

Working Topic

My topic is about failed marriages around the world. I am focusing on why couples who are currently in a failed marriage –the inability to maintain a domestic relationship- should not stay together for their kids. This topic is relevant today, as many couples claim that they are unhappy in their marriages, but would remain with their partner just for the sake of their children.

My paper considers the harmful impact of couples being together in a toxic relationship on the mental health and self-esteem of both the children and the parents. Children are acutely aware of their parents' sentiments and dissatisfaction, and they frequently absorb and reflect that negative energy like a sponge. Consequently, the children and the parents' self-esteem and mental health deteriorate. Furthermore, the paper will discuss the long-term impacts of remaining in a bad marriage on children, including their ability to maintain healthy relationships with others.

Many people believe that time will heal all wounds and that parents should try to salvage their relationship for their kids since it might make them happier, but that happiness might be short-lived as the consequences of staying in an unhealthy relationship can become prominent with time. Thus, my paper aims to prove that it is healthier for couples to consider getting a divorce rather than tirelessly trying to save a dwindling relationship for the sake of their children.

Brief Introduction

The audience of my paper is the public, but more specifically, couples in unstable relationships. It is natural for partners to feel uncertain about the course of their relationship; however, I believe that this paper can help conflicted couples make a decision regarding their

future. I was fortunate enough to find several papers supporting my argument; however, there are opinions that are of opposing views, which makes it a valid research topic.

As a child of divorced parents, I want people to understand the value of a healthy marital relationship for the mental health of children. When parents choose to stay in an unhappy marriage for their children's welfare, they do so in the hope of their children being happier and feeling more secure about themselves, but this is rarely the case. According to both my experience and research, children can sense their parents' misery, and they often blame themselves for it. This belief system has the potential to negatively affect a child's future relationships and self-esteem. As a result, I believe it is critical for parents to recognize that the consequences of such a sacrifice - remaining in an unhappy relationship - are often the opposite of what they anticipate.

Research Questions and Methods

My main research question is, "should couples in a failing marriage stay together for their children?" Then there are the follow-up inquiries, such as, "what are the consequences of staying in an unhappy marriage?" and "how does staying in an unhappy marriage affect both the children's and the parents' mental health?"

In order to address my research questions, I plan to look at how being in an unhappy marriage affects parents' self-esteem, causes behavioral problems in children, and leads to overall decreased life satisfaction and happiness for both parents and children. Furthermore, I will refute claims which state that staying together will make the children happier, and others that assume that time will heal all wounds. This will be done by demonstrating the negative effects of staying in an unhealthy relationship on children's mental health, and how ignoring problems in hopes of time healing them will exacerbate them.

I will employ peer-reviewed scholarly papers and articles found in the AUS library to support my aforementioned arguments. Moreover, I will heavily rely on published research from medical databases like JSTOR and ScienceDirect as well as other reputable psychology journals related to my topic of discussion.

References

Cummings, E. M., George, M. R. W., McCoy, K. P., & Davies, P. T. (2012). Interparental conflict in kindergarten and adolescent adjustment: prospective investigation of emotional security as an explanatory mechanism. *Child Development*, 83(5), 1703–1715.
<http://www.jstor.org/stable/23321191>

This academic paper examines the consequences of parental conflict on children and how they respond emotionally as adolescents—whether through internalizing or externalizing conflict. This article includes scientific evidence that children who grow up in a toxic home with unhappy parents are emotionally insecure, allowing me to demonstrate the harmful effects on children's mental health should parents choose to stay together in an unhappy marriage.

Hawkins, D. N, & Booth, A. (2005). Unhappily ever after: effects of long-term, low-quality marriages on well-being. *Social Forces*, 84(1), 451-471.
<http://www.jstor.org/stable/3598312>

This scholarly paper investigated unhappy marriages over a 12-year span. The findings suggest that staying in a low-quality marriage leads to a reduction in overall life satisfaction and

self-esteem. This paper serves to highlight the negative impacts of staying in an unhappy marriage on the self-esteem of the parents in my research paper.

Planning

Because I have commitments to other classes every week, I chose to divide the work on a weekly basis. The obligations I must meet for other courses include projects, assignments, research, and exams. I will dedicate 1-2 hours every day to writing this paper.

Week 4: I have a PSY323 midterm on Thursday. Therefore, on Saturday through Monday, I will conduct thorough research and create two folders, one for the effects on the mental health of children and one for the parents.

Week 5: I have a PSY301 midterm on Wednesday. Therefore, on Saturday through Monday, I will start working on my research proposal. The rest of the week will be spent studying for the midterm.

Week 6: I will finalize my research proposal on Friday, Saturday and Sunday only, the rest of the week will be dedicated to my ECO202 midterm and POL201 presentation. I will visit the writing center on Sunday for feedback before submitting my research proposal.

Week 7: I will begin working on my working draft.

Week 8: I will continue writing my working draft during the weekend, but my focus during the week will be on other subjects since I have a POL201 midterm, PSY323 midterm and research summary submission.

Week 9: I will finish my working draft 3 days before it is due so that I have enough time to proofread it and submit it.

Weeks 10-12: Start writing my final draft, taking into account the professor's feedback on my working draft.

Weeks 13-14: I will finalize the final draft and visit the writing center. Finally, I will submit my paper 1-2 days before the deadline.