

Feeling at Home Again: Post-Divorce Processes from Different Family Perspectives

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Abstract

This study aims to unfold the changing home phenomenon for all family members in the divorce process from different perspectives in the context of feeling at home again. This is a descriptive document review study. The data source of the research consists of articles published and using the keywords divorce, post-divorce parenting, consequences of divorce, home-making practices, and post-divorce sense of belonging. Although the divorce process brings about physical and relational changes in the family structure and hence the home environment, all family members can overcome these painful times with minimum trauma and even have higher well-being than in the pre-divorce period. The children can continue a relationship of love and trust with their parents, and former spouses can withstand the burden brought by divorce much more quickly by *feeling at home* again.

Keywords: Home, Divorce, Meaning of Home, Post-Divorce Parenting

Introduction

Although divorce has become a more frequently encountered process, it is often seen as a stressful process for all family members due to its inherent uncertainty. The divorce process raises different or similar difficulties for the different roles in the family. While it brings about new financial, social, and emotional burdens for the parents who will now lead their lives alone (Schramm et al., 2013), it poses different risks in the short- and long-term for the children (Campo et al., 2015; Natalier & Fehlberg, 2015). Children in the short term observe declining academic success, hardship in self-perceptions, lack of trust, and adaptation problems. In the long-term, however, these problems disappear to a large extent. For these reasons, it becomes essential to prevent negative reflections of the divorce process on the child's and parents' well-being and maintain the family members' psychological well-being (Kołodziej-Zaleska & Przybyła-Basista, 2020). Psychological well-being is a concept that has been related to different domains. The most important among these domains is feeling safe and being away from fear and worry at home (Ryff & Heidrich, 1997). At this point, the resources on the home phenomenon in the divorce process are observed in various disciplines.

In addition to being a defined physical area, home is a subjective place where specific relations are lived, and known objects are located (Giuliani, 1991; Stirtzinger & Cholvat, 1991). Home is the background of daily life during family routines and rituals (Morgan, 2013). The home phenomenon that sometimes carries common meanings for the different family members is considered in different contexts for different actors during the divorce process. Home is an essential tool for the child, which is needed to maintain confidence in the continuity of the household and objects, feelings of self and belonging, and

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psychological well-being (Easthope, 2004). Like children, from the mother's perspective, the home phenomenon relates to love, comfort, and being together (Campo et al., 2020b). From the father's perspective, the relations inherent to home are defined by the elements of belonging, security, and comfort (Campo et al., 2021). The primary sources that contributed to this study and the sense in which they contributed are presented in Table 1.

Table 1

The primary sources contributed to the study

Author, Year	Title	Contribution to the study
Stirtzinger & Cholvat, 1991	The Family Home as Attachment Object for Preschool Age Children After Divorce	- Place attachment elements established with the home environment
Kirsten Gram-Hanssen & Claus Bech-Danielsen, 2008	Home Dissolution: What Happens After Separation?	- Psychological and material home-oriented challenges for the parents - The impact of home-oriented changes on the relationship of parents with children
Peteke Feijten & Maarten van Ham, 2010	The Impact of Splitting Up and Divorce on Housing Careers in the UK	- Housing careers of divorced persons - The change in the quality of housing during the divorce process - The new change in housing conditions along with a new coupledom after the divorce
Natalier & Fehlberg, 2015	Children's experiences of 'home' and 'homemaking' after parents separate: A new conceptual frame for listening and supporting adjustment	- The home phenomenon from children's perspective after divorce
Kruk, 2015	The Lived Experiences of Non-custodial Parents in Canada: A Comparison of Mothers and Fathers	- The differing perspectives of parents to meet their children's needs after divorce
Gunsberg, 2019	Separation and Divorce: Reverberations Throughout the Life Span	- Positive consequences of children's staying at both mother's and father's house after divorce
Campo et al., 2020a	The Meaning of Home for Children and Young People After Separation	- The contribution of the times spent at the homes of both parents after divorce to the well-being of children
Campo et al.,	Mothers' understandings of	- Home signifies meaningful relations, shared

2020b	'home' after relationship separation and divorce	experiences, comfort, and security
Campo et al., 2021	Exploring separated fathers' understandings and experiences of 'home' and homemaking	- Fathers' experiences of home after divorce - Homemaking practices

In the findings section of this study, the meaning of divorce as a phenomenon is explored for the different roles in the family. Then, the meaning of home, which is the focus of the study for the different familial roles, the importance of feeling at home, home-making practices, and their impact on the well-being of individuals, are discussed. The discussion part presents the "home-making practices" and "rituals" that people maintain to feel at home again for the continuity of psychological well-being in the divorce process. Due to the fact that current studies in the literature have not addressed this phenomenon from the perspective of all actors, the original outcome of this study is unfolding the changing home phenomenon in the post divorce process from different perspectives in the context of feeling at home again.

Method

This study discusses the "home" phenomenon, which in addition to being a physical shelter, has importance in an individual's well-being, and the concept of "feeling at home" from the perspectives of different roles such as child, mother, and father in a broken family. The study is comprehensive literature research. The keywords (divorce, post-divorce parenting, consequences of divorce, home-making practices, and post-divorce sense of belonging) were examined and synthesized in Web of Science, Jstore, Taylor and Francis, Elsevier, Wiley, Tr Index databases. Approaches were described under themes and subthemes in the context of different perspectives. The literature research was limited to sources in Turkish and English.

Findings

In this part, the findings are presented in the context of divorce, the meaning of divorce from different perspectives, the meaning of home, and feeling at home from different perspectives in the divorce process.

Divorce

The 1980s are a breaking point in the world regarding the change in the economic order and technological developments (Boyer, 1988). This has led to the change in the balance of power in the family and the emergence of single-parent families due to divorce over time. Therefore, as of the 1980s, divorce has been an act that became widespread among families in America and Europe at first and then in many developing countries, but it still preserves its character as a condition of crisis (Kavas & Gunduz-Hosgor, 2011). Divorce that takes place by a decision of adults requires arrangements for a transition to a new home order for parents and children both. This new home order is directly related to the parenting arrangement. In general, the custody of children is granted to a parent, and the other parent has limited access to the children. However, sometimes joint custody may be ordered, and both

parents have equal time to spend with their children. These differing custody conditions appear to have different effects on the home orders of the family members after divorce. These effects are presented in the subsequent parts of the study.

In addition to the fact that the divorce process is considered a crisis for all family members in the eyes of society and in the literature, its positive consequences have been addressed in some research (Braver & Votruba, 2018; Walsh, 2017). Halligan et al. (2014) evaluate that the reduction in the tension between the parents and the parents' efforts to maintain a higher quality relationship with their children in the new order are positive consequences of divorce. It is underlined that the transparent and sincere trust relationship established prior to, during, and after the divorce will lessen uncertainty and concerns on the part of the child (Jackson & Fife, 2017). Some studies indicate that a well-managed divorce process ensures a more positive personal well-being for all family members than a problematic marriage (Halligan et al., 2014; Mohi, 2014; Wallerstein et al., 2000). In this context, it will be meaningful to consider positive and negative consequences from the perspectives of different family roles.

Meaning of divorce from different family perspectives

Although a reasonable distance has been covered to eliminate gender inequality until today, it is observed that the consequences and effects of divorce for the parents still differ by gender. Due to social gender roles and financial reasons, women suffer a decline in quality of life after divorce, whereas men enjoy an increase in general (Loepold, 2018). The reflection of this situation on parenting behavior is directly related to the child's well-being. During the divorce process, parents may fail to fulfill some of the responsibilities they used to maintain during the marriage due to their psychological states. Declines may be observed in parenting skills like spending sufficient time with the child, taking the primary responsibility for childcare, ensuring discipline at home, and providing emotional support (Erdim & Ergün, 2016).

Parker et al. (2022) describe physical violence, financial problems, infertility, infidelity, and personality conflicts as the fundamental divorce problems in their study. The reasons for divorce in Turkey (Kaplan et al., 2018) and the examples in Europe and America (Amato & James, 2010; Parker et al., 2022) show parallelism.

Meaning of divorce for children

The ones whose well-being must be cared for during the divorce process are undoubtedly the children who do not have any contribution to this negative outcome. Children rarely spend time concurrently with both parents after the divorce.

The divorce process may bring about more flexible or maybe more restrictive approaches. The attitude of either parent or both toward the child in custody may change during the divorce process. In some cases, when the mother or the father fails to meet their responsibilities sufficiently, grant parents take on more responsibilities and try to fill that gap in the child's life (Shevchenko, 2016). Such unbalanced situations harm the child's well-being and state of psychological balance (Hockenberry, 2014).

New spouses and siblings who show up in a parent's household after the divorce may lead to positive or negative consequences. While some children experience a conflict with other household members in sharing space and objects, such a family environment may provide an added value for some children who may find and benefit from the different lifestyles and personality traits of the parents as an

opportunity for self-improvement (Sieder, 2008). Francia and Millea (2019) held retrospective interviews with 17 young individuals within the scope of their study. The study emphasizes that the meaning of home, which changes negatively in the eyes of the child after the divorce, and the effects of the conflict between the parents on the child can be compensated positively when a parent has a new spouse, and a new and healthy family structure is built.

Meaning of divorce for mothers

When heterosexual couples are concerned, the quality of life of women is significantly reduced during divorce compared to men (Hauser et al., 2016; de Vaus et al., 2017). In the world, women earn less economic income than men due to prevailing gender inequalities. With women gaining important positions in business life and earning more economic income now, they become less tolerant of problems in marriage (Delton, 2016). However, women are forced to work part-time or sometimes not to work at all due to their responsibilities at home. An economic reflection of this social situation is that women must continue their lives with fewer economic resources than men after divorce (Feijten, 2005; Feijten & Mulder, 2013). In her study adopting a feminist approach, Carbone (1994) underlines that although there has been a large-scale increase in women's labor force participation, there has been no corresponding increase in men's domestic contributions, and women are required to bear overwhelming responsibilities, while men continue the same life at divorce. After divorce, women may either voluntarily or involuntarily have to participate in working life, and this change may affect their relationship with children (Erdim & Ergün, 2016). Today, women's use of professional childcare services is regarded as a method to lessen the pressure women experience after divorce (Williams, 2021).

For a woman who had the opportunity to share domestic responsibilities and costs with her spouse during marriage, divorce brings higher burdens to which perhaps she was not accustomed. In this process, the woman faces economic poverty and difficulties fulfilling parenting duties due to aggravated living conditions (Tein et al., 2000). This brings about depressive consequences of divorce for women (Larson et al., 1999).

While women generally gain custody of their children (Meyer et al., 2017), re-marriage rates after divorce are lower than for men (Raley & Sweeney, 2020). Although they have a more challenging life economically, women appear to have a higher satisfaction of life than men after divorce (van Scheppingen, 2020). The study by Qamar & Faizan (2021) describes the geographical aspects of the divorce process in Pakistan, where women experience a significant decline in quality of life due to a lack of support from friends and relatives after divorce.

Meaning of divorce for fathers

Although fathers do not experience a meaningful decline in general quality of life after divorce, courts generally render decisions in favor of mothers in line with the principle of positive discrimination in divorce actions (Forsberg & Autonen-Vaaranemi, 2019).

Five post-divorce father states can be suggested, including rejected father, the father with limited access to children, happy father, absent father, and solo father (Shevchenko, 2016). Rejected father, the first state of this categorization, occurs when the mother attempts to remove the father from the child's life altogether. When the father calls to talk to the child, the mother asserts that the child is unavailable for

various reasons. Some fathers state that when they go to school to see their children, they appear happy but are worried that their mothers will get angry with them (Appleby & Palkovitz, 2007).

Fathers with limited access to children can see their children with such frequency, in such time intervals, and in such locations that mothers desire. The mother always controls the permission for the father's meeting with his children. In this case, although the father generally meets all expenses of the child, the mother has the right not to permit the father to see the child whenever she wants. Happy fathers can see their children whenever they want, have a positive relationship with the mother, and are willing to pay more than the alimony ordered by the court. Fathers falling into the absent father category do not have any communication with their children. This situation arises from the fact that the relationship between the mother and father was weak during the marriage, or it was a process that the father did not desire. Mothers who experience this situation state that they get alimony though not regularly, but do not adopt an attitude such as refusing the father's request to see the child. In the state, which is defined as the solo father, the child lives with the father. Such fathers generally try to perform their duties with the help of their families, friends, and neighbors. Though the child's communication with the mother differs widely, the fathers in this category state that they are pleased with their lives (Bastaitis et al., 2014).

Non-custodial fathers present long-term stress-related symptoms after divorce, such as being more inclined to crime than custodial or co-parenting fathers, deprived of social support, insomnia, and low energy (Kruk, 2015). In particular, unemployed men resort to alcohol and drugs to cope with the problems in this process (Currie, 1993; DeKeseredy et al., 2008).

Shevchenko (2016) defines the post-divorce father-child relationship in 3 stages. In the first stage, the child frequently sees the child, provides financial support, and uses efforts to participate in the child's life. In the second stage, this high interest and participation may decline. In the third stage, the child may, subject to his or her level of maturity, develop a desire to meet more frequently due to the father's educational level, profession, character, his interest in their relationship. Of course, in all these stages, it is of priority that the mother voluntarily consents to the progress of the relationship between the child and the father. Appleby and Palkovitz (2007) state that frequent meetings of the father with the child positively contributes to the father's taking on the child's economic responsibility.

After exhibiting the meaning of divorce from the perspectives of different family roles, the meaning of home, which is the focal point of this study, will be discussed.

Meaning of home

The word 'home' embodies some meanings and emotions beyond any physical shelter (Hamzah & Adnan, 2016). Bruner (1987) defines home as a private area expected to be sincere, tolerant, and safe. Another point of view emphasizes the emotional bond an individual develops due to his or her psychological interaction with his or her home (Gardner, 2020; Kusenbach & Paulsen, 2013). Boccagni and Brighenti (2017) consider home a source of trust, familiarity, and privacy.

In addition, the sense of belonging to the place which arises from the individual's relationship with a setting has been covered by numerous studies (Dandy et al., 2019; Markoc & Sari Haksever, 2019; Masterson et al., 2017; Scannell & Gifford, 2010). The sense of belonging to a specific place is considered an emotional affinity that develops with the influence of identity components (Masterson et al., 2017).

According to Easthope (2004), the home phenomenon needs to be approached from emotional, psychological, social, and economic aspects. In a subsequent study, Easthope (2014) states that besides the socio-spatial and psycho-spatial dimensions of the home, it is at the same time an "emotional warehouse." In line with this viewpoint, the home embodies the feelings, perceptions of the person, and meaningful, sentimental, and relational bonds that one builds with it (Kasinitz, 2013). Feeling at home occurs through various routines and rituals (King-Dejardin, 2019). At this point, "home psychology" research focuses on these routines and rituals (Graham et al., 2015).

In postindustrial societies, the family home represents an essential parameter in the quality of life of individuals (James, 2013; Kemeny, 2001). Leith (2006) states that a sense of home is created through an interaction of shared meanings, individual practices, and experiences and then shaped by biography, identity, and structural position.

James (2013) emphasizes that a sense of home is a concept that does not naturally exist but must be created and whose meaning and importance can change over time. Lifecycle steps and changing relationships may result in eliminating or altering the elements considered prerequisites for feeling at home, and it may be necessary to reestablish the sense of home with new elements (Cristoforetti et al., 2011). In this context, it will be meaningful to describe the home phenomenon from the perspective of different family roles in the divorce process.

Meaning of home from different family perspectives in divorce process

The divorce process includes, to a large extent, a change in physical space and a change in the child's relationship with parents and sometimes with siblings. Divorce gives rise to different agendas for individuals as they often bring about a new order or a moving activity (Kirsten Gram-Hanssen & Claus Bech-Danielsen, 2008). The child generally perceives this situation as distancing from the place of good memories or the loss of routines and rituals in that place with the departure of a parent (Anthony, 1997). In this process, physical and relational changes in the house environment may give rise to traumatic consequences for the divorced couple and their children, or if managed well, make a positive contribution to the wellbeing of the family members.

The sole custody of the child or siblings may sometimes require a daily meeting with the other parent or staying at the other parent's home overnight. However, in the case of joint custody, children spend equal time at both parents' homes. This may bring about positive or negative consequences in the child's relationship with the parents, depending on his or her age. While this does not create meaningful differences in infancy, the relative loss of a parent from the age of two may lead to negative consequences regarding eating disorders, separation anxiety, and stress management. It is observed that children who spent equal time with both parents and embraced both places as 'home' during the preschool period build strong trust relationships with the parents and exhibit more cooperative behavior than those who did not (Braver & Votruba, 2018).

At this point, it is essential concerning the scope of this part to understand how children perceive the home phenomenon and which routines and rituals they exhibit to feel at home. For the child, feeling at home relates to objects, psychosocial practices, and experiences (Blunt & Dowling, 2006). These practices comprise elements like physical activities (taking on the responsibility of a set of one's own and being responsible for its order), relations (being included in the agenda), building an emotional bond (trying to make someone happy), and emotional perception (sensing the smell of a favorite dish).

Home is a space that contributes to the child's cognitive development, with a positive effect on the exhibition of moral and ethical behavior by the parents. On the other hand, home environments that significantly suffer from conflict and unrest are perceived as a threat to society (Martin-Biggers et al., 2018). In addition to being a physical shelter, a home signifies "being safe" for a person in psychological terms. Divorce affects important life cycle events, housing careers, and residential mobility (Rossi, 1955). The meaning of home changes depending on the family role and age. During the divorce process, the meaning of home changes in the context of residential mobility (Markoc & Cinar, 2018). In the studies conducted, it has been found that parents having custody of their children (Mulder & Wagner, 2010), who are of older age (Mulder et al., 2012) and who live close to their relatives (Vrolijk & Keizer, 2021) are more inclined to continue residing in the current family home. It is observed that individuals who change residence shift from owned residences to rented (Feijten & van Ham, 2009) and shared (Lersch & Vidal, 2014) residences.

In the context of changing family relations after divorce, children and youngsters can question where they feel at home (Davies & Christensen, 2018). The children or parents move out of the family house, the family house is sold, either or both parents start new relations, and such relations taking place in the family house stand out as essential changes in children's perception of the home phenomenon (Francia & Milliar, 2019). The consequences of these changes may reflect positively or negatively on the children's well-being (Fehlberg et al., 2018).

Women having generally fewer financial resources (De Vaus et al., 2014) or men allocating part of their income to their former spouse and children due to payment of alimony can be listed as negative economic conditions affecting the home order at divorce (Feijten & Mulder, 2010; Mulder et al., 2012). Although the divorce process is hard for both the remaining and the leaving parent or the child (Feijten, 2005; Gunsberg, 2019), adaptation occurs after a while, and people can create a more favorable environment for the well-being of all family roles within the new order. A study (Feijten & Van Ham, 2010, Housing studies) reported that parents' starting new relationships after divorce positively affects the residential quality of the individuals.

During the divorce process, intrafamilial relations change, which, in return, influences each individual's reinterpretation of the home phenomenon. For the children of divorced parents, home is no longer a space where both parents reside and gain a new meaning. For this reason, it is of utmost importance that the home does not see any semantic shift for a child during the divorce stage and continues to be a setting of trust and love. At this point, ensuring continuity of well-being in the divorce process is vital. The interpretation of the home phenomenon in the context of children's relationship with parents, siblings, step-parents, and step-siblings is classified under four conditions in the study of Fehlberg et al. (2018) ease and comfort, feeling welcomed, shared experiences, and access to personal space and things.

Shared parenting and joint custody are an approach received positively in the literature for children to spend equal time with their mother and father (Nielsen, 2011; Spruijt & Duindam, 2010). However, in some studies, shared parenting can be received negatively because of the necessity that children always have to carry personal things from one house to the other, they are continually deprived of the other house, and they are concerned about what is going on in the other house during the time they stay at a parent (Gunsberg, 2019). The proximity of the residences of the mother and father after divorce is a positive parameter in giving the child a sense of home (Campo et al., 2020a).

The home phenomenon means higher stress, workload, and responsibility for the mother compared to the father (Mallett, 2004). There are not many studies focusing on the feeling at home process of the mother's role in the family during the divorce process (Campo et al., 2020a). Like children, mothers define the home phenomenon with emotions like love, comfort, and togetherness rather than physical shelter. These emotions arise from sharing and connectedness. Also like children, mothers perceive home as an environment of trust (Campo et al., 2020a; Campo et al., 2020b).

Most women suffer from domestic violence in the home environment independently of sociodemographic characteristics (Menard, 2001). However, some mothers find home insecure during the predivorce process due to domestic violence (Kaspiew et al., 2017). It may not be possible for women in the the post-divorce period to arrange a new house, sometimes due to violence and economic hardship. Economic security, flexible working hours, positive relationships with former spouses, and social relationships have positive effects on women to arrange a new house for themselves and their children to live in (DeKeseredy et al., 2008; Smyth, 2004). Ending domestic violence with divorce positively contributes to constructing meaning for home and reproducing homemaking practices for women (Campo et al., 2020b).

Because the children and the mother are the disadvantageous sides in many aspects of the divorce process, the reinterpretation of the home by the father during and after the divorce has not been widely studied (Forsberg & Autonen-Vaaranemi, 2019). Some studies address the father's role after divorce concerning sheltering costs (Fehlberg & Millward, 2013; Gingerbread, 2020). Aside from this, generally, domestic violence is used by fathers, and therefore, they are seen as the cause of divorce and the reconstruction of the sense of home (DeKeseredy et al., 2008).

Fathers represent the group who feel the absence of children much more heavily after divorce (Bottom, 2013). In this process, fathers tend to maintain and redefine fathers' roles, identities, and relations. In addition, making a new home is essential to be remembered as a good father and do ordinary things in an ordinary setting (Philip, 2014). In this process, children's presence at the father's house is important in home-making practices and feeling at home (Hachet, 2019). The father, who generally spends less time with the children than the mother, desires to spend quality and efficient time (Schier, 2019). In the post-divorce period, continuation, or reformation of love practice between children and the father is important in terms of the home phenomenon (Macht, 2020). Sometimes fathers state that despite all efforts, the home environment and sense of home that they build remain secondary to the mother's home (Campo et al., 2021), and children do not feel at home in a setting that belongs to the father. However, Smart and Neale (1999) explain this situation by the possibility that children may have such an inclination due to certain acts and expressions that the former spouse makes concerning building authority.

Nevertheless, some women who have a mother role expect the children, for some emotional reasons, to see their house as primary. This idea is reflected in expressions they use on their children that they should feel at home in the mother's residence. The literature suggests that such approaches will not positively contribute to any family member (Stolnicu, 2022). However, "positive parenting" (Becher et al., 2019) approach can offer a higher quality of life to all broken family members.

Fathers who do not want to break their ties with their children after divorce tend to create a new home environment and maintain meaningful relations with their children (Dermott, 2014). The emotional

communication between the father and the child that takes place in the home environment, the quality of communication, speaking, listening, and understanding practices are crucial in the post-separation period to ensure that the concept of the house is reinterpreted by both the father and the children, and that the children feel at home again (Andreasson & Johansson, 2019). The fathers participating in the study of Campo et al. (2021) stated that home-making practices positively contributed to feeling at home for themselves and their children.

Discussion

The recent studies in the literature that address divorce, in general, reveal that a well-managed divorce process will positively contribute to the personal well-being of all family members compared to maintaining a marriage in an unhappy and conflictive environment (Brockliss, 2017; Francia & Millear, 2019; Campo et al., 2020b). It should be remembered that the child's need for both parents does not end with the termination of the marriage contract and that close relations established with children also positively affect the parents' quality of life (Appleby & Palkovitz, 2007). In this process, the most meaningful solution for all individuals is to organize two different settings defined as the home that make them feel at home and, in particular, to ensure that children benefit from these two environments emotionally and financially.

In this context, the results of this study are discussed under the below themes and subthemes (Table 2) which were derived from most highlighted points in the literature to achieve feeling at home in the post divorce processes.

Table 2

Themes and Subthemes

Themes	Subthemes
Maintaining positive relations	Positive parenting
	Positive relations between expartners
Home making practices	Shared parenting
	Dedicating sufficient time

Maintaining positive relations

It is not easy to maintain the bonds of love and respect between individuals after the divorce, which is a consequence of an environment of heavy conflict. However, carrying on this conflict in an environment where children are present causes more significant damage to both children and parents (Philip, 2014). In general, custody is given to the mother after divorce (Meyer et al., 2017), and the mother has a manipulative effect on the child. The attitude taken by the mother during this process is felt intensively in the relationship between the father and the child (Shevchenko, 2016; Stolnicu, 2022). Thus, the dynamics of the relationship between the mother and the father directly influence the quality of the relationship of the parents with their children. **"Positive relations between ex-partners"** has a direct positive effect on the well-being of ex-partners and the children. Punishing the other parent who is held liable for the termination of the marriage contract by weakening his or her relationship with the child

means to punish the child, not the other parent, contrary to what is believed. Discrediting the other parent or preventing him or her from seeing the child causes negative consequences in the cognitive and psychological development of the child except in some unique situations. In this context, “**positive parenting**” (Becher et al., 2019) approach can offer the opportunity for a higher quality of life to all broken family members. It is important for the child's development and ex-partners' well-being that a person has a much-balanced relationship with the ex-partner with whom he or she had negative experiences for various reasons during the marriage process (Braver & Votruba, 2018; Spruijt & Duindam, 2010). Only under such circumstances can a well-managed divorce process be asserted, and a much more positive divorce process can be experienced compared to the conflictive family environment.

If the custody of the child is given to one parent, both parents should spend the necessary efforts to prevent the weakening of the relationship with the other parent and to ensure the well-being of the child psychologically. Fathers should be convinced that they are not experiencing separation from their children, and it should be remembered that a healthy father-child relationship will also contribute to their wellbeing (Appleby & Palkovitz, 2007). In order to convince the child prior to, during, and after divorce that the parents are experiencing a separation and the child-parent relationship will continue, it is an absolute necessity that they have balanced communication and establish a relationship of trust and love with both parents. For cognitive and psychological development, the child must maintain close relations with both parents.

Home making practices

The way to maintain positive relations with the parents is to ensure that both parents spend “**sufficient and quality time**” with their children during the divorce process. For the continuity of the parents' close relationship with their children in the post-separation period, “feeling at home” is a vital tool (Braver & Votruba, 2018). In the context of a parent-child relationship, it is valuable if children who live with one parent and see the other parent rarely feel at home during the sufficient and quality time spent with the remote parent.

The preservation of family bonds in different or new settings for the members of broken families is addressed in the context of different models (Dermott, 2014). At this point, the “**shared parenting**” model stands out, whose positive consequences Nielsen (2011) importantly underlines. Although some studies argue that shared parenting negatively affects children, like being always mobile and spending time on the road rather than with their peers, 9% of the families in the United Kingdom have today adopted the shared parenting model. This model has become widespread in the United Kingdom as well as in the United States of America, Australia, Netherlands, Denmark, Sweden, and Turkey and is legally recognized by the states due to its positive consequences (Nielsen, 2011; Spruijt & Duindam, 2010). Shared parenting arrangements include alternatives such as spending at least three nights a week in the other parent's house or one week with each parent in turns (Peacey & Hunt, 2008). These alternatives not only allow both parents to spend equal time with their children but also enable each parent to spare time for themselves when the children are under the other parent's responsibility. In addition to its positive contribution to the parent-child relationship, shared parenting can be considered as sharing the heavy burdens of divorce (Tein et al., 2000) between ex-partners.

The increased responsibilities of the custodial parent may lead to negative consequences such as the inability to spare enough time for children, the inability to take primary responsibility for childcare, the failure to ensure necessary order and discipline at home, and the failure to provide the children with the emotional support they need (Erdim & Ergün, 2016). If the parent who has joint custody or the non-custodial parent spends sufficient time with the child and takes on his or her responsibilities, it becomes possible for the other parent to spare time for him or herself. The increased time spared by individuals for themselves may contribute to lessening the negative consequences seen after divorce, like poverty and depression (Larson et al., 1999).

Conclusion

The home phenomenon, an important domain in increasing a person's quality of life and maintaining well-being, gains importance in the post-separation process in the context of feeling at home again (Boccagni, 2017). A person's feeling at home is possible when accompanied by feelings of belonging, freedom, creativity, order, and comfort. People are accustomed to defining a sense of home together with family relations (King-Dejardin, 2019). Routines and rituals are important components for forming a sense of home. In this context, a phenomenological approach is necessary to describe the meaning of home. This approach is valuable in revealing individuals' behaviors, relations, feelings, emotional experiences, and how they perceive home and under what conditions they feel at home. The home phenomenon semantically means more than a physical setting. The construction of this meaning of home is achieved by means of objects, physical space, routines, and strong or weak relations with other persons (Ergun, 2022).

To avoid new traumas for parents and children as a result of this new spatial arrangement in the post-separation period, the sufficient and quality time spent by both parents with their children in the home environment has a positive contribution to the personal well-being of all family members (Andreasson & Johansson, 2019; Campo et al., 2021). The action which is defined here as spending sufficient and quality time involves regular practices that emphasize the continuity of the network of relations that the child is in rather than aiming to surprise or excite the child by continually engaging in different and various activities (James, 2013; Cristoforetti et al., 2011). In the studies addressing the subject, these practices refer to daily home routines and rituals and vary in each family depending on the family dynamics (Markoc Ergun, 2021). For this reason, it is regarded as a primary condition for parents and children to feel safe and normal in the home environment that each parent explores and regularly maintains routines and rituals that they can separately share with the children. Further studies may need to develop new models for these routines and rituals.

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