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Irretrievable Breakdown of Marriage: Socio-Economic and Psychological Implications for Women and Children Across India, Scotland, New Zealand, and Australia

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Abstract: The irretrievable breakdown of marriage (IBM) represents a significant shift in marital dissolution laws, promoting individual autonomy while introducing complex socio-economic and psychological challenges, particularly for women and children. This paper examines the legal, economic, and social implications of IBM in India, Scotland, New Zealand, and Australia, highlighting the unique cultural and societal factors influencing marital stability in each region. In India, the lack of structured financial support post-divorce exacerbates economic vulnerabilities for women, compounded by societal stigma and psychological distress. In Scotland, communication breakdowns and societal pressures contribute to marital dissolution, while in New Zealand, cultural and economic stressors, including interracial dynamics and immigration, play significant roles. In Australia, socio-economic factors such as education and age at marriage influence divorce rates, with women often initiating separations. The psychological effects on children are profound across these regions, with increased risks of anxiety, depression, and relational challenges linked to family breakdown. The paper underscores the need for comprehensive legal reforms to ensure equitable asset distribution and robust support systems to mitigate the adverse impacts on women and children, advocating for culturally sensitive interventions to address these global challenges.

Keywords: irretrievable breakdown of marriage; divorce; socio-economic impacts; psychological effects; women's economic security; children's mental health; legal reforms; cultural influences; gender roles; marital stability

Introduction

The social impact of laws and their implementation regarding irretrievable breakdown of marriage is examined through a comparative study of India and other Asian countries (Kumar Yadav et al., 2023). The legal implications of the irretrievable breakdown of marriage in India have significant impacts on divorce proceedings, particularly concerning the economic and social security of women. The concept, recently recognized by the Indian Parliament, allows for divorce without assigning fault, which aligns with modern views on personal autonomy and choice. However, this liberalization poses challenges, especially in a society where marriage often serves as a primary source of economic security for women. The legal framework surrounding this ground for divorce is still evolving, with various implications for the parties involved. Recognition of foreign divorce decrees in India provides legal clarity and helps parties by acknowledging the international status of their marriage dissolution in cases of irretrievable breakdown (Yadav, 2020). The concept of irretrievable breakdown of marriage as a ground for divorce acknowledges that parties' inability to satisfy their sexual covetousness can lead to an immoral life and marital dissolution (Yadav, 2011).

Legal Framework and Judicial Discretion

- The irretrievable breakdown of marriage as a ground for divorce has been debated for decades in India, with comparisons drawn to models in California and the UK. The discourse often centers on the autonomy of individuals within marriage, which contrasts with the social realities in India where women's autonomy is limited (Chitkara, 2014).
- The Supreme Court of India has occasionally invoked its inherent jurisdiction under Article 142 of the Constitution to grant divorces on the grounds of irretrievable breakdown, even without legislative backing, to ensure complete justice in matrimonial disputes (Balyan & Verma, 2022).
- The Marriage Laws (Amendment) Bill, 2013, introduced judicial discretion in dividing property between spouses, but this discretion is often exercised in ways that disadvantage women, highlighting the need for a more structured approach to property division (Chitkara, 2014).

Economic Implications for Women

- The introduction of irretrievable breakdown as a ground for divorce has adverse economic consequences for women, who are often viewed as dependents rather than equal partners in marriage. The current legal framework does not adequately protect their economic interests post-divorce (Chitkara, 2014).
- Studies have shown that the economic status of women drastically falls post-divorce, a trend exacerbated by no-fault divorce systems. The lack of a community property regime in India means that women may not receive an equitable share of marital assets (Chitkara, 2014).
- The legal system's failure to ensure adequate financial compensation for women post-divorce, such as iddah and madhiyah maintenance, further compounds their economic vulnerability (Sitepu & Lubis, 2024).

Social and Psychological Impacts

- Divorce, particularly on the grounds of irretrievable breakdown, can have significant social, psychological, and emotional repercussions for women. The stigma attached to divorce, although diminishing, still affects women's social standing and mental health (Tyagi, 2021). The recognition of foreign divorce decrees in India is closely linked to the socio-legal issues surrounding the irretrievable breakdown of marriages (Yadav, 2020).
- The legal proceedings themselves can be distressing, and the lack of sensitivity towards the vulnerabilities of women in these situations calls for a more empathetic approach in dispute resolution (Tyagi, 2021).

Broader Perspectives and Challenges

The irretrievable breakdown of marriage has emerged as a growing concern in India, reflecting complex legal challenges, the need for judicial reforms, and evolving societal perspectives (Ahmad & Yadav, 2025). While the recognition of irretrievable breakdown of marriage as a ground for divorce marks a progressive step towards individual autonomy, it also highlights the need for comprehensive legal reforms to protect the economic and social interests of women. The current legal framework, with its discretionary approach to property division and lack of structured financial support, often leaves women at a disadvantage. Addressing these issues requires a shift towards recognizing marriage as an economic partnership and ensuring equitable distribution of assets. Additionally, societal attitudes towards divorce need to evolve to reduce the stigma and support women in rebuilding their lives post-divorce. The challenge lies in balancing individual rights with social responsibilities, ensuring that the legal system supports all parties involved in a fair and just manner.

Psychological effects in India

The irretrievable breakdown of marriages in India is influenced by a complex interplay of psychological, social, and legal factors. Psychological factors, in particular, play a significant role in marital distress and eventual dissolution. These factors include intrapsychic resistance to life transitions, mental health issues, and the psychological over involvement of individuals post-separation. Additionally, societal norms and gender roles further complicate these psychological dynamics, often exacerbating marital tensions. The following sections delve into these psychological factors and their implications for marital breakdown in India.

Intrapsychic Resistance and Marital Distress

- Intrapsychic resistance to accommodate life cycle transitions is a significant psychological factor contributing to marital distress. Newlywed couples often face challenges in adjusting to new roles and responsibilities, leading to conflicts and dissatisfaction in the marriage (Ariplackal & George, 2015).
- The inability to adapt to these changes can result in a lack of emotional connection and support, which are crucial for marital satisfaction (Ariplackal & George, 2015).

Mental Health Issues

- Mental illness is a critical factor in the breakdown of marriages in India. There is a prevalent belief that marriage can cure mental illness, leading families to conceal mental health issues before marriage. This often results in complications and distress for both partners (Parija & Sahu, 2022).
- Women with mental illnesses, such as schizophrenia, face significant stigma and are often abandoned by their spouses, contributing to marital breakdown (Parija & Sahu, 2022).
- The legal framework, such as the Hindu Marriage Act, allows mental illness as a ground for divorce, but the application of this provision is inconsistent and often biased against women (Pathare et al., 2014).

Psychological Over involvement Post-Divorce

- Psychological over involvement, characterized by rumination and emotional distress, is prevalent among individuals post-divorce. This over involvement can lead to prolonged sadness and psychological distress, affecting the individual's ability to move on and potentially impacting future relationships (Bourassa et al., 2019).
- The tendency to become overly involved in one's psychological experiences can hinder the healing process and exacerbate feelings of loss and failure (Bourassa et al., 2019).

Societal and Gender Norms

- Societal expectations and gender roles significantly influence marital dynamics in India. Women are often viewed as dependents, and their economic contributions to the marriage are undervalued. This perception can lead to dissatisfaction and a sense of inequality within the marriage (Chitkara, 2014).
- The traditional arranged marriage system, while still prevalent, can also contribute to marital breakdown when individual expectations and cultural norms clash (Jaiswal, 2014).

While psychological factors are pivotal in the breakdown of marriages, it is essential to consider the broader socio-legal context. The legal system in India, with its evolving divorce laws, plays a

crucial role in either mitigating or exacerbating marital breakdowns. The introduction of no-fault divorce laws, for instance, has been criticized for not adequately protecting women's economic interests post-divorce (Chitkara, 2014). Additionally, societal attitudes towards mental illness and gender roles continue to influence marital stability, highlighting the need for comprehensive legal and social reforms to support marital relationships in India.

Psychological effect on children

The potential long-term psychological effects on children growing up in a society with a high rate of irretrievable breakdown of marriages in India can be profound and multifaceted. These effects are shaped by the immediate and ongoing stresses associated with family breakdown, which can influence children's psychological development and social relationships well into adulthood. The research indicates that children from divorced families may experience a range of psychological challenges, including anxiety, depression, and difficulties in forming stable relationships. However, the impact is not uniform and can vary based on individual circumstances and the quality of post-divorce family dynamics.

Psychological and Emotional Effects

- **Anxiety and Attachment Issues**: Children from divorced families often experience heightened anxiety and difficulties in forming enduring attachments. This is particularly evident as they transition into young adulthood, where the fear of abandonment and relationship instability can persist   (Wallerstein, 1991).
- **Depression**: There is a significant correlation between parental divorce and increased levels of depression in adulthood. This is often mediated by relationship commitment and financial stability in later life, suggesting that the effects of divorce can extend beyond childhood into adult mental health   (Wauterickx et al., 2006).
- **Behavioral Problems**: Short-term effects such as confusion, aggressiveness, and behavioral issues are common among children experiencing family breakdown. These can evolve into long-term psychological difficulties if not addressed appropriately   (Guinart & Grau, 2014).

Social and Relational Consequences

- **Relationship Challenges**: Children of divorce may struggle with relationship commitment and stability in their own adult relationships. This can be attributed to the model of relationship dynamics they observed during their formative years   (Wauterickx et al., 2006).
- **Socioeconomic Impacts**: The long-term socioeconomic effects of growing up in a divorced family can include lower earnings and income, particularly for women. This suggests that the impact of divorce can extend into economic aspects of life, influencing overall well-being (Gonzalez & Viitanen, 2018).

Neurological and Cognitive Effects

- **Cognitive Disruptions**: Divorce can lead to cognitive disruptions in children, affecting their perception of the world and their place within it. This can have a knock-on effect, potentially influencing their adult personality and cognitive development   (Trickey & Black, 2000).
- **Academic Performance**: Children from divorced families may face academic challenges, which can be linked to the emotional and psychological stress of family breakdown. This can have long-term implications for their educational and career prospects (Guinart & Grau, 2014).

While the negative impacts of divorce on children are well-documented, it is important to consider that not all children experience these effects to the same degree. Some children may demonstrate resilience and adaptability, particularly if they receive adequate support from family and community resources. Additionally, the quality of the post-divorce family environment plays a crucial role in mitigating negative outcomes. For instance, children who maintain strong, supportive relationships with both parents post-divorce may fare better than those who do not. Furthermore, the societal context, including cultural attitudes towards divorce and available support systems, can influence the extent of these effects. Therefore, while the potential for negative long-term psychological effects exists, the actual impact on any given child can vary significantly based on a range of factors. The irretrievable breakdown of marriage is examined through a comparative study of divorce laws in India and other countries (Kumari & Yadav, 2025).

IBM in Scotland

The irretrievable breakdown of marriages in Scotland can be attributed to a variety of factors, with communication issues, commitment perceptions, and external pressures playing significant roles. Communication breakdown is often cited as a primary cause of marital dissolution, as it can lead to misunderstandings and unresolved conflicts. Additionally, the perception of marriage as a long-term commitment can either hold marriages together or contribute to their breakdown when expectations are unmet. External factors, such as societal pressures and abusive dynamics, also significantly impact marital stability. These elements collectively contribute to the complexity of marital breakdowns in Scotland.

Communication Breakdown

- Lack of effective communication is a critical factor leading to marital breakdowns. Couples often fail to address issues due to poor communication, which exacerbates conflicts and misunderstandings. This is supported by findings that highlight communication as a fundamental aspect of maintaining healthy relationships (Uwom-Ajaegbu et al., 2015).
- Effective communication is recommended from the courtship stage, emphasizing its importance in preventing future breakdowns (Uwom-Ajaegbu et al., 2015).

Perception of Commitment

- The belief in marriage as a long-term commitment can influence marital stability. In some cases, this belief helps couples stay together, even in unhappy marriages, due to the perceived obligation to maintain the relationship (Lauer & Lauer, 1986).
- For happy couples, the nature of the relationship itself is a more significant factor in staying together, suggesting that commitment alone is insufficient without a positive relational dynamic (Lauer & Lauer, 1986).

External Pressures and Abuse

- Societal and cultural pressures can compel individuals, particularly women, to remain in marriages despite abusive circumstances. This is often due to societal norms that stigmatize divorce or prioritize family unity over individual well-being (Makofane, 2002). International divorce cases in New Zealand often encounter significant legal challenges and judicial delays arising from issues related to the irretrievable breakdown of marriage (Anthal & Yadav, 2025).

- Women in abusive marriages may feel trapped due to a lack of support systems or fear of societal judgment, leading them to develop coping mechanisms rather than leaving the relationship (Makofane, 2002).

Influence of Children

- The presence of children can also impact marital stability. In some cases, couples remain together for the sake of their children, even if the marriage is unhappy. This can delay the decision to separate, contributing to prolonged marital dissatisfaction (Lauer & Lauer, 1986).

While these factors are significant, it is essential to consider that not all marriages face the same challenges. Some couples may experience unique issues that are not as prevalent in the general population. Additionally, societal changes and evolving perceptions of marriage can influence the factors contributing to marital breakdowns. Understanding these dynamics requires a nuanced approach that considers individual circumstances and broader societal trends.

Psychological effect on children in Scotland

The mental health and well-being of children in Scotland are influenced by a variety of psychological factors, which can be broadly categorized into individual, familial, educational, and societal domains. These factors interact in complex ways to shape the mental health outcomes of children. Understanding these influences is crucial for developing effective interventions and support systems. The following sections detail the primary psychological factors affecting children's mental health in Scotland, drawing on insights from the provided research papers.

Individual Factors

- **Biological and Psychological Traits**: Children's inherent biological and psychological characteristics, such as temperament and personality, play a significant role in their mental health. For instance, children with "thin boundaries" in their personality are more prone to nightmares and other sleep-related issues, which can affect their overall mental health (Schredl et al., 2000).
- **Autistic Traits and Intelligence**: In autistic children, specific traits and intelligence levels can influence mental health outcomes. Parents have noted that these factors, along with life events and changes such as puberty, significantly impact their children's mental health (Mukherjee & Beresford, 2023).

Familial Factors

- **Family Dynamics and Parenting Styles**: The relationship between family members and parenting methods are critical. Positive family environments and appropriate parenting styles, such as not interfering excessively or punishing in a non-discomforting manner, are protective factors for mental health (Wang, 2022). Conversely, poor family relationships and lack of respect from caregivers are risk factors (Wang, 2022).
- **Impact of Being Left-Behind**: Children who are left behind by migrating parents often experience worse mental health outcomes compared to their peers. Factors such as the type of caregiver, duration of parental absence, and whether they live with siblings can predict their mental health status (Hui-li & Xu, n.d.).

Educational Factors

- **School Environment and Academic Pressure**: The school environment, including teacher-student relationships and academic performance, significantly affects children's mental health. High study loads and noise levels are associated with increased depression, while positive teacher-student interactions can mitigate these effects (Wang & Xue, 2024).
- **Social Support and Resilience**: The level of social support and psychological resilience available to children, particularly those who are left behind, can predict their mental health status. High resilience and support are associated with better psychological health outcomes (陈惠惠 et al., n.d.).

Societal Factors

- **Cultural and Social Influences**: Broader societal and cultural factors also play a role in shaping children's mental health. Social norms, cultural expectations, and societal stressors such as school problems and parental divorce can contribute to mental health issues like nightmares and anxiety (Schredl et al., 2000).
- **Community and Social Activities**: The availability of social activities and community support can influence mental health positively by providing children with opportunities for social interaction and emotional support (Mukherjee & Beresford, 2023).

While these factors provide a comprehensive overview of the influences on children's mental health, it is important to consider the dynamic and interrelated nature of these influences. For instance, societal changes can impact family dynamics, which in turn affect individual psychological traits. Additionally, the unique context of Scotland, including its cultural and social environment, may further modulate these factors. Understanding these interactions is essential for tailoring interventions to the specific needs of children in Scotland.

IBM in New Zealand

The irretrievable breakdown of marriages in New Zealand can be attributed to a variety of factors, including cultural, social, and economic influences. The study explores how the concept of irretrievable breakdown influences marriage and divorce laws in New Zealand (Sindhia & Yadav, 2025). Research paper offers insights into related societal dynamics that can contribute to marital instability. These include the challenges of interracial marriages, the impact of immigration, and broader societal stressors such as economic pressures and health issues. Understanding these factors can provide a comprehensive view of the complexities involved in marital breakdowns in New Zealand.

Cultural and Interracial Dynamics

- Interracial marriages in New Zealand, particularly those involving Maori and European descent, have historically faced significant societal challenges. These challenges stem from colonial legacies and societal attitudes towards race and gender, which can place additional stress on such marriages (Grimshaw, 2002) (Grimshaw, 2002).
- The historical context of interracial marriages highlights the ongoing impact of cultural differences and societal expectations, which can contribute to marital discord and breakdown (Grimshaw, 2002).

Immigration and Demographic Changes

- New Zealand's immigration patterns, with a significant number of family members and labor migrants, introduce diverse cultural backgrounds into the societal fabric. This diversity can lead

to cultural clashes within marriages, especially when partners have differing expectations and values ("New Zealand," 2022).

- The presence of a large number of temporary and seasonal labor migrants can also lead to instability in family structures, as these individuals may face uncertainty regarding their residency status, impacting marital stability ("New Zealand," 2022).

Economic and Social Stressors

- Economic pressures, such as those arising from employment instability or financial insecurity, are common stressors that can lead to marital breakdown. These pressures are exacerbated by the high cost of living in urban areas like Auckland (SpaceXRAcademy, 2022). The role of courts in divorce cases under irretrievable breakdown of marriage in New Zealand includes addressing financial implications and supporting legal reforms toward no-fault divorce (Tanveer & Yadav, 2025).
- Social stressors, including health issues such as the prevalence of oral cancer linked to lifestyle factors like alcohol and tobacco use, can also strain marriages. The stress of dealing with health problems can lead to emotional and financial burdens that contribute to marital breakdown (Yakin et al., 2017).

Broader Societal Influences

- The societal context, including the impact of seismic hazards and natural disasters, can create additional stress on families. The need to constantly adapt to potential natural threats can strain relationships, particularly if partners have differing coping mechanisms (Zorn & Stephens, 2023).
- The influence of societal norms and expectations, as well as the availability of support systems, can also play a role in the stability of marriages. The lack of adequate support for dealing with marital issues can lead to an irretrievable breakdown (Haigh et al., 2015).

While the papers do not directly address the breakdown of marriages, they highlight the complex interplay of cultural, economic, and social factors that can contribute to marital instability in New Zealand. These factors, when combined with individual circumstances, can lead to the irretrievable breakdown of marriages. Understanding these dynamics is crucial for developing effective support systems and interventions to help couples navigate these challenges.

Psychological Effect on Children in New Zealand

The mental health and well-being of children in New Zealand are influenced by a variety of psychological factors, which are shaped by individual, familial, societal, and cultural contexts. These factors include resilience, socioeconomic status, ethnicity, access to healthcare, and cultural identity. Understanding these influences is crucial for developing effective mental health interventions and policies tailored to the needs of New Zealand's diverse child population.

Resilience and Coping Strategies

- Resilience is a critical factor in the mental health of children. A study on resilience training in New Zealand schools showed that teaching problem-focused cognitive strategies and stress management significantly improved students' resilience scores, although stress levels increased as the school year progressed (Harvey et al., n.d.).

- Enhancing resilience in children can potentially reduce the incidence of mental health issues in adulthood, suggesting that early interventions are beneficial for long-term mental health outcomes (Harvey et al., n.d.).

Socioeconomic and Ethnic Disparities

- Socioeconomic status and ethnicity are significant determinants of child health in New Zealand. Maori and Pacific children are more likely to live in larger households with lower incomes, which can impact their mental health and access to resources (Jamieson & Koopu, 2007).
- Ethnic disparities also manifest in health behaviors and outcomes, such as dietary habits and dental health, which are linked to broader health inequities (Jamieson & Koopu, 2007).

Access to Healthcare

- Barriers to accessing primary healthcare services, such as seeing a general practitioner, disproportionately affect Maori and Pacific children. These barriers are associated with higher hospitalization rates, indicating a direct impact on children's health outcomes (Jeffreys et al., 2022).
- Addressing these barriers is essential for improving health equity and ensuring that all children have access to necessary healthcare services (Jeffreys et al., 2022).

Cultural Identity and Mental Health Services

- The integration of Maori cultural values into mental health services has been a significant development in New Zealand. This approach includes incorporating Maori language and health perspectives, which has improved the cultural relevance and effectiveness of mental health care for Maori children (Durie, 2011).
- Culturally specific models of care are crucial for addressing the unique mental health needs of indigenous populations and promoting overall well-being (Durie, 2011).

School and Societal Influences

- Schools play a vital role in shaping children's mental health through health policies and educational programs. Initiatives targeting obesity, nutrition, and physical activity are prevalent in New Zealand schools, influencing children's perceptions of health and well-being (Burrows et al., 2013).
- Societal factors, including family dynamics and community support, also contribute to children's psychological health. A comprehensive approach that considers these various influences is necessary for promoting mental health in children (Ping & Xue-mei, n.d.).

While these factors highlight the primary influences on children's mental health in New Zealand, it is important to consider the broader context of mental health trends globally. The increasing prevalence of mental disorders among children worldwide suggests that New Zealand's challenges are part of a larger pattern. Addressing these issues requires a multifaceted approach that includes policy changes, community engagement, and culturally sensitive interventions to support the mental health and well-being of all children.

IBM in Australia

The irretrievable breakdown of marriages in Australia is influenced by a complex interplay of social, economic, and personal factors. Research indicates that these factors are not only diverse but

also vary significantly across different demographics and cultural backgrounds. The primary contributors to marital breakdown include socio-economic status, ethnic background, age at marriage, parental divorce, cohabitation before marriage, and gender roles. These elements collectively shape the dynamics of marital relationships, often leading to separation and divorce.

Socio-Economic and Demographic Factors

- **Age at Marriage**: Marrying at a young age, particularly under 25, is associated with a higher risk of marital breakdown. This risk is more pronounced for women than men (Hewitt, 2008) (Hewitt, 2008).
- **Parental Divorce**: Individuals whose parents divorced are more likely to experience marital breakdown themselves, suggesting a generational transmission of marital instability (Hewitt, 2008).
- **Cohabitation Before Marriage**: Couples who live together before marriage have a higher likelihood of divorce, possibly due to less commitment or societal pressures (Hewitt, 2008).
- **Education**: Higher education levels increase the risk of marital breakdown for women, while for men, higher education tends to decrease this risk (Hewitt, 2008).

Cultural and Ethnic Influences

- **Ethnic Background**: Migrant women from non-English speaking backgrounds have a lower risk of marriage breakdown compared to Australian-born women, while migrant men from English-speaking backgrounds have a lower risk than their Australian-born counterparts (Hewitt, 2008).
- **Religiosity**: A strong attachment to religion is associated with a reduced risk of marital breakdown, as it often promotes values of commitment and conflict resolution (Hewitt, 2008).

Gender Dynamics and Initiator Status

- **Gender Differences**: Women are more likely to initiate separation than men, often due to taking greater responsibility for the quality of the marital relationship. This is reflected in the fact that 69% of unilateral separations are initiated by wives (Hewitt, 2008) (Hewitt, 2008).
- **Social Characteristics**: Women's social characteristics, such as higher education and young age at marriage, are more strongly associated with initiating separation compared to men (Hewitt, 2008). The role of legal aid in divorce cases based on irretrievable breakdown of marriage in Australia highlights the importance of ensuring access to justice (Arora & Yadav, 2025).

Communication and Interpersonal Factors

- **Communication Breakdown**: Lack of effective communication is a significant factor leading to marital breakdown. Couples who fail to communicate effectively often face unresolved conflicts, leading to dissatisfaction and eventual separation (Uwom-Ajaegbu et al., 2015).

While these factors provide a comprehensive understanding of the causes of marital breakdown in Australia, it is important to consider the broader societal context. For instance, the increasing acceptance of mixed marriages, such as Catholic and non-Catholic unions, reflects a shift towards greater tolerance and understanding, which can mitigate some of the stressors associated with cultural and religious differences (Ata, 2005). Additionally, the belief in marriage as a long-term commitment remains a strong factor in keeping marriages intact, even among those experiencing dissatisfaction (Lauer & Lauer, 1986). These perspectives highlight the complexity of marital relationships and the multifaceted nature of their breakdown.

Psychological Effect on Children in Australia

The relationship between socio-economic status (SES) and mental health outcomes in Australian children is a complex interplay of various factors, including family income, education, and neighborhood conditions. Lower SES is consistently associated with poorer mental health outcomes in children, as it often correlates with increased exposure to stressors and reduced access to resources that promote mental well-being. This relationship is not only evident in the general population but also in specific groups, such as children with developmental disabilities like cerebral palsy. The following sections will delve into the specific aspects of this relationship.

Impact of Socio-Economic Status on Mental Health

- **General Population**: Lower SES is linked to a higher prevalence of mental health issues among children. This is attributed to factors such as financial stress, limited access to mental health services, and exposure to adverse living conditions (Donkin et al., 2014) (Carroll et al., 1996).
- **Developmental Disabilities**: In children with conditions like cerebral palsy, lower SES is associated with more severe health outcomes. This includes greater cognitive impairments and comorbidities, which are exacerbated by socio-economic disadvantages (Oskoui & Messerlian, 2019).
- **School Environment**: SES influences the implementation and effectiveness of school mental health programs. Schools in lower SES areas often face challenges in providing adequate mental health support, impacting children's mental health outcomes (Hubert, 2018).

Mechanisms Linking SES and Mental Health

- **Psychosocial Stressors**: Children from lower SES backgrounds are more likely to experience chronic stress due to financial instability, parental stress, and social exclusion. These stressors can negatively impact mental health, leading to issues such as anxiety and depression (Carroll et al., 1996) (Dahiya, 2013).
- **Access to Resources**: SES affects access to mental health services and educational resources. Children from higher SES families are more likely to receive timely and effective mental health care, contributing to better mental health outcomes (Tansella, 2007) (Dayal & Dayal, 2016).
- **Neighborhood Effects**: The neighborhood SES, including factors like safety, community resources, and social cohesion, plays a significant role in shaping children's mental health. Children in disadvantaged neighborhoods often face higher risks of mental health problems due to environmental stressors (Oskoui & Messerlian, 2019) (Campbell & Seabrook, 2024).

Broader Implications and Considerations

While the relationship between SES and mental health is well-documented, it is important to consider the role of resilience and individual differences. Not all children from low SES backgrounds experience poor mental health outcomes, suggesting that factors such as family support, community resources, and individual traits like self-efficacy can mitigate the negative effects of low SES. Additionally, policy interventions aimed at reducing socio-economic disparities and improving access to mental health services can play a crucial role in enhancing mental health outcomes for children across different SES backgrounds. Understanding these dynamics is essential for developing effective strategies to support the mental health of all children, particularly those from disadvantaged backgrounds.

Conclusion

The irretrievable breakdown of marriage, while a progressive step towards recognizing individual autonomy in marital relationships, presents significant challenges that disproportionately affect women and children across India, Scotland, New Zealand, and Australia. In India, the absence of a robust legal framework for equitable property division and financial support leaves women economically vulnerable, exacerbated by societal stigma and psychological distress. Similarly, in Scotland, New Zealand, and Australia, communication breakdowns, cultural and economic stressors, and gender dynamics contribute to marital instability, with long-term psychological consequences for children, including anxiety, depression, and difficulties in forming stable relationships. These findings highlight the urgent need for comprehensive legal and social reforms to address the economic and psychological impacts of IBM. Policymakers must prioritize equitable asset distribution, culturally sensitive mental health interventions, and community support systems to mitigate the adverse effects on women and children. By balancing individual rights with social responsibilities, societies can foster resilience and support those navigating the complexities of marital dissolution, ensuring a more equitable and supportive post-divorce landscape.

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