies have replaced previously collaborative efforts. Consequently, the sense of unity, mutual assistance, and solidarity has somewhat diminished. Ethnic identity was, to a certain extent, shaped through such collective actions. Undoubtedly, as a result of such processes, individualism and tendencies toward egoism may continue to grow within the family structure.

In contemporary society, psychological issues and the potential for the disintegration of familial relationships are increasingly influenced by the ecological crisis. The health of family members and the positive development of family dynamics are inherently dependent on the overall well-being of the family unit. The escalation of the ecological crisis, particularly the pollution of air, water, and soil, has a profound and detrimental impact on human health and life security. Factors such as the development of transportation, the expansion of international trade, and the emergence of the technosphere – acting as a rival to the biosphere – further contribute to the intensification of the ecological crisis. While quality of life has improved in certain respects, evident in the increase in life expectancy and the decline of various diseases, there remains an imminent threat of an impending and deepening global ecological catastrophe.

In the context of family life, these changes manifest in the growing prevalence of infertility, the absence of breast milk during childbirth, and an alarming rise in maternal mortality during pregnancy and childbirth. The number of ecologically hazardous zones around the world continues to rise, and Azerbaijan, along with other regional nations, has a significant number of such zones. These areas often see the birth of children with physical impairments. Such environmental stressors contribute to a decline in the mutual well-being of spouses, affecting both their physical and psychological states.

As a result, the family – one of the fundamental building blocks of society – finds itself under considerable strain, influenced by the global transformations currently occurring. The future of the family unit is marked by uncertainty and contradiction. The possibility of familial disintegration remains an ever-present risk, manifesting at any stage of family life.

Psychological Impacts of Divorce and Family Disintegration

The psychological consequences of divorce and family breakdown can be systematically categorized as follows:

1. The spread of somatic diseases, passed down through generations, which are further exacerbated by global issues, affecting both the lifestyle and the future of family members.

In Azerbaijan, the prevalence of congenital anomalies among children represents approximately 0.8 per thousand of all births. This situation often leads to various psychological complications, contributes to the disintegration of the family (as fathers frequently struggle to cope with such adverse circumstances), and results in the psychosomatic manifestation of the disease (Azerbaijan, 2014).

One of the health conditions contributing to family breakdown is HIV-related illnesses. The fear of transmission within the family, the loss of sincerity and mutual trust, and the subsequent disintegration of family ties are common consequences of such illnesses.

HIV-Related Illnesses in Azerbaijan
Table 1 (State Statistics Committee)

Years	2020	2021	2022	2023
The total number of patients first recorded with diseases caused by the Human Immunodeficiency Virus (HIV)	547	671	749	886
Those with acquired Immunodeficiency Syndrome (AIDS)	104	105	89	169
Among them, children under 18 years old	1	–	1	–
The total number of patients with diseases caused by the human immunodeficiency virus (HIV) registered at treatment and prevention institutions	8 395	9 059	9 806	10 692
Among them, those with acquired immunodeficiency syndrome (AIDS)	2 481	2 586	2 675	2 844

One of the consequences of family disintegration is the emergence of disorders in the nervous system and sensory organs. Over the past 15 years, the incidence of infants affected by such conditions during their first year of life in Azerbaijan has been on a continuous rise. In 2015, this figure reached 19,000 individuals [Azerbaijan Statistical Committee // <http://www.stat.gov.az/source/healthcare/>].

Another contributing factor is the prevalence of psychiatric disorders within the population. Although the number of such cases has shown a relative decline over time (as evidenced in the second table), the increase in family breakdowns, specifically divorces, indicates a substantial correlation with the onset of these conditions.

Prevalence of Psychiatric Disorders in the Population
Table 2 (State Statistical Committee)

	2020	2021	2022	2023
The total number of patients recorded with a first-time diagnosis – total, persons	4 039	4 751	6 983	10 108
Per 100,000 people of the population	40,4	47,3	69,2	99,5
The number of patients registered in treatment and prevention institutions, persons	106299	109107	113 836	113 216
Per 100,000 people in the population	1 060,2	1 084,2	1 124,1	1 112,1

The number of divorces has steadily increased in the years indicated. At the same time, the incidence of mental health disorders in the population of Azerbaijan has slightly risen. Undoubtedly, the role of family relationships in maintaining mental health is significant. Sometimes, divorce itself can have a positive effect on a person's health, including their mental well-being. Officially registered marriages and divorces, along with their overall rates.

Table 3 (State Statistical Committee)

Years	Number of marriages	Number of divorces	Per 1000 people	
			Number of marriages	Number of divorces
<u>By urban and rural areas – total</u>				
2020	35348	14628	3,5	1,5
2021	56314	17191	5,6	1,7
2022	61939	15983	6,1	1,6
2023	54200	21688	5,3	2,1

As shown in the table, the number of divorces in Azerbaijan has been steadily increasing in recent years. During the same period, the prevalence of diseases such as alcoholism, drug addiction, immunodeficiency, and toxicosis, commonly referred to as social diseases, has also risen.

Prevalence of alcoholism, drug addiction, and toxicosis among the population (number of cases).

Table 4
(State Statistical Committee)

	2020	2021	2022	2023
Patients registered with a newly established diagnosis:				
Alcoholism and alcohol psychosis	339	439	682	600
Narcomania	2 723	5 603	3 689	3 796
Toxicomania	122	361	590	407
Psychological and behavioral disorders resulting from the use of several narcotic substances and other psychoactive substances.	568	2 418	3 645	X

Thus, the dissolution of marriage, accompanied by various psychological and psychosomatic complications, has increasingly become a commonplace phenomenon in contemporary societal structures. The post-divorce life stage exerts a profound impact on both spouses and their children, influencing their psychological and emotional well-being, longevity, personality characteristics, levels of frustration, and susceptibility to depression and stress, while simultaneously exacerbating the state of deprivation. It is evident that the stage at which the dissolution occurs plays a critical role in determining these outcomes. As is widely acknowledged, families undergo various crisis stages that challenge their overall stability.

The most severe consequence of this is deprivation, during which individuals may develop aggressive tendencies, either directed towards themselves or others. As a result, they may turn to maladaptive coping mechanisms such as substance abuse (including alcohol, narcotics, and smoking). In extreme cases, instances of self-harm or suicidal behavior may also arise. In children, the dissolution of marriage leads to the emergence of various psychological distress states, including frustration and deprivation, which are contingent on the child's age and the specifics of the familial situation. Regardless of the family structure, modern children are subject to significant psychological and emotional trauma, with the incidence being markedly higher in dysfunctional families. Such children experience a decline in self-esteem and encounter significant challenges in establishing healthy interpersonal relationships. Particularly severe conditions arise from divorces characterized by intense conflict, verbal insults, and physical violence. Children often develop complex psychological issues that are difficult to mitigate. For approximately a decade, children bear the emotional and psychological burdens of their divorced parents, which significantly impacts their future development.

Divorce disrupts an individual's life trajectory, fundamentally altering their value system, relationship with social norms, and psychological stability. Empirical research indicates that individuals most affected by divorce are typically men, the elderly, and those suffering from chronic illnesses. Additionally, divorce is correlated with a reduction in life expectancy among men. In contrast, the likelihood of remarriage is notably higher among men in traditional societies such as Azerbaijan and other regional nations. However, the process of adapting to a post-divorce life, forming a new emotional and volitional state, establishing a new set of values, and seeking a new emotional sanctuary is a highly challenging undertaking. In this context, support from the individual's social network, including friends, acquaintances, and relatives, plays a critical role. Psychophysical exhaustion and depressive states contribute to numerous challenges throughout an individual's life.

Upon examining the age distribution of divorcees, it becomes evident that the most critical period is the first five years following marital dissolution. More than 60% of divorces occur within the initial nine years of marriage. In 2023, 11,619 divorces were recorded, representing a significant proportion of the total number of divorces (21,678) during that year. This demonstrates that both parents and young children endure the psychological and emotional strain of divorce. The affected demographic spans individuals aged 20-25 to those aged 40-44. As noted, divorces occur at various stages of family life; however, their frequency decreases over time. Nevertheless, at this juncture, the alteration of established emotional, moral, and psychological dynamics, which have developed over years of shared experiences, imposes significant costs, particularly for men. In such circumstances, the intervention of psychological professionals is imperative.

Conclusion. Based on an analysis of the psychological consequences of marital dissolution, it can be inferred that in each individual case, psychologists and social workers are crucial in conducting diagnostic assessments and implementing necessary interventions, including psychological and social support, as well as preventive measures.

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