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**A Study of Family Structure Affects Children's Psychological
Well-Being**

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ABSTRACT

Family structure significantly affects children's psychological well-being, as it shapes the emotional environment in which a child grows and develops. Children raised in stable, two-parent households often benefit from emotional security, consistent support, and better access to resources, which collectively foster healthy psychological development. They are more likely to exhibit higher self-esteem, lower levels of anxiety, and better academic and social outcomes. In contrast, children from single-parent families, divorced families, or households with frequent conflict may face increased psychological stress due to instability, economic challenges, or lack of emotional support. These stressors can contribute to behavioral issues, depression, low self-worth, and difficulties in forming healthy relationships. However, the quality of parenting and the emotional bonds within the family are often more important than the specific structure itself. For example, a nurturing single parent or a supportive blended family can provide a psychologically safe and positive environment. On the other hand, a two-parent household filled with conflict or neglect may negatively impact a child's mental health. Thus, while family structure plays an influential role, the emotional climate, communication, and consistency within any family setup are crucial determinants of a child's psychological well-being.