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RESEARCH ARTICLE

# Communication in Divorced Families with Adult Children: A Literature Review

**Dare N., Akinloye**

*Department of Communication, Texas Tech University, Lubbock, TX, USA.*

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Corresponding Author: Dare N., Akinloye. Department of Communication, Texas Tech University, Lubbock, TX, USA.
*https://orcid.org/0009-0001-6152-4428*

## Abstract

The importance of communication among co-parents, individual parents, and adult children cannot be overemphasized. There is a need for all family members to adjust regarding divorce, but adult children may find it particularly difficult. However, a positive connection with the parents may help immensely. A child's capacity for healthy adjustment and coping can be significantly impacted by even having a positive relationship with one of their parents. Open and honest communication is essential to the adult children's good connection. To avoid oversharing and the kid feeling torn between, parents should avoid using their adult children as a vent for their worries and frustrations. The co-parenting relationship's characteristics are one factor that affects how well children adjust. The stress that adult children endure can be minimized and a positive relationship model for adult children can be created if the co-parents can keep a solid rapport and communicate well with one another. A healthy relationship between the children, the custodial and non-custodial parent should be tried in addition to mending the rift between ex-partners.

**Keywords:** Communication, Divorced Families, Adult Children, Literature.

## 1. Introduction

Divorce is a prevalent phenomenon in modern society, affecting millions of families worldwide. Communication in divorced families, particularly those with young adult children, has been the subject of several study studies (Afifi, 2012; Amato, 2010). Divorce can significantly impact the quality of family communication, with potential long-term consequences for the emotional and psychological well-being of young adult children (Adeniran, 2015; Amato & Keith, 1991). This paper will explore the communication dynamics in divorced families, focusing on the role of young adult children.

It is worth noting that in this current era, divorce is a complex and multifaceted event that impacts not only the couple involved but also their children (Amato, 2000). As children of divorced parents transition into young adulthood, the communication dynamics within the family can be significantly affected, potentially influencing the young adults' social, emotional, and psychological well-being (Afifi & Schrodt, 2003). This is what this discussion would be centered upon bearing in mind the existing study on communication in divorced families with young adult children. In doing so, this overview does not seek to replicate previous work but to synthesize and analyze the findings to offer a comprehensive understanding of the topic and identify potential areas for further study.

Among the many reasons individuals get married are love, hope, security, and adult children. These are by no means all of the reasons. According to the U.S. Census (2012), 53.9% of Americans were married in 2011. Numerous communication techniques are available to support a marriage in its endeavours to endure and prosper, but what about methodologies for communicating after a divorce? 40–50% of US

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marriages result in divorce, according to the American Psychological Association (2016) (Marriage & divorce, n.d.). Divorce and separate lifestyles are options for spouses if adult children are not involved. On the other hand, 41% of married couples in the US in 2011 reported having at least one kid below 18 years old (Jacobsen, Mather & Dupuis, 2012).

In many cases, a couple that has minor adult children still living finds it impossible to go through life without contacting one another following the breakdown of their marriage. On adult children, divorce can have significant and long-lasting effects. In addition to having a higher chance of experiencing divorce themselves as adults, adult children of divorced families are also more likely to experience mental and physical health difficulties, peer relationship problems, and suicidality (Child and Divorce Statistics, n.d.). A change in marital status "can lead to depression, behavioural problems, poor school performance and separation anxiety" (Portes, Lehman & Brown, 1999).

According to Portes *et al*. (1999), these adult offspring often exhibit poor levels of self-efficiency, self-esteem, and effective coping mechanisms. A child can process and cope with divorce healthily to lessen the impact as it falls into one of the previously listed categories (Adeniran, 2015). This has several important parts, of which most are related to communication and the parental units. This study will examine communication between parents and children and co-parents.

There are different facets to communicating before and after a divorce, and this study will discuss a few. The kinds of family conversations and conformity dyads will be first discussed. The second area of investigation for the study will be ambiguity and competency in parent-child interactions. The topic of kid adjustment in divorces and separations will next be discussed. Lastly, the study will reveal how technology is employed in various relationship groupings and post-divorce communication between the kid and the custodial parent and non-custodial parent as well as between the co-parents.

## 2. Method

Twelve studies that were published in national academic publications as well as several internet based psychological and census sources provided the data. Every study was conducted in the northern region of the United States. It is significant to highlight that, although the participant groups in certain studies were more varied, many of the study samples were of Caucasian households where the mother was the custodial parent. The focus was nearly entirely on adult children under 18 years, albeit the ages of the adult children varied. All of the co-parents in these studies were biological parents; second families were seldom ever investigated outside of the context of peer-to-peer contact. Families who had recently split or were divorcing but had not yet obtained their official divorce were included in one study.

### 2.1 Divorce and Family Communication

Divorce can disrupt family communication patterns and necessitate the establishment of new routines and structures (Amato, 2000). Studies have shown that effective communication between divorced parents is critical for maintaining a sense of stability and support for their children (Bonach & Sales, 2002). The quality of communication between parents and young adult children can be influenced by various factors, such as the degree of conflict between the divorced parents, the custody arrangements, and the level of involvement of each parent (Emery & Sbarra, 2005).

### 2.2 Parent-Child Communication

The communication between parents and young adult children in divorced families can be affected by several factors, including the level of trust and openness, the ability to navigate complex family structures, and the young adult's level of psychological adjustment to the divorce (Afifi&Schrodt, 2003). The study by Afifi and Schrodt (2003) found that young adults from divorced families experienced more uncertainty, dissatisfaction, and avoidance in communication with their parents compared to their peers from intact families.

Divorced parents might face challenges in maintaining open and supportive communication with their young adult children (Aquilino, 2006). One study by Aquilino (2006) suggested that the quality of parent-child communication after divorce could be influenced by the parent's remarriage, residential proximity, and the young adult's relationship with the noncustodial parent.

### 2.3 Co-parenting Communication

The quality of co-parenting communication between divorced parents has been identified as a significant factor in the adjustment and well-being of young adult children (Bonach& Sales, 2002). A study by Bonach and Sales (2002) found that effective co-parenting communication was associated with lower levels of anxiety, depression, and behavioural problems in young adult children of divorced parents.

Sbarra and Emery (2005) suggested that cooperative communication between divorced parents can positively influence the young adult's adjustment, while high levels of conflict and poor communication can exacerbate the negative effects of divorce. Moreover, constructive co-parenting communication can help young adults navigate complex family dynamics, such as blended families, stepparent relationships, and new romantic partnerships (Sbarra& Emery, 2005).

### 2.4 Dialogue and Conformity Dyads

Families consist of a dyad of conversation and compliance. Families with strong communication values are thought to have a high discussion orientation; families with poor communication values are seen to have a low conversation orientation. Parents in highly conversation-oriented families think that "open communication is essential for teaching and socialising their adult children" (Schrodt & Skimkowski, 2015). Open communication is valued and expected in families that place a high value on talk. Families with poor conversational orientations may communicate verbally less often and discuss just the most superficial subjects. Families with low conversation levels are less likely to talk about subjects that touch on beliefs, sentiments, and emotions.

Conformity orientation, which likewise has high and low values, is the other half of the dyad. Families with high conformity orientations place a higher priority on "uniformity and obedience" (Schrodt & Skimkowski, 2015) than on individual beliefs and preferences. According to Schrodt and Shimkowski (2015), families with high conformity tend to prioritise the needs of the family over the interests of individual members and have hierarchical structures with uniform views and values. Families with low conformity orientation value individual views and interests, whereas high conformity orientation families do not provide much opportunity for growth outside the family value system.

While some family values are required to be upheld, these families also support and foster individual growth without depending on the family's basic beliefs or principles. Four dyads representing various family kinds are formed by these two orientations in their polarities. Families that exhibit low talk and low conformity are considered laissez-faire; those that exhibit high conversation and low conformity are protective; those that exhibit both high and low conversation are considered consensual; and families that exhibit low conformity and high conversation are considered pluralistic. According to Schrodt and Shimkowski's (2015) study, "perceptions of both antagonistic and supportive co-parental communication were significantly predicted by conversation orientation."

Co-parenting behaviours were better in families with a strong discussion orientation. This is partly because parents who value unrestricted and honest communication on a range of subjects are more inclined to encourage one another rather than to compete with one another when it comes to raising their adult children (Schrodt & Shimkowski, 2015). Adult children saw supportive interactions in those with strong discussion orientation, regardless of conformity orientation.

Conformity orientation nevertheless has an impact on the relationship and how people see it. Parenting that is very conformist is likely to discourage parents from resolving disagreements and to model unhealthy conflict-resolution techniques for their adult offspring (Schrodt & Shimkowski, 2015). This avoidance of confrontation can result in one parent remaining in charge of making choices for their adult children even after a divorce, or in the parents behaving as individuals rather than as a co-parenting team. In any case, the youngster learns a bad lesson about unhealthy communication, which might result in poor coping mechanisms when faced with divorce and other challenges in the future.

Being conformity-orientated may have drawbacks, but if combined with a strong discussion orientation to create a consensual dyad, it could be less of an issue. Schrodt and Shimkowski (2015) discovered that if parents have developed a strong discussion orientation within the family, it could not have as much of an impact on helpful co-parenting behaviours. Pluralistic homes will struggle since both parents feel free to define the words that seem to be significant, whereas adult children in protective households may find it difficult to adjust to life after divorce in terms of stress and communication. This kind of family may convey conflicting messages to adult children if the parents do not freely discuss expectations and regulations with each other including the adult children. In homes that prioritise compliance and family values, consensual families can rely on their conversational orientation to co-parent and communicate the same expectations to adult children.

### 2.5 Confidence and Ability in Parent-Child Relationships

A person with communication competence can convey the intended message in a way that is suitable

and easy to grasp for the recipient. The parent-child connection can be positively or negatively impacted by communication competence. "Openness contributed to cohesive, healthy functioning post-divorce families," (McManus & Donovan, 2012). On the other hand, the connection between the parent and the children suffered if the parent concealed information or was thought to have concealed it. According to McManus and Donovan (2012), the psychological well-being of young people was more significantly impacted by parents' ambiguity when they were perceived as possessing better communicative competence.

This is particularly crucial because, although this is not a topic for most talks, adult children may mistakenly assume that their parents are competent because of life experiences, and they may interpret uncertainty as intentional withholding. Even though it can be detrimental, adult children who have parents who are purposefully manipulative or incompetent may feel stuck or trapped. Feeling caught in the "triangulation experience that results from parents involving their adult children in their disputes, asking the child to mediate the conflict, take sides, or even relay messages back and forth between parental parties" (McManus & Donovan, 2012).

Adult children experience psychological harm when they perceive themselves as being controlled or enmeshed in their parents' arguments. It is beneficial to talk to children about the hardship of divorce, provided that it does not harm their connection with either parent or impair their ability to cope. Essentially, it might be what you are saying and how you express it. One characteristic that could be present in low conversational families going through an abrupt shift in power dynamics is a lack of communication on the stress of divorce, coupled with a straightforward avoidance of conflict.

The ability of adolescent children to "rationalise and understand may prove detrimental to the adolescents involved, as they are gaining the ability to see when they are being manipulated by their parents, which may increase their anxiety and levels of frustration and anger with their parents," according to Portes, Lehman, and Brown (1999), even though young adult children cannot read parental conflict as easily. The emotional toll that this realisation has on adult children can be severe since it causes them to feel trapped.

### 2.6 Adjustment of Children during Marital Changes

Linker, Stolberg, and Green (1999) report that while divorce does not necessarily have long-term negative impacts on adult children and family units, as of 1991, around one-sixth of adult children from divorced households had long-term adjustment issues. Divorce can assist adult offspring of high-conversational parents or those from high-conversational homes in learning how to solve problems, handle stress, and cope with unfavourable circumstances. According to Afifi, Huber, and Ohs (2006), a parent's level of empathy and compassion towards their kid during a conversation about stress may foster an environment where the youngster feels comfortable sharing and accepting their worries, which in turn may help the child learn coping mechanisms. It can have long-lasting consequences to involve adult children in family communication and to support them in identifying stressors and how to manage them.

Even if they do not last long, many adult children will have negative repercussions from the divorce. Unable to adjust, adult children might acquire emotional issues including low self-esteem, depression, behavioural issues and inadequate coping mechanisms that they will need to deal with in the future. Several factors contribute to child maladjustment, but according to Linker, Stolberg, and Green (1999), "social support, residential and non-residential parent-child relationships, and interparental conflict" account for 23% of the cases. Significant changes in custodial parent-child relations frequently arise following divorce, and many of them are harmful to the kid, at least in the early years, according to Afifi, Huber, and Ohs (2006). Some information concerning the divorce will be required from adult children, but rather than instructing them how to digest the material, it is always better to assist them in understanding it and coming to their conclusions.

Families going through a divorce may frequently notice changes in communication, the amount of time that adult children and parental units spend together in person, changes in the responsibilities that each party plays in the family, and sometimes even co-parent conflict. Parental conflict is one of the most significant repercussions (Linker, Stolberg, & Green, 1999), and it can get worse when co-parenting becomes more difficult and inefficient due to changed communication patterns. Daily life may go unspoken in families with strong conversational orientation, even though there are important decisions to be made. When a parent is neither residential nor custodial, this difficulty is more evident.

### 2.7 Technology and Parent-Child Communication after Divorce

Time spent with adult children is significantly reduced for parents who are not the custody or residential parents. Even while equal shared physical custody is now the norm for many couples, it was not always the case and is frequently still not feasible. Some parents may have to travel or be deployed for work; some may have to live far away from their adult children; some may be incarcerated or have other court-related orders limiting their ability to see their adult children in person; some may not want to communicate with their adult children; etc. The father is frequently the non-custodial parent in families today, which is why many studies reviewed included non-custodial parent families.

Parents who are not in physical custody frequently lose out on their adult children's daily experiences. Relationships are "maintained (or talked into being) through regular talk and interaction, both the strategic and the mundane," according to studies, even though it may appear insignificant (Rodriguez, 2014). Some noncustodial parents are lucky enough to live close to their ex, have a solid co-parenting relationship, and work a job that gives them the time and money to visit their adult children on days other than the days they are supposed to. Compared to parents who do not g*et al*ong well with their ex or who do not live close enough to their adult children to make frequent in-person visits, these parents can engage with their adult children and attend athletic, artistic, and scholarly activities.

Owing to non-custodial parents' lack of presence compared to custodial parents, alternate forms of communication often technological ones can be employed to maintain frequent communication. When speaking with their adult children, parents can do it via the phone or online. Some people use the internet for chat, email, or Skype. Using technology to communicate might help lessen the sensation that non-custodial parents have of missing out on the routine, everyday aspects of their adult children's lives (Rodriguez, 2014). To get adult children to share things they think are important, they might need more prodding than usual during a discussion. After all, they might not share the rest of the day.

According to a participant in Rodriguez's (2014) study, there will always be fragmentation since people will only see some aspects of one another's life. Although technology can facilitate communication, in person relationships will always be preferred. Additionally, other parents will not communicate when they are visiting. Regretfully, until the child reaches the age of majority, there is little the other parent can do in these circumstances. When parents are not physically present for longer periods, they should endeavour to cooperate so that one or both may attend major occasions for their adult children and stay in frequent communication with them.

### 2.8 Divorced Co-Parenting Relationships and Communication

Technology can also be used by co-parents to interact effectively and efficiently with one another. Maintaining strong co-parental connections, which calls for communication between ex-partners who may have tense interactions, is one of the most significant issues facing post-divorce families (Ganong *et al*., 2012). Technology is one tool that may be used for this. In a situation where a brief inquiry is made and does not require a comprehensive response, making a phone call could be adequate. Nonetheless, a text message can be more advantageous if the response is going to be lengthy. Co-parents should be aware that continual communication via technology, particularly the phone or text, might be interpreted as harassing or going too far.

Although technology has many advantages, it may also be used to influence and manipulate other parents, which can strain already delicate relationships. The phone might "disintegrate into arguments about going disagreements and rehashing of past issues" when the parents do not g*et al*ong (Ganong*et al*., 2012). However, the phone may be a useful tool for quick communication if it is utilised to concentrate on the needs of adult children.

Email is a superior technological tool for less friendly connections. Emails can be less emotionally charged and sent without worrying about starting an unwelcome conversation with the other parents (Ganong*et al*., 2012). They can also serve as a record of any information communicated and agreed upon. During phone calls, once something is said, it's out there, but texts are frequently written in a hurry and may include too much emotional content. When sending an email, the sender is more likely to alter the text in an attempt to diffuse the situation or lessen the possibility of a dispute. Regardless of the communication channel, email may also be a helpful tool for communicating precise information. In certain cases, families with many adult children who are busy with their schedules can also get information by sharing a family calendar.

The parents should think about getting professional assistance when communication breaks down to the point where they are impacting the adult children. Mediators are one such professional assistance provider. Divorce can emanate before, during, or after mediation. Adult children must feel safe and empowered to express their insights, desires, and feelings regarding their parent's divorce (Gentry, 1997). Two identical games, Life Stories and Future Stories, were employed in Gentry's study to keep the adult children from getting bored while revealing the same material to each parent separately.

According to the family's discussion, "time spent with the adult children, supervision of the adult children when a caregiving parent had to be absent, and behaviours when communicating with each other about the welfare of the adult children" were the main sources of happiness (Gentry, 1997). Before using the games in mediation, the parents committed to avoid creating a sense of conflict for their adult children and to refrain from having the last word on any issues.

The parents discovered during the games that their adult children were not in denial about the divorce, that they had many happy memories as a family, and that they wanted to spend time with both of them. However, they were also hopeful that their parents would be able to handle their relationship better going forward (Gentry, 1997). The games were employed and effective in navigating the problem regions within the family, even after the divorce, because the assistant saw no warning signs that would put the adult children in danger.

## 3. Theoretical Review

### 3.1 Family Systems Theory

#### *3.1.1 Originators of Family Systems Theory*

Family systems theory originated in the field of family therapy and was primarily developed by a psychiatrist Dr. Murray Bowen (1966). The theory emphasizes the interconnectedness of family members, viewing the family as a single emotional unit. It posits that individuals cannot be understood in isolation, but rather as part of their family system. Bowen's framework highlights the role of emotional patterns, multigenerational transmission, and self-differentiation in shaping individual behaviour and relationships. The theory is also based on the idea that the family is a complex, interconnected system, and changes in one part of the system can influence other parts. Bowen sought to understand the complex relationships within families and how individual behaviour is influenced by the lens of the family unit. Family system theory views the family as an interconnected system, where each member's actions impact the whole.

#### *3.1.2 Major Tenets of Family Systems Theory*

The main tenets of Family Systems Theory include the concepts of differentiation, emotional triangles, and multigenerational transmission, interdependence, homeostasis, communication patterns, etc. Differentiation refers to the ability of individuals to maintain a sense of self-worth while staying emotionally connected to others. Emotional triangles describe the triangulation of relationships, with one person caught in the middle of two others. Multigenerational transmission refers to the patterns of behaviour and how communication is passed down through generations. Emotional cut-off and managing unresolved emotional issues by distancing oneself from the family. Interdependence emphasizes that family members are behaviorally interconnected, meaning one person's actions can influence the entire system and homeostasis buttressed that the family has natural tendencies to maintain stability and resist change. However, communication patterns simplify that effective communication is essential for maintaining healthy relationships among family members.

#### *3.1.3 Application of Family Systems Theory*

Family systems theory can be applied to the study of communication in divorced families with young adult children by examining how patterns of communication change following a divorce. For example, studies could explore how young adult children navigate emotional triangles and establish boundaries with their divorced parents. This theory might also help to explain why some divorced families maintain healthy communication patterns while others struggle with conflict and estrangement. Moreover, this theory can be applied in reduction to triangulation which posits and encourages direct communication between family members that have a shattered relationship while avoiding third parties to resolve conflicts, as this can escalate tension and stress. Similarly, Family system theory also advanced family dynamics as an interconnected system that can be applied to communication in divorced families with adult children by considering each member's role and how it influences the overall communication process. By recognizing the emotional impact of divorce on every family member, this approach encourages open

dialogue, fosters emotional resilience, and enables effective co-parenting in the lives of their young adult children.

### 3.2 Social Identity Theory

#### *3.2.1 Originators of Social Identity Theory*

Social identity theory was developed by Henri Tajfel and John Turner who refined the theory (1979). Social Identity Theory is in the field of Social Psychology. Tajfel experienced first-hand the impact of social categorization and discrimination during World War 11 having survived the Holocaust as a Polish Jew, which shaped his academic interests. He sought to understand the psychological underpinnings of intergroup conflicts and social categorization. The theory posits that individuals categorize themselves and others into social groups, influencing their self-concept and behaviour. Social Identity has carved a niche as a cornerstone in social psychology, providing valuable insights into various aspects of human behaviour, including prejudice, discrimination, and social cohesion.

#### *3.2.2 Major Tenets of Social Identity Theory*

Social identity theory proposes that individuals derive their self-esteem from their group memberships and the social categories they belong to. People are motivated to enhance their social identity by favouring their in-group members and discriminating against out-group members. The theory posits that in-group favouritism and out-group bias can rise because of these categorizations and the desire for positive social identity. The theory further explores how people's self-concept and behaviour are influenced by their group memberships. The various tenets include social categorization, social identification, in-group favouritism out-group discrimination, etc. Overall, social identity theory offers valuable insights into the psychological processes underlying group dynamics, intergroup conflicts, and stereotyping.

#### *3.2.3 Application of Social Identity Theory*

In the context of divorced families, social identity theory can be used to examine how young adult children's sense of belonging and identity may shift following a divorce. Studies could explore how young adults renegotiate their relationships with both parents and navigate potential loyalty conflicts. The theory may also help explain how children's attitudes and behaviours towards their divorced parents are influenced by their identification with either parent. Furthermore, in the context of communication in divorced families with young adult children, the theory also provides valuable insights into the complex family dynamics that emerge during and after divorce. In this, social identity theory helped explain how young adult children navigate their relationships with their parents and other family members, and how these relationships can be influenced by new social identities.

### 3.3 Communication Privacy Management Theory

#### *3.3.1 Originators of Communication Privacy Management Theory*

Communication privacy management (CPM) theory was developed by Sandra Petronio (2002) in communication studies. The theory aims to explain how individuals manage their private information and disclosure in various relationships. Furthermore, the theory also gives an insightful paradigm that addresses the dialectical tension between privacy and disclosure of interpersonal relationships as an extension of Altman and Taylor's Social Penetration Theory and drawing upon the principles of boundary regulations.

#### *3.3.2 Major Tenets of Communication Privacy Management Theory*

CPM theory proposes that individuals have personal boundaries that determine what information they share and with whom. These boundaries are influenced by certain factors such as culture, context, and individual preferences. The theory also suggests that individuals engage in the privacy rule negotiation, disclosure, and boundary coordination with others. At its core, communication privacy management theory posits that individuals possess personal and collective disclosure or concealment of private information. Additionally, the theory asserts that people engage in privacy coordination, negotiating and maintaining shared boundaries with others, while also grappling with potential risks and benefits. Ultimately, privacy management theory emphasizes turbulence when rules or expectations are violated, leading to potential relationship conflicts or renegotiation of boundaries.

#### *3.3.3 Application of Communication Privacy Management Theory*

CPM theory can be applied to the study of communication in divorced families by exploring how young adult children manage their private information and disclosure with their divorced parents. Next, CPM theory can also effectively apply to communication in divorced families with

young adult children by providing a framework for understanding and navigating the delicate balance of privacy and disclosure. In such family dynamics, each family member possesses personal information they may choose to share or protect, which can be further complicated by the inherent tensions and boundaries that arise from divorce.

By applying communication privacy management theory principles, family members can collaboratively develop clear rules for information sharing, respecting each other's privacy boundaries, and fostering trustful, open communication. This approach helps maintain family cohesion and support while mitigating potential conflicts or misunderstandings, ultimately fostering healthier relationships among divorced parents and their young adult children.

## 4. Conclusion

Although there has been an increase in families opting for equal joint custody, they still encounter several problems. Co-parents, individual parent units, and adult children must communicate with one another. All family members need to adjust to the divorce, but adult children may find it particularly difficult. However, a positive connection with the parents may help immensely. A child's capacity for healthy adjustment and coping can be significantly impacted by even having a positive relationship with one of their parents.

The custodial parent finds it simpler to do this through regular maintenance communication compared to the non-custodial parent. To maintain their relationship with their adult children, the non-custodial parent might need to use technology, which can only be done with the custodial parent's permission. Additionally, if your family is not currently very talkative, becoming one may be advantageous.

More issues may be covered in more detail if the co-parents practise having open communication with each other as well as with their adult children. Additionally, little communication with the noncustodial parent may help to preserve the child's bond. Still, it can be disastrous to the child's social and coping abilities and raise the likelihood of persistently poor self-esteem. Consensual families also appear to have easier difficulty communicating freely without giving too many conflicting messages about what norms and values are significant. Adapting to a pluralistic environment will improve a child's chances of making a healthy adjustment in a liaise-faire home.

In a situation where one of the parents cannot be present regularly, regardless of cause, technology adoption can be a highly efficient approach to maintaining communication with adult children. In addition to preserving a relationship with a kid with lengthy periods of absence, technology may also be utilised for co-parenting in any circumstance. Children's schedules can be more easily managed, vital information can be shared, and controlled conversations can occur more easily when technology is used. Parents must exercise caution to avoid falling into certain tendencies while using technology to interact with their co-parents.

After receiving and comprehending a text message, it might be easy to react emotionally to it without taking a moment to gather oneself. It's possible that someone misinterpreted the message or unintentionally projected their present emotional state onto it if they remember to step back and collect themselves. Furthermore, it is crucial to ensure that other co-parents are not purposely harassed using text messages and phone calls. Email could be the best option when records are required, whether for legal purposes or because a parent is forgetful. For co-parents who struggle to communicate in a non-aggressive way, email is also a useful tool.

Having a family calendar, like Cozi or Google Calendar, in addition to these choices, could be helpful and keep everyone better aware of forthcoming occasions and activities for adult children. The family may experience both good and bad impacts after a divorce, and even if there are unfavourable repercussions in the first place, they may eventually lessen. It is never the child's responsibility to support or serve as an emotional punching bag for the parent. Open communication is crucial, but it should never be used to minimise or disparage the other parent; instead, it should be restricted to what the kid can understand and should never be purposefully withheld or unclear.

Parents must establish an environment that will facilitate the adult children's transition as much as possible. It is the parent's responsibility to maintain a good relationship with their adult children and to provide the other parent the chance to do the same. Co-parents must work together for the sake of their adult children. Adult children may learn many things, such as how to be independent, how to deal with stress, how to interact with people effectively, and that two very different people can live together.

Divorce does not have to impact adult children negatively, but it may. Today's divorced families might benefit from tools that enhance a healthy atmosphere and connections. The adult-children are

imparted by their co-parents with the knowledge and abilities that enable more successful adults. Parents must safeguard their adult offspring while fostering their development to provide adult children the freedom to express themselves cry and discover appropriate coping mechanisms for stress. Ultimately, a lot of this is under the co-parents' hands regarding how they interact with the children and each other. It's about having a strong conversational orientation without being unclear or too revealing. It goes beyond discovering new ways to love.

Finally, communication in divorced families with young adult children is a critical area of study, as it has significant implications for the well-being and adjustment of young adults experiencing family dissolution. Studies thus far have identified various factors that influence parent-child and co-parenting communication in these families. While strides have been made in understanding the dynamics of communication in divorced families, further study is needed to explore the long-term implications of communication patterns on young adults' psychological and emotional well-being. Additionally, there is a need to investigate interventions and strategies that can foster effective communication in divorced families and support the healthy adjustment of young adult children.

**Disclosure Statement**

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