

Research Article



## Examining counseling needs of divorcees and children of divorce: A case study of Asogli State in the Volta Region of Ghana

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### Abstract

This study sought to examine the counselling needs of divorcees and their children in the Asogli in the Ho Municipality. The study employed qualitative approach specifically phenomenological research design to investigate the phenomenon. A total of 20 respondents were employed in the study, with 14 divorced women and men and 6 children of divorce participating. The respondents were selected using snowball and purposive sampling approaches. The information was acquired through semi-structured interviews and focused group discussion guides, among other methods. According to the findings, it was revealed that divorcees and their children sought guidance from parents, chiefs, elders, relatives, pastors, and traditional medicine men. The state of Asogli has no professional counsellors or counselling services. Moreover, the divorcees were unaware of available counselling options. The study recommends that divorcees who are primarily single parents have marital counselling and/or post-traumatic stress disorder treatment (PTSD). In this regard, the creation of community-based counselling centres in the state of Asogli for this aim would be a commendable step forward. At the end of the day: The District Assembly, traditional rulers in the state of Asogli, civil society organizations, and government institutions should all provide services to divorcees and their children, including care and support. scholarships for children of divorced parents, among other things.

**Keywords:** Asogli State, counselling, divorcee, Divorcee children, Post-Traumatic Stress Disorder (PTSD)

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## Public Interest Statement

Divorce is a global socioeconomic problem that threatens the family's survival. Divorce is growing more common across the world, and the Volta Region of Ghana's Asogli state is no exception to this trend. The purpose of the study was to look at the counseling requirements of divorcees and their children in the Ho Municipality's Asogli. To analyze the phenomena, the study used a qualitative technique, especially a phenomenological research design.

## Introduction

Divorce is emerging as a global social phenomenon that challenges the sustainability of the family unit. MacDonald (2008) reported that more than one million marriages are terminated by divorce each year in America alone. In Ghana, a report reveals that there were 6,530 divorce cases in Accra alone between 2011 and 2013. In the Asogli state, divorce is considered shameful and disgraceful for a man or woman to consider. Divorce comes with social problems and presents challenges to divorcees and children of divorce. The combination of divorce and marriage places additional responsibility on the Asogli state as third party. The number of divorces increased by 16% throughout Ghana between 2012 and 2013. Considering the high divorce rate as reported by Mosore (2013), the number of divorcees who would need counselling services would increase. Divorce has intrigued many experts in recent years due to its significant prevalence in a variety of countries and groups. For instance, the US Census Bureau (2014) reports that 52% of all first marriages end in divorce. California's divorce rate is significantly higher, with 75% of all first marriages ending in divorce. Additionally, statistics indicates that 43% of first marriages end after 15 years and 75% of divorcees remarry within three years. Even second marriages are failing at a rate of 65 percent. "It is a never-ending divorce cycle," Hill explains (2010). Ghana is hardly an exception to the rule when it comes to high divorce rates. According to Medenu (2014), in 2012 and 2013, there were 6,530 divorce cases in Accra. Accra alone has had 4,080 divorces in the last five years. The AMA recorded 204 divorces between January and April of this year. In 2015, Ghana divorced its judicial service.

While divorce rates are lower in Asogli state than in the United States, the situation is nevertheless dire. According to reports, 62% of first marriages result in divorce or separation. Divorce lawsuits are increasing in Asogli state at an alarming rate. In 2002, the divorce rate was 68 percent. (Statistics of the Ghanaian judiciary, 2014). Divorce is not worth the anguish of court battles, separation, and the stress it puts children through. Ho's MCE verifies the high divorce rate and its effect on the city's population. The MCE mentioned this on a local radio station in 2015 (Volta Star Radio). Adults and children alike are impacted by divorce. Children from divorced parents walk aimlessly through the streets, as the researcher has observed. Most of them are dropouts who rely on menial labour to survive. Certain individuals are homeless and dress in tattered clothing. Many are forced into prostitution, armed robbery, and child labour due to a lack of social support. Adult divorcees endure the same difficulties, anxiety, sadness, and substance misuse as children's divorcees. Numerous studies have found that divorced children have more behavioural and conduct problems than children of non-divorced parents. They are more aggressive, impulsive, and antisocial in their interactions with their parents, and they perform less well academically (Madden-Derdich, Leonard & Scott, 2008). These findings may be related to the worldwide divorce pandemic. Not just the public, but even church and traditional rulers, are concerned about the increased rate of divorce in Asogli State. Every day, chiefs and elders convene to discuss marital matters, either to resolve a conflict or to dissolve a marriage.

The primary focus of this research is to examine the counselling needs of divorcees and children of divorce in the Asogli state.

## Literature Review

### 2.1 Counseling needs of divorcees and children of divorce

According to Durojaiye (1987), counseling is involving the development of interaction the relation between a trained therapist (counselor) and a troubled person (client or counselee) in a perceived temporary state of

indecision, confusion, malfunction, habit disorder, distress, or despair. He further explains that, the process of counseling which necessarily lasts over many several sessions between the counsellor and the counselee helps the latter to make his own decisions and choices, to correct his behavior disorders, to evolve new habits and to overcome despair and distress. This implies that when the family unit is broken, there is need for adjustment in the lives of family members. Both the divorces and their children have to adapt realistic and meaningful coping behavior pattern concerning their emotional needs practical requirements as well as possible social consequences of newly evolved coping behavior patterns.

Blocher (1992) defines counseling as a process of helping an individual become fully aware of himself and the ways in the which he is responding to the influence of his environment. Counseling further assists him to establish some personal meaning for his behaviour and develop and clarify a set of goals and values for future behaviour. Tyler (1996) cited by Akinade, Sokan, & Osarenren (2005) adds that the central purpose of counseling is to facilities wise choices and decisions; its central purpose is to promote adjustment or mental health.

Taylor and Buku (2006) define counseling as a face- to face relationship, concerned with helping the individual to self-understanding of his strengths and weakness, decision-making and choice geared towards positive personal adjustment and growth in the life of the individual's educational, vocational, social, psychological, emotional, health and moral considerations. This implies that counseling is a process that occurs in one-to one relationship between an individual troubled by problems as in divorce with which he cannot cope alone and professional worker, whose training and experience have qualified him to help other reach solution types of personal difficulties, is needed to assist.

Kpeto (2002) states that, divorcees suffer from stress and other psychological trauma. Consequently, divorces need to overcome any stressful situation created by divorce in their lives and this requires the assistance of counselors. Conner (2006) states that, divorce is painful, it results, in low self-esteem, it takes away one's happiness. Divorces therefore need to overcome any painful situation, regain their self-esteem and happiness.

Connor (2006) maintained that, divorces have the problem of child-upbringing and develop negative attitudes towards the opposite sex. It is therefore necessary for divorces to overcome the problem of upbringing and stand firm to bring up their children in a more positive and accepted way so as to be useful to themselves and the entire nation in the future. Divorce also needs to overcome and change their negative attitude towards the opposite sex.

Peter, Glazer & Glazer (1990) discover that divorcees have severe financial problems and find it very difficult to make all important decisions concerning themselves and their children's health, schooling and general discipline. To this, divorces need the assistance of experienced and qualified personnel to help them overcome such problems.

Peter et al. (1990) concluded that, "weekend parents" sometimes feel cheated and refuse to honor their responsibilities because they lack or loose the intimate relationship with their children. Divorces need to understand that, since the marriage is broken, there is no way the children can stay with both ex-parents at the same time, one of them must be in custody while the other one pays visits. This understanding may not be easy unless counselors come in to assist them to overcome.

Stinnett et al. (1984) state that, divorces need to rediscover their feeling of self-worth, overcome their sense of failure in life, overcome all doubts their ability to achieve anything in life, and also to overcome any depression and alienation that divorce traps them into. To Stinnett et al. (1984) divorces need to overcome any suicide thought that are caused by the depression, stress, and alienation and develop positive attitude towards life.

Goode (1991) also came out with findings, that divorces suffer severely from stress and frustration for long period and they need to overcome these situations. Peter Glazer and Glazer (1990) add that divorce affects the social lifestyles of divorce to the extent that they develop dislike for friends of one's partner including one's relatives. This makes divorces to disassociate themselves from society and through counseling; divorces can easily readjust back to their normal social lives. Again, some need to overcome the

habit of alcoholism and all kinds of drugs that they take because of divorce.

Jorgensen and Henderson (1990) state that, divorces suffer from fear and loneliness especially in early stage of divorce. They therefore need to be help and encouraged through counseling to develop self-reliance, personal growth, and positive lifestyle. In addition, divorces need to adjust to and through the stages of divorce as Wolf (1996) states that divorce calls for special adjustment to problems.

Similarly, some of the divorced women and men need counselors to assist them take decisions concerning their housing situations. Because some of them are “house rich” but “money poor”, struggling to pay utilities, maintenance of the home and taxes. They need to seek a roommate who can contribute minimally to the finances and substantially to their life by offering companionship, with house chores and a sense of security. Some are able to secure financial assistance for mortgage payments and utilities. Also, issue of child custody and division of property among the couple form part the counselling needs of divorces’ children. Children from broken family broken family systems have more problems than they can carry alone. They need someone to help them carry and pass through those problems. This view is support by many researchers, including Nyarko (2001) who states that, children who witnessed divorce go through an emotional tug-of-War, withdrawn and become confused. However, the researcher is of the view that before these children could be helped, one need to identify what they need.

Wallerstein and Kelly (1980) point out that, children of divorce face extremely stressful, conflict and unhappy situations. The children need to overcome these situations because they are harmful. In addition, the children need to adjust to the new economic and social changes caused by their parent’s divorce. Strong and DeVault (1986) identify that, younger children react to divorce in many ways. Feelings range from guilt to anger, immature behavior liked bed-wetting and excessive possessiveness. Younger children need to overcome these situations with love, concern, and care so that their future will remain fruitful.

Hetherington (2000) notices that, slightly older children react to divorce by becoming aggressive in everything they do especially with their peers. There is the need to help these children to overcome this aggressive attitude before they grow old. Wolf (1996) released those children react to divorce in ways like, anxiety, depression, nightmares, moodiness, headaches, stomachaches, unusual fears and all kinds of school related problems. They need to overcome all these problems. Wolf (1996) reveals that when children are passing through divorce situation, they experience stress in adjusting which also results into more physical health problems. This study seeks to fill the gap for divorces’ children who need to be assisted to manage any stress divorce create their lives. Kpeto (2002) reveals that, some of the children from divorced parents or broken homes as a result of divorce find themselves in situation like theft, gangsterism, prostitution, alcoholism and smoking. These adult children need to be assisted to overcome all these problems.

## Methodology

This study employed a descriptive phenomenological approach. It is concerned with the investigation of subjective experiences and requires the description or interpretation of the significance of happenings encountered by respondents during an investigation. Georgios (2009). The phenomenological approach aims to illuminate, to discover, things through an examination of how they are perceived by respondents in each situation. In the human sciences, this often means gathering “deep” facts and impressions through inductive, qualitative methods such as interviews and focus group discussions and expressing them through the respondents’ eyes. The population of this study included all divorcees and their children in the Volta region’s Asogli state. The municipality had an estimated population of 800 divorcees and 150 divorced children.

The respondents were fourteen (14) divorcees and six (6) divorced children. Two (2) communities in Asogli state were chosen for the divorcees and children of divorcees. Thirteen (13) of the twenty (20) sample members were female, while seven (7) were male.

Twenty respondents were chosen using a combination of purposive and snowball sampling strategies. Additionally, two towns were chosen for the study using purposive selection. The following is a breakdown: There are ten divorced women, four divorced men, and six divorced children, three females and three boys. Cohen, Monion, and Morrison (2011) assert that deliberate sampling is used to identify a certain

target population. Thus, the purposive sampling method was used to find divorcees and their offspring as a specific target group and a typical group in the Asogli state's overall population.

Once a divorcee has been found, he or she acts as the initial contact or informant. As a result, the snowball sampling technique was used to locate further respondents using the informant. In 2013, the Ho municipal assembly said that both communities had a lot of divorces. So, the two towns (Ho and Takla) were chosen for this reason.

## Result and Discussion

### 4.1 Counseling Needs of Divorcees and Children of Divorce

One significant discovery in this research was that divorced men and women sought advice from their parents, other relatives, elders, chiefs and any other experienced person. There were no professional counsellors in all the towns involved in this research. Some sought advice from traditional medicine men or religious leaders and sometimes this yielded some positive results. A respondent told the researcher that:

*when I narrated my problems to the lady teacher, she offered advices and assisted me in looking after one of my children. The girl is now in Senior high school form one.*  
(R5,FEMALE)

Another respondent had this to say:

*After my divorce, I went to see a spiritualist who advised me. He said my husband will return to me. But up still now.Hmmmmm(R9, FEMALE)*

This does not mean that divorcees do not have counselling needs to be addressed by professional counsellors. The realization was that there were no professional counsellors or counselling service providers in the Asogli state. Besides, the divorcees were not aware of counselling services that could be available to them. They do not know about professional counselling. When the concept of counselling was introduced to them during interview sessions, many were eager to access the service. The introduction of counselling services to the respondents was based on the Gestalt theory of the "here and now". After adequate understanding, many began to narrate problems for which they need assistance. It was at this point that the researcher investigated into the counselling needs of respondents.

The first need revealed from the study was in post divorcee family management. For example, so many questions were posed by the respondents. A sample of the questions has been transcribed below:

*How would one deal better with the immediate post divorcee period?  
How can one adjust to the shock?  
How can a single parent now perform the roles of both parents?  
What can be done to raise children in a more qualitative way?  
How can divorce be explained to children?*

The essential point here is that many divorcees need counselling so that they can adjust to the post-divorce period. They also need counselling in family post-divorce management.

Secondly, it became evident that, most divorcees and children of divorcees were concerned about re-marriage. They wanted to know the strengths, weakness and opportunities in any consideration for re-marriage upon divorce. Some thought that it was very immoral to re-marry because it would suggest that one divorced in order to marry a waiting spouse (one for whose sake someone intentionally divorced). This notion has kept many women away from re-marriage for years or decades while the men have long married.

A third need revealed from the study was concerned about relationship with the previous spouse. They wanted to know how they can overcome the hatred they have developed for the ex-spouse over the years. What would be the nature of the post-divorce relationship? This was of concern to those who have children in custody of the ex-spouse over the years. What would be the nature of the post-divorce relationship? This was of concern to those who have children in the custody of the ex-spouses. Some were not allowed access to their own children and they were worried about how they could overcome the emotional pains they have developed. Most divorcees need stress management services. They have become disappointed and frustrated. Some have become ashamed in society and have lost their assertiveness. They are in need of services to re-discover their self-worth and to re-integrate into society.

Children in particular needed services in managing parental neglect. They feel it is a period during which any kind of life is permissible if it seem to be the only hope of survival. One child who nearly gave up all during that period explained to the researcher that:

*If there were counsellors by then, I would have gone to them anytime I was sad, lonely, frustrated and stressful; so that they could assist me to overcome those problems. They might have even talked to my father on my behalf. They might have counselled me against bad friends and the important of formal education and all these might have delivered me from my present predicaments or calamities.* (R17, FEMALE CHILD)

From the concerns expressed by the child in the quote above, it was realized that there was the need for vocational counselling for divorcees and children of divorce. These are the areas counselling services might focus. This would help to address the economic challenges facing divorcees and children of divorce in the Asogli state. The counselling needs may not be many, but it impinges on the survival of the families. Therefore, counselling services must be made available for them.

#### **4.2 Counselling needs of divorcees and children of divorce in the Asogli state?**

The study revealed two sides of the issues about divorce. Some of the respondents see divorce as the end of their emotional and physical abuses while it is the cause of emotional problems for some others. Divorcees who had bitter marital experiences such as physical abuse were of the view that the divorce was a relief for them. This is the opinion of the group of respondents who believe in the notion that 'vovo le tre me' (there is freedom in single hood). This group stated that they are now free and mentally sound. In their view, divorce was the only way out of the problems they encountered in marriage. Divorce liberated them from all the pains of marriage. This group of divorcees saw marriage as traumatic and undesired. Therefore, they see divorce to be preferred to marital life. The other group, which saw divorce as the beginning of their emotional problems, had good marriage experiences. They were shocked and surprised to have been out of the marriage.

Both trap for groups of divorcees have some counselling needs. For example, the first group, who said divorce is like a death, counseling needs are numerous. First, they adopt the avoidance attitude to managing the conflict within them. They do not want to talk about the problems associated with marriage nor remember anything related to it. The members of this group are mostly women who seem to be comfortable with their present condition (out of marriage). This group also needs counselling because the preference to keep quiet over the experiences of the days before divorce is not a positive way of dealing with problems. This gives credence to Corey (1986), who asserted that people must stand for their rights and affirm their beliefs, values, and feelings in a direct, open, and honest way. Lack of this assertive attitude is therefore a counselling need. One must be bold to accept social challenges and work on them in order to have a positive self-image. Therefore, this is a major problem that needs counselling services.

Those who have gone through bitter experiences also vow not to re-marry. They label all men as essentially the same. This is affecting their chances of re-marriage. This group must be helped to understand stress management and how to deal with frustration due to husband's behavior. They must be helped to appreciate the fact that individual are not the same because some female divorcees have grown to hate all men. They have thus developed mistrust for other men who propose marriage. Counsellors have a duty to help restructure their cognitive error.

There is need to help divorcees appreciate the need for pre-marital counselling. The attention must be drawn to other women who have successful marriages. They must be helped to change their perception that all men could be equated to the divorced spouse. This will affect the emotional state of divorcees and their social outlook as well as their concept of life.

The second group who according to the analysis said in the beginning that the divorce was good for them (and later confessed that they hope to re-marry) need help in a number of areas too. This is because it was found that they decided to accept situations as they were, since they could not do anything about them. For example, they need help in post-traumatic stress management. They need counselling to adjust to their present condition. This is because one told me she was about to commit suicide, after saying from the beginning that she was not worried so much about the divorce. Again, this group also needs counselling to manage the challenges that divorcees and children of divorce face. Divorce as it applies to other relationship problems, imposes some challenges on its victims. The challenges associated with divorce are wide and varied.

Divorcees in the Asogli state lamented and complained of many problems that they experience out of their divorce. Some said life became so unbearable for them. These groups usually try to overwork themselves in order to survive with their children. Debt management is one area where divorcees need counselling. Many divorcees were in serious debt. They continue to owe and do not have any hope as to how soon this problem will be overcome. The divorcees do not know how long they have to continue to borrow in order to send their children to school or pay other bills. Besides, one divorcee who is a teacher complained that as a single mother she was responsible for the upkeep of four children. This has affected her resources to the extent that she always wore the same dress to school. The result impacted negatively on the psychic of the teacher to the extent that she asked for transfer to another school. In her own words: I was forced to move away from that school to another out of shame, embarrassment, and frustration. These conditions suggest that divorce is really a difficult and serious condition. It affects the individual and the family in many ways.

An adjunct to the problem of debt management is the ability to meet necessities of family members. A few had problems with accommodation. They find it difficult to rent a room. A divorcee said, "not only did he suddenly withdrew his support to us but he also instructed the landlord to eject us from the house". This kind of condition came with other associated problems such as how to settle and organize the family. It places the single parent and the children under some kind of mental torture. If one is not settled, it becomes very difficult for him or her to work. And if one is not working it is difficult to eat and cloth oneself.

Family management is another critical area where divorcees need counselling. This is because they are faced with single parenting conditions when their condition is located within the family system theory. The divorcee who is now a single parent must provide all the essential needs of the family alone. Again, when their condition is located within the family system theory, it will be realized that the single parent must now be responsible for managing the dysfunctions within the nuclear family system. Others said because of the many responsibilities left on them by their spouse they are always in one cloth (*metsiavodeka me de nutsu ta*). This meant the woman was overburdened with problems. Consequently, she could not dress appropriately to attend various social gatherings in the community. The study revealed that such women are ridiculed by their peers.

Divorcees also need counselling to deal with social stigmatization, isolation, and loneliness. Generally, divorcees are regarded as immoral people. The woman in particular is labelled as promiscuous and lacking good moral values. As a result, they suffer several verbal abuses within the community. Therefore, they need counselling to adjust to these challenges and to manage their social relationship. It is also believed that it was not good for a man to live alone because this easily leads one into fornication. It is interesting to note that fornication is regarded by many Christians in the Asogli state as a sin and many abhor the practice. How to manage this was therefore a problem to many male divorcees.

Some divorcees said the divorce affected them socially. This comes because of social isolation. This condition is self-imposed by the divorcees' understanding of the social capital in the Asogli state traditional area. As in a traditional community, the divorcees know that divorce is viewed with scorn and ridicule. Therefore, exposing themselves to ridicule, the divorcees take the first step to isolate themselves from public discussions, debates and some events. One said I feel rejected and find it very difficult to trust and love anyone again; I have become unsocial and unassertive. This means that divorce can affect the divorcee's outlook on life. It gives the divorcee reason to mistrust people in society. This has affected the self-image of many divorcees. Therefore, divorcees need counselling services in confidence building to develop a sense of self-identify.

The divorcees also need to be socialized to become more assertive because interactions with them suggest that many have loss a sense of positive self-image. This is particularly due to the anathema associated with divorce. Both family and outsiders accuse the divorcee as a source of bad omen. The family is labelled as a family of divorcees, and this affects the chances of other men and women who will like to marry from the same family.

In the Ewe patriarchy society where women do all domestic jobs, it was difficult for men to take up such responsibilities as a consequence of divorce. Some of the divorced men bitterly complained about the hardship they face after the divorce particularly in performing household chores such as tidying up the house, washing the children's clothes, bathing the children and perform all the roles of the woman in addition to their own role of financial and moral support. These men will need psychological re-orientation about sex segregation and gender role distinctions. From the analysis, divorcees in the Asogli state need counselling on post-divorce decision making. Couples have the need of taking independent decisions and judgment after some years of marital life. The divorcees had become used to the marital culture in which couples took critical decision together because in the Ewe culture it is believed that "*ta dekamedeaadanu o*" which translates *two heads are better than one*. Divorce does not allow the couple to take common decision any longer because they have been separated. The divorcees wished they have someone by their side in times of taking important decisions concerning themselves and their children but found none.

Divorcees who are single parents engage in fostering as a coping strategy. They are forced to send some children to foster who end up exploiting or abusing the children. As a result of the social and economic challenges posed by divorce the children are moved from one place to another to stay with different people. This affects them psychologically and economically. Some little children have been exposed to many hazardous activities such as prostitution, street trading etc. Others passed through economic crisis where they went to school without food because their custodial parents or guardians faced economic hardship.

The children of divorcees need psychological and emotional support to live any meaningful adult life. These children have developed low self-image because of shame and constant gossip (from other students). The children of some divorcees dropped out of school. Similarly, some children travelled barefooted covering long distances to labour as part of their contribution to family sustenance. This they do because of economic hardships. Their uniforms are tatted, and they are a subject of scorn and mockery among their peers. These children need special counselling because they did not voluntarily drop out of school. Some of these dropouts ended in the streets.

The children of divorcees suffer stress and frustration when their basic needs like food, shelter, school fees, and textbooks are not provided. Some children are forced by circumstances to engage in some behavior because of parental neglect. For example, a divorcee's child was forced to steal a classmate's food because of severe hunger. Out of fear that he would be caught, he threw the food carrier away. This means that counselling services for divorcees should include programmes for children of divorcees to ensure that they develop good morals.

Parent's neglect and child delinquency are another set of associated problems. Children were tossed between the two parents. The children suffered a lot of trauma and pain as a result of the conditions created by divorce. It was observed that divorcees and children of divorce suffer frequent headaches because of the psycho-social problems they face. This was one reason they do not like to talk about their problems. Constant worries have caused some divorcees to develop blood pressure problems. The children have become timid, wicked, or carefree because of the diversity of problems they face. It is a difficult world in which they live and unless there is a pragmatic and holistic approach, the problem would not be easy to deal with.

### Conclusion

Divorce is viewed as a sad event in Asogli. It is not common. Victims are branded as immoral. The victim's social outlook is harmed by the stigmatisation of both the divorcee and her family. This condition makes the divorcee feel socially rejected. It influences what and how divorcees do. They avoid public meetings, which further isolates them. Divorcees also struggle to make friends since others see them as potential influencers. because the divorcee is seen as a bad luck charm by both the family and the community. Due to negative impressions, divorcees and children devise coping mechanisms. Fostering, conversation, and remarriage are frequent techniques. However, some divorced women hesitate to remarry because most males are the same. This is another trendy method. Other divorcees borrowed loans from friends and mortgages. Mortgages now affect the family's foundation. They lost everything due to a mortgage default. This shows that divorcees and their children need counselling to cope with the obstacles they confront. Asogli state does not currently offer these services. No counselling centres or counsellors. This task falls on conventional counsellors like parents and community leaders. There can be no debate about how these non-professionals conduct this function. As a result, divorcees experience post-divorce stress and make several coping strategy errors. As a result, some coping tactics are useless and frequently cause more issues. Fostering, mortgages, and social isolation are three examples.

### Recommendations

1. In view of this, it is recommended that counsellors, non-governmental organizations (N.G.O), Ministry of gender, children, and social protection (MGCSP) should come out with strategies to help these victims to cope with these situations.
2. The government should set up a Court for Domestic Relation or a "Family court" with "Divorce proctors" to investigate facts and make recommendations to the court and try to dissuade couples from divorce.
3. Based on this, community counsellors must be trained by University of Education, University of Cape Coast, and other public and private Universities to take care of all the community problems including marriage and divorce cases of the individuals.

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