

ANNA DUDAK

Maria Curie-Skłodowska University in Lublin

<https://orcid.org/0000000274912980>

BASIC HOPE IN FATHERS FOLLOWING DIVORCE AND THEIR PURSUIT OF ENGAGED PARTICIPATION IN CHILD REARING*

Introduction: The issue of engaged fatherhood aligns with a contemporary approach to parenting in which, for the child's well-being after divorce, both parents' participation in the child-rearing process is considered significant. This perspective is particularly important for men who view active involvement in child-rearing as a parental duty.

Research Aim: The study aimed to determine the level of fathers' basic hope and to analyse the relationships between basic hope and selected aspects of the divorce situation.

Method: The research employed a diagnostic survey, using Trzebiński and Zięba's Basic Hope Inventory and an original questionnaire designed to investigate the divorce situation.

Results: Basic hope remains at an average level in over half of the fathers surveyed. We found no significant relationship between basic hope and the father's divorce situation, including duration or initiator. Among men with low hope, a larger percentage did not initiate the divorce, whereas among respondents with average and high hope, those who initiated the divorce were more numerous. The largest group of fathers with a low level of basic hope consists of men who experienced the divorce process lasting between 7 months and 2 years. Conversely, the largest percentage of respondents maintaining an average or high level of hope were fathers who had been experiencing the divorce situation for the longest duration.

Conclusions: The findings constitute an important and valuable analysis concerning the situation of fathers after divorce. They can be utilized in mediation and judicial practice related to divorce proceedings.

Keywords: basic hope, fathers, divorce, engaged fatherhood

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INTRODUCTION

The issue of basic hope is widely discussed in the literature on various social groups. However, this problematic area is distinctly under-researched in the context of fathers facing difficult life situations associated with divorce and the inability to fully participate in their children's upbringing. Over the last few decades, expectations have emerged for a "new, nurturing father" who is deeply involved in child-rearing and care responsibilities. The traditional assignment of the caregiver role to mothers is changing, as it has become an aspiration for many fathers (Petren & Ferraro, 2022). Consequently, research into this area is essential given the rising number of men who not only seek greater involvement in their children's upbringing – enhancing their parental competencies through educational programs (Dudak, 2024b) – but also require support when facing the challenges of divorce and potential loss of contact with their children. Basic hope is one of the key psychological resources that shapes perceptions of oneself, others, and the world, influences coping with difficulties, and helps find meaning in life. Hope frequently emerges in the context of crisis events and difficult situations that require mobilization of strength to resolve or survive them. It is this resource that determines the quality of internal experiences, relationships, professional and academic achievements; the perception of oneself and the surrounding world (Cutcliffe, 2004, as cited in Kwiatek, 2012, p. 158). This resource may be significant for fathers experiencing post-divorce adjustment difficulties, especially those who wish to maintain consistent contact with their child and participate in their development and upbringing.

Previous research on basic hope has primarily focused on analysing its level in the context of health loss, such as in individuals with cancer (Kot et al., 2008) or disability (Byra, 2014). Studies have demonstrated that a higher level of basic hope promotes selection of more adaptive coping strategies among women with physical disabilities (Gabryś, 2022). Conversely, research involving aggrieved individuals indicates a negative correlation between the strength of basic hope and the intensity of feeling wronged by fate (Gruszecka & Trzebiński, 2012). This sense of being wronged is detrimental to the well-being of the person experiencing it, both individually and in interpersonal and social dimensions. Studies that examine the strength of basic hope in the experience of gratitude within partner relationships showed that it positively correlates with the quality of gratitude and the diversity of situations that elicit this emotion (Gruszecka & Trzebiński, 2006). It appears that the strength of basic hope is positively associated with the belief in a just world – both in others and in oneself – as well as with trust in others, whereas it is negatively related to the feeling of conflict in interpersonal relationships (Bielous & Trzebiński, 2014).

According to Erikson's theory (1997, 2002), hope represents an individual's specific conviction regarding existence of two general and interconnected properties of the world. First, the belief that the world is ordered and meaningful. Second,

the belief that this world is generally favourable toward people. Hope provides the foundation for interpreting events occurring in the world, especially those the individual attempts to predict and plan. It also enables individuals to estimate their capabilities and the likelihood of achieving planned life goals. Hope is not exclusively cognitive; it manifests itself not only in the interpretation and prediction of events but also in the emotions that accompany them. In the view of Trzebiński and Zięba (2003a, 2004), the level of basic hope is a significant personality factor that enables an individual's constructive response to situations of novelty and situations existing order breaks down. In the former case, basic hope increases readiness to undertake new challenges and construct a new order. Convictions about the world's meaningfulness and favourability can be a stronger predictor of adaptation to a new situation than either optimism or belief in one's own competence. The adaptive role of basic hope is particularly important when an individual experiences loss, as it necessitates choosing alternative life solutions. An individual who holds a strong hope that the world is meaningful and generally favourable can more quickly reconcile with the loss of their former life and consequently adapt more easily to the new situation, essentially reorganizing their life. Empirical analyses by Trzebiński and Zięba (2003b) demonstrated that basic hope plays an important role in situations of irreversible loss, in belief in one's own success, in overcoming an identity crisis triggered by rejection from close individuals, and in the prognosis of the consequences of a difficult situation.

Consistent with Erikson's premise, basic hope forms in early developmental stages and constitutes a relatively stable personality structure. Nevertheless, it can change over the course of a lifetime due to pivotal, radical events. The magnitude of the event must be significant enough to the individual's life to cause disintegration of the existing status quo and directly threaten their fundamental beliefs about the world and its disposition toward them. The new situation requires constructing a new order.

The influence of hope is particularly evident in pivotal situations, especially when there is a permanent inability to realize important life goals or the loss of significant social attributes (Trzebiński & Zięba, 2003b). Divorce is undoubtedly one such situation. It induces stress and disappointment in spouses, prompts concern for the child's future, and necessitates actions aimed at restoring life stabilization. This is a complex task, as divorce is a critical life event characterized by causing destabilization in the subject-environment system, demanding changes in the individual's current functioning, creating a risk of pathology, generating considerable emotional tension, and disorganizing the subject's habitual actions (Beisert, 2000, p. 44). Importantly, men experiencing a divorce crisis are in a challenging position because, besides the feeling of personal life failure associated with marital breakdown (similar to women), they must cope with the loss of contact with their child, and undertake efforts to regain or maintain it. Furthermore, in their desire

to fulfill the role of an engaged father in the upbringing process, they must also confront stereotypical evaluations of their parental competence.

Prior research on the situation of fathers after divorce has primarily focused on the loss of contact with the children (Feistman et al., 2017; Greif, 1997), feelings of loss and grief (Hetherington & Stanley-Hagan, 1997), loneliness (Wallenstein & Kelly, 1980), and a sense of parental incompetence (Hetherington & Cox, 1985). Research indicates that for many fathers, maintaining a positive ex-partner relationship is vital after divorce, as it minimizes conflict and eases scheduling visitation (Lehr & MacMillan, 2001). This relationship quality also translates into the way they engage in their roles as fathers (Petren & Ferraro, 2024). Furthermore, fathers view contact with their child and the ability to fulfill the role of an engaged caregiver as a form of life success (Dudak & Klimkowska, 2017). They participate in their child's life willingly and with dedication (Fuszara, 2008; Sikorska, 2009), and focus on building close relationships with them (Maharaj, 2020).

There is a growing analysis of the difficulties faced by fathers who are engaged in child-rearing after divorce. Single fathers are vulnerable to stereotypical evaluations, particularly during interactions with social and medical service professionals, who often question their approach to discipline and dedication to their children (Coles, 2015; Iztayeva, 2021; Reich, 2005). Specifically, single fathers seeking social services reported feeling they received substandard customer service. They were also compelled to navigate more bureaucratic hurdles compared to mothers. Fathers attributed these negative experiences to societal assumptions regarding who should be the primary caregiver or to disbelief when the father claimed the mother was not involved with the children. Single fathers represent a distinct group with unique needs due to gender stereotypes related to family and parenthood (Shipe et al., 2022).

Regarding the group of post-divorce fathers striving to maintain contact with their child, the role of basic hope appears significant and potentially regulatory. Basic hope can foster constructive coping with difficult situations, which may, consequently, transform into developmental opportunities. For fathers who seek to maintain contact with their child, even when legally restricted, hope may serve as a key motivator for action, hence encouraging them to enhance their parental competencies and utilize various forms of educational support. This enables them to adapt more quickly to the new life situation and realize new life goals, foremost among which is engaged participation in child-rearing (Dudak, 2024a; 2024b). Fathers frequently encounter difficulties stemming primarily from stereotypical evaluations of their competence, a rigid approach to the division of family roles, and the stereotypical nature of family court decisions. Societal attitudes hindering fulfillment of their aspirations can induce a crisis of hope in many fathers, which may manifest itself in various forms and intensities, potentially leading to a complete loss of hope (Jankowska, 2013). This can be particularly detrimental to the

functioning of men who, in the event of losing hope for a favourable outcome, abandon the fight to maintain contact with their child, ultimately contributing to the child being deprived of contact with both parents. On a personal level, loss of hope may make it difficult to cope with life and achieve post-divorce stability.

RESEARCH PROBLEM AND AIM

The study aimed to determine the level of basic hope among post-divorce fathers and to analyse the relationships between basic hope and selected aspects of the divorce situation. The main research problem was whether, and if so, what relationships exist between selected aspects of the divorce process and fathers' basic hope during a divorce crisis. The study considered duration of the divorce process and who initiated the divorce. To resolve the problem, we needed to answer the following specific research questions:

1. What is the level of basic hope among the fathers in the sample?
2. What characterizes the fathers' divorce situation in terms of the amount of time passed since the divorce decree and who initiated the divorce?
3. What is the relationship between the men's divorce situation in the selected aspects and their basic hope?

We advanced a hypothesis for verification, basing it on theoretical assumptions and prior empirical analyses. Since the study aimed to explore diagnostic questions, we established a hypothesis only for the research question addressing the relationships between the analysed variables. We hypothesized that basic hope – defined as the conviction that the world is ordered, meaningful, and benevolent toward the individual – significantly relates to the divorce situation. Specifically, this relationship concerns the duration of the divorce process and the spouse who initiated the divorce. We presume that the shorter the time from the decision to divorce to the decree, the higher the fathers' level of hope. Furthermore, we presume that the surveyed fathers have a lower level of basic hope if the women initiated the divorce.

Analyses that directly address these specific relationships are lacking in the existing literature. However, prior research supports these expectations, suggesting that men cope with greater difficulty post-divorce when their wives were the initiating party (Kressel, 1986; Wallerstein & Kelly, 1980). This challenge may stem from the surprise at the woman's initiative (Beisert, 2000) and from wounded masculine pride. Moreover, immediately after the divorce decree, men are significantly less able to utilize the crisis constructively. Wallerstein and Kelly (1980) interpret this as a consequence of being surprised by the woman's decision and of their non-acceptance of it. Additionally, research indicates that a prolonged divorce process escalates conflict between the spouses and does not promote emotional stabilization (Przybyła-Basista, 2006).

MATERIALS AND METHODS

The study used the Basic Hope Inventory (BHI-12) by Trzebiński and Zięba (2003b) to measure basic hope. This is a self-report instrument consisting of 12 statements. Respondents rate their agreement with each statement on a 5-point Likert scale, ranging from “definitely disagree” to “definitely agree.” The final score is the sum of points after removing buffer items and reversing the scoring for certain items. The score ranges from 9 to 45 points, with higher scores indicating stronger basic hope (Trzebiński & Zięba, 2003b). The questionnaire measures the intensity of the general conviction about the world’s benevolence, order, and predictability. The level of basic hope was determined on the basis of the fathers’ subjective assessment of twelve statements concerning their beliefs about the world and their own functioning in the context of divorce. The psychometric indicators for the instrument are satisfactory, with Cronbach’s alpha for the entire scale in the study group at .68. The authors’ original questionnaire was used to examine fathers’ divorce situations. It included questions concerning the duration of the divorce process, the initiator of the divorce, and sociodemographic data.

The research was conducted using the diagnostic survey method, implemented via an online questionnaire, with support from the National Center for Fatherhood (Narodowe Centrum Ojcostwa). A purposive sampling strategy was employed, drawing on the association’s database. The study involved fathers who approached the association seeking assistance and support in maintaining or regaining contact with their child following divorce. It is worth noting that the vast majority of the men expressed a strong willingness to participate in the research, anticipating that the findings and their publication would help raise public awareness of their difficult life circumstances. An original survey questionnaire developed by the authors was used to examine fathers’ divorce situations, including questions on the duration of the divorce process, the initiator of the divorce, and sociodemographic data.

DATA ANALYSIS

The obtained results were subjected to statistical analysis. To characterize the study group and summarize responses to the questions, percentages and descriptive statistics were used, expressed as the mean (*M*), median (*Me*), and standard deviation (*SD*). Analysis of the results on the relationship between the level of basic hope among the surveyed men and their divorce situation was conducted using the Kruskal-Wallis test. The use of this test was justified by the nonnormal distribution of the variables. The significance level adopted for the analyses was $p < 0.05$.

RESULTS

The study, conducted in 2023 and 2024, involved 186 men who had experienced divorce conflict and sought to maintain contact with their child and participate in their upbringing in an engaged manner. The study group was diverse in terms of age, with over half of the men (56.45%) aged 30 to 39 years. The mean age was 36.7. Among the respondents, 56.45% lived in large cities, while only seven men were village residents. The largest group was fathers with higher education (42.47%) and secondary education (40.32%). Only 11 respondents reported primary education, and 11.29% did not specify their education level. As many as 95.69% of the fathers were professionally employed; over one-third of the respondents rated their financial situation as good, and 37.1% considered it average. Table 1 below presents the characteristics of the sample.

Table 1
Sociodemographic characteristics of study group

Socio-demographic data	n	%
Age		
up to 29	30	16.1
30-39	105	56.45
40 or older	51	27.41
Place of residence		
City (over 500,000 inhabitants)	55	29.57
City (over 100,000 inhabitants)	50	26.88
City (over 50,000 inhabitants)	19	10.21
City (over 10,000 inhabitants)	47	25.27
City (under 10,000 inhabitants)	8	4.30
Rural area	7	3.76
Education		
Primary	11	5.91
Secondary	75	40.32
Higher	79	42.47
Other	21	11.29
Employment status		
Unemployed	8	4.31
Employed	178	95.69

Financial status		
Very good	23	12.35
Good	62	33.34
Average	69	37.1
Very difficult	5	2.69

Note. Source: own study.

Analysis of the data presented in Table 2 below, concerning the divorce situation, indicates that the largest group of fathers (37.63%) experienced the divorce process that lasted between 7 months and 2 years. This finding is unsurprising and reflects that divorce is often a prolonged process that escalates conflict between spouses, leads to the deterioration of the emotional quality of life for the divorcing individuals, does not promote maintaining proper relations, and creates a problematic situation for the child. A significant element considered in this study is the decision to divorce. Previous research shows that the vast majority of women make this decision and file for divorce. This primarily stems from the fact that men are less likely to perceive the need to resolve the marital situation in this manner (Beisert, 2000). As indicated in the table below, two-thirds of the women initiated the divorce.

Table 2
Selected aspects of respondents' divorce situation

Duration of divorce process	n	%
Up to 6 months	53	28.49
From 7 months to 2 years	70	37.63
More than 2 years	39	20.97
No response	24	12.91
Initiator of divorce		
Woman	115	61.83
Man	71	38.17

Note. Source: own study, n = 186.

The aim of the study was to determine the level of basic hope in fathers who were in the difficult life situation of the divorce process and were seeking contact rights with their child. The data obtained on the general level of basic hope among surveyed fathers (see Table 3 below) indicate that over half (59.14%) of the respondents maintained an average level of hope. Over one-third of the respondents showed a low level of basic hope, and only 2.15% of fathers maintained a high

level. The surveyed fathers who have experienced divorce are, on average or below average, convinced that their current situation is stable and that the people around them are benevolent.

Table 3

Overall level of basic hope in sample

Overall level of basic hope	n	%
Low score (Stanines 1–4)	72	38.71
Average score (Stanines 5–6)	110	59.14
High score (Stanines 7–10)	4	2.15
Total	186	100.00

Note. n = 186.

A further analysis was undertaken to determine the relationship between the level of basic hope among the surveyed fathers and the duration of the divorce process. For the purposes of this analysis, the basic hope variable was grouped due to the small number of participants who achieved a high score. This meant that the four individuals who obtained a high level of basic hope were, in subsequent analyses, combined with the group of respondents who scored within the average range. The analysis revealed no statistically significant relationship between the variables ($p = .667$). However, the largest proportion of fathers with low basic hope (41.43%) were men who experienced the divorce process between 7 months and 2 years in length. Conversely, the largest percentage of respondents who maintained average or high levels of hope (66.67%) were fathers who had experienced divorce for the longest duration.

Table 4

Duration of divorce process and level of basic hope of respondents

Level of basic hope	Duration of divorce process							
	Up to 6 months		From 7 months to 2 years		More than 2 years		Total	
	n	%	n	%	n	%	n	%
Low score (Stanines 1–4)	19	35.85	29	41.43	13	33.33	61	37.65
Average/High (Stanines 5–10)	34	64.15	41	58.57	26	66.67	101	62.35
Total	53	100.00	70	100.00	39	100.00	162	100.00

Note. Twenty-four individuals were excluded from the analysis due to missing data for this variable. N = 162.

Although the analysis did not reveal statistically significant group differences in basic hope among the surveyed fathers by divorce process duration, the highest mean score was observed among fathers who experienced the longest divorce process (see Table 5 below).

Table 5

Duration of divorce process and basic hope

Duration of divorce process	Basic hope									
	<i>M</i>	<i>Me</i>	<i>Q1</i>	<i>Q3</i>	<i>SD</i>	Significance of differences				
						<i>H</i>	<i>p</i>	I	II	III
I	27.13	27.00	26.00	28.00	2.01	2.732	0.255	-	1.000	1.000
II	26.61	27.00	26.00	28.00	2.39			1.000	-	0.308
III	27.51	28.00	26.00	30.00	2.43			1.000	0.308	-

Note. Twenty-four individuals were excluded from the analysis due to missing data for this variable; $N = 162$.

Divorce initiator was the next variable included in the analyses. The analysis found no statistically significant relationship between the variables ($p = .441$). Among fathers whose wives initiated the divorce, 40.87% reported a low level of basic hope, compared to 59.13% who reported an average or high level. Conversely, among fathers who initiated the divorce themselves, 35.21% had low hope, while 64.79% maintained an average or high level of hope. Table 6 below presents those results.

Table 6

Divorce initiator and level of basic hope among respondents

Level of basic hope	Initiator of divorce					
	Woman		Man		Total	
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%
Low score (Stanines 1–4)	47	40.87	25	35.21	72	38.71
Average/High (Stanines 5–10)	68	59.13	46	64.79	114	61.29
Total	115	100.00	71	100.00	186	100.00

Note. $N = 186$.

The study found no significant difference in the basic hope levels of fathers, regardless of who initiated the divorce (see Table 7 below). However, a slightly higher mean score was obtained by the fathers who were divorce initiators.

Table 7*Divorce initiator divorce and basic hope*

Initiator of divorce	Basic hope						<i>z</i>	<i>p</i>
	<i>M</i>	<i>Me</i>	<i>Q1</i>	<i>Q3</i>	<i>SD</i>			
Woman	26.81	27.00	26.00	28.00	2.42		0.974	0.329
Man	27.21	27.00	26.00	29.00	2.52			

Note. N = 186.

DISCUSSION

The study aimed to analyse the relationship between basic hope and selected aspects of the divorce situation experienced by fathers seeking to maintain contact with their children after family breakdown. The research also attempted to determine the level of basic hope among those fathers who initiated the efforts to maintain contact with their children post-divorce. Prior research findings indicate that the strength of basic hope determines how an individual reacts to the disintegration of their former life, as well as to loss and the quality of new undertaken challenges (Bielous & Trzebiński, 2014).

Weaker basic hope does not promote the conviction that the surrounding world is benevolent toward the individual. The obtained results, which show that the vast majority of respondents are characterized by an average level of basic hope, are not surprising. This is because spouses experiencing divorce are in a difficult life situation associated with changes in their former functioning. They must cope with feelings of failure, loss of love, and disappointment in the marital relationship.

Although both women and men experience difficulties associated with divorce (Beisert, 2000), for fathers, a crucial issue – beyond the necessity, similar to their partners, of attempting to rebuild their lives – is the struggle against stereotypical attitudes towards their parental competencies and the unfavourable societal view of them fulfilling the parental role to the same extent as mothers. However, fathers with a low level of basic hope constituted the smallest group. This may suggest that, despite the difficult situation they face, the surveyed fathers who actively sought to maintain or obtain contact with their child post-divorce are convinced that it is worthwhile to strive for improving the relationship with the child and fully participate in the upbringing process.

The results indicate that the largest group of men experienced a divorce process that lasted from 7 months to 2 years. This suggests that the majority of fathers were exposed to prolonged difficulties stemming not only from marital conflict but also from uncertainty regarding custody decisions. For men who wish to remain engaged in their child's life despite the divorce, the waiting period for the

court's custody decision is exceptionally difficult (Dudak, 2013; Frisby et al., 2012). During this waiting period, their situation lacks stability and they experience a low sense of benevolence from others, primarily due to the stereotypical assessment of family courts, whose rulings are often unfavourable to fathers.

Over two-thirds of the surveyed men were not the initiators of the divorce. This finding aligns with research by Beisert (2000), who indicates that women more frequently make this decision. Beisert (2000) posits that men are less likely to perceive marital conflict as necessitating radical solutions. The hypothesis regarding the existence of a significant relationship between basic hope and the analysed aspects of the divorce situation was not confirmed. However, the analysis of the results suggests a trend where, in the group of men characterized by low hope, a greater percentage were non-initiators of the divorce. Conversely, in the group of respondents with average and high hope, divorce initiators constitute the more numerous group.

Although previous studies did not directly analyse the level of basic hope, they revealed that individuals who were not the initiators of the divorce experienced a greater threat to their self-image and reported more intense negative emotions. Conversely, those who mutually decided to divorce and the initiators themselves proved to be the most resilient, experiencing positive outcomes and fewer negative emotions (Frisby et al., 2012). Sprecher and Felmlee (1997) found that an imbalance of power is visible in the decision-making process. This means that non-initiating parties may perceive themselves as powerless in the decision process and may painfully realize that their partner is less interested in the relationship.

Gray and Silver (1990) observed that reactions to relationship termination depend on the partner's level of control over the breakup. Non-initiators lack this control and likely experience a threat to their own position. Non-initiating parties (those who do not desire or wish to make the decision for divorce) are often perceived as having a more challenging role to play in this interaction. Non-initiators suffer more emotionally, reporting greater sadness, depression, and anxiety (Boelen & Reijntjes, 2009; Perilloux & Buss, 2008). Kunkel et al. (2003) argued that non-initiators felt they did not deserve their partner's approval or affection. Consequently, partners who were left may question their self-worth and relational competence. Non-initiators exhibited lower psychological resilience, experiencing more negative outcomes, such as greater depression, rumination, crying, and pleading (Perilloux & Buss, 2008), alongside sadness, anger, confusion, shock, and jealousy (Leary et al., 1998).

CONCLUSIONS

Research findings presented here undoubtedly offer valuable cognitive and practical insights, which may, to some extent, be useful in mediation and judicial practice. A deficit of research still exists in the current literature concerning fathers fighting for the right to custody after divorce and fathers wishing to participate in the upbringing process in an engaged manner, despite hindered contact with the child's mother. Furthermore, there is a lack of broader empirical analyses regarding the personal resources of fathers in this difficult life situation.

An important conclusion emerging from the analysis is the framing of the situation of fathers who, despite divorce, seek to maintain regular contact with their child in terms of parental resilience, understood as an effective means of preserving their psychophysical wellbeing in the face of a family crisis (cf. Błasiak & Dybowska, 2021). Among fathers who experienced divorce-related conflict, were actively involved in their child's life, and wished to participate fully in their development, basic hope appears to be a significant factor that enhances their readiness to undertake actions aimed at improving their personal circumstances. Despite the difficulties encountered by the surveyed fathers, their level of basic hope may be regarded as an indicator of their capacity to adapt to the new life situation. Although the findings revealed that the largest group consisted of fathers with an average level of basic hope, it may nonetheless be assumed – given the challenging circumstances associated with the divorce process and the sense of being a secondary caregiver – that these men continue to strive for stability in their own life trajectories.

LIMITATIONS

The presented research findings are not without limitations. First, future studies should incorporate the fathers' subjective experiences, the reasons for the marital conflict, and the course of the divorce process. Second, the study did not account for the fathers' legal status concerning the child. The type of custody awarded could, to some extent, complement the characterization of the fathers' situation and their resources, including basic hope.

Third, it would be valuable to consider the quality of the relationship with the child's mother. This aspect is infrequently addressed in the literature, yet previous results indicate that the quality of contact with the former partner is significantly important for men's post-divorce functioning (Dudak & Klimkowska, 2023). An additional limitation of the study is the fact that the respondents were exclusively fathers who were motivated to seek assistance in relation to their divorce situation, which may have influenced the level of basic hope identified in the sample. The presented research results should therefore be regarded as a preliminary exploration of the phenomenon, providing a foundation for further, more indepth analyses.

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NADZIEJA PODSTAWOWA OJCÓW W SYTUACJI ROZPADU RODZINY I ICH DĄŻENIA DO ZAANGAŻOWANEGO UCZESTNICTWA W WYCHOWANIU

Wprowadzenie: Problematyka zaangażowanego ojcostwa wpisuje się w współczesne podejście do wychowania, w którym istotną rolę ze względu na dobro dziecka po rozwodzie przypisuje się możliwości udziału obojga rodziców w procesie wychowania, mimo rozpadu związku małżeńskiego. Szczególne znaczenie ma takie podejście dla tych mężczyzn, którzy są świadomi swojej roli w życiu dziecka, a aktywne zaangażowanie w wychowanie traktują jako powinność ojcowską oraz możliwość samospełnienia.

Cel badań: Celem badań było określenie poziomu nadziei podstawowej ojców oraz analiza związków zależnościowych między nadzieją podstawową i wybranymi aspektami sytuacji związanej z rozwodem.

Metoda badań: W badaniach posłużono się metodą sondażu diagnostycznego, wykorzystując kwestionariusz Nadziei Podstawowej BHI-12 Trzebińskiego i Zięby oraz autorski kwestionariusz do badania sytuacji związanej z rozwodem.

Wyniki: Badania ujawniły, że u ponad połowy badanych ojców nadzieja podstawowa utrzymuje się na poziomie przeciętnym. Analizy nie wykazały istotnych statystycznie zależności między nadzieją podstawową a sytuacją rozwodową ojców dotyczącą czasu trwania procesu oraz inicjatora rozwodu. W grupie mężczyzn o niskim poziomie nadziei większy odsetek stanowią ci, którzy nie byli inicjatorami rozwodu, natomiast w grupie respondentów z przeciętnym i wysokim poziomem nadziei liczniejszą grupę stanowią ci, którzy podjęli decyzję o rozwodzie. Najliczniejszą grupę ojców z niskim poziomem nadziei podstawowej stanowią mężczyźni, którzy doświadczali procesu rozwodowego od 7 miesięcy do 2 lat. Natomiast największy odsetek badanych, u których utrzymywał się przeciętny lub wysoki poziom nadziei stanowią ojcowie doświadczający najdłużej sytuacji rozwodowej.

Wnioski: Zaprezentowane wyniki badań stanowią ważne i potrzebne analizy dotyczące sytuacji ojców po rozwodzie. Mogą być wykorzystywane w praktyce mediacyjnej i sądowniczej w związku z rozwodem.

Słowa kluczowe: nadzieja podstawowa, ojcowie, rozwód, zaangażowane ojcostwo