



## The Impact of Parental Divorce on Children's Psychology

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### ABSTRACT

Divorce is a condition where a wife is separated from her husband and vice versa, the husband leaves his wife which causes the loss of certain rights and obligations. Divorce that occurs of course has an impact and the main victims of divorce are the children in the family. This article aims to find out what impact children feel after their parents' divorce. The method used in this research is the library reaseach method (library study). Divorce that occurs has a positive and negative impact on children. However, from several studies that have been carried out, the negative impact is more dominant in children than the positive impact. To overcome psychological problems in children, help from the family and understanding of divorce is needed in society so as not to judge children.

**Keywords:** *Child, Divorce, Psychological*

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## INTRODUCTION

Man is an individual being, as an individual being man is a social being. A social being who cannot live alone. In life, humans as social beings will inevitably interact with other human beings. Until the journey, humans will have a relationship with their opposite sex called a marriage bond.

The Government Law explains in article 1 No.1 of 1974 that marriage is an inner birth bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family based on the One True God (Law, 2018).

Azizah (2017) said that marriage is an agreement that causes the ability to associate between a man and a woman and help each other between the two and determine the boundaries of rights and obligations between the two. In addition, Galuhpritta and

Yulianti (Anisaningtyas, 2011) state that marriage is an inner birth bond between man and woman through a union of body and soul to obtain happiness and the opportunity to obtain offspring (Amrina et al., 2021; Dianovi et al., 2022; Hendra et al., 2022; Rohmalimna et al., 2022).

From some of the statements above, it can be concluded that marriage is an inner birth bond owned by a husband and wife, which is carried out legally before God according to each other's beliefs in order to form a happy family and get offspring.

Marriage aims to foster human life in harmony, peace and happiness so that life of love and love between husband and wife and children and other families in order to create a prosperous family (Ariska & Mudinillah, 2022; Mudinillah & Putri, 2021; Nadya et al., 2022; Trisoni et al., 2022).

Azizah in the results of his research explained that family is a legal bond between husband and wife in marriage and giving birth to offspring which is the responsibility of parents in development and education for the sake of their future (Azizah, 2017). A family formed from a marriage aims to achieve the happiness of family members according to their respective abilities (Shidqi & Mudinillah, 2021).

Harmony, and harmony in a family is urgently needed. A harmonious relationship between parents and children greatly affects the growth and development of the child's psyche and education, a harmonious relationship full of understanding and affection will bring to the child's person later (Filla & Mudinillah, 2022; Mudinillah, 2019; Mudinillah & Shidqi, 2022; Putri & Mudinillah, 2021). Because, family life is where children first get an education so that whatever parents exemplify to their children will mostly be imitated by children later.

Sometimes in a family where marriage is formed, it is not uncommon for a dispute to arise between husband and wife (Mudinillah, 2021; Mudinillah & Nurfadilah Septika, 2022; Wastriami & Mudinillah, 2022; Wulandari & Mudinillah, 2022). Not infrequently also things that are considered trivial can cause disappointment, such as selfishness, irritability, stubbornness, and others. The impact of this condition often causes quarrels and lack of harmonization between family members which eventually makes a husband and wife feel that their marriage is not as expected. In fact, it is not uncommon for the end of a quarrel that occurs to be a divorce (Mudinillah, 2016, 2022; Salam & Mudinillah, 2021; Vrika et al., 2022).

Divorce is as an attempt or last resort after all attempts to reconcile the husband and wife have been pursued without success and even if the husband and wife have to maintain their marriage in an unhappy, eternal and prosperous state will cause further problems (Rodliyah, 2014).

Divorce is an event of formal separation between a married couple and they resolve not to carry out their duties and obligations as husband and wife. They no longer live and live in the same house together, because there is no official bond (Bruns & Roeder, 2019; Friman, 2022; Mudinillah, 2016, 2022; Perry, 2020; Salam & Mudinillah, 2021; Sholih & Dewi, 2021; Vrika et al., 2022).

On the other hand, divorce is also a state of separation of a wife from her husband and vice versa the husband leaves the wife which leads to the loss of certain rights and some obligations.

Divorce between the two parents results in the child experiencing emotional reactions and behavioral changes due to separation or split of his parents' relationship. The child is the main victim of the divorce results of both parents. In addition,

adolescents who are victims of parental divorce have poor social and emotional development (Mirza et al., 2021).

Emosi has a very important role in the development of children, because it has an influence on the behavior and personality of the child. Emotion is a state of reaction of the body accompanied by characteristics of glandular and motor activities and accompanied by a feeling of encouragement to act, planning instantly to overcome problems and adjusting to the environment in order to obtain comfort in life (Widiastuti, 2015).

The emotional pattern in a child is almost the same as the emotional pattern in an adult. Some children have not even been able to control their emotions when their parents are divorced. So it is based on the psychological health of the child.

Therefore, it is important for the author to write this journal so that we know what are the impacts of parental divorce on the child's psychology.

## **RESEARCH METHODOLOGY**

The method used in making this journal is qualitative research in the nature of library *research* by using and identifying books, journals, and articles (Kusumawati, 2020) related to the impact of parental divorce on children's psychology. The steps of this literature study data collection technique are; (1) collect data through books, articles and journals (2) analyze these data so that the author can conclude about the problem studied, namely about the impact of parental divorce on the child's psychology.

The author uses this research method by reading several journals that discuss the psychology of children after the divorce of both parents. In addition to reading journals, the author also reads child psychology books to add to the results of the *review* to be used.

## **RESULT AND DISCUSSION**

Based on the results of *reviews* from several journals that have been carried out, it can be seen that divorce is a condition of separation of a husband and wife who are legal before God and the applicable law is characterized by the loss of some of the obligations of the husband and wife.

According to the Indonesian Dictionary (Luis & Moncayo, 2008), Divorce is a breakup of a relationship as a husband and wife and divorce is the act of divorcing. Divorce can also be interpreted as the end of a husband and wife relationship that is decided by law or religion (talak) because there is no mutual attraction, mutual trust and also no match with each other, causing disharmony in the household (Untari et al., 2018).

Divorce arises because of the incompatibility between the husband and wife and the end of the relationship between the two which is decided by law. The incompatibility that occurs is usually caused by a dispute that often occurs in the family because the husband cannot meet his daily needs (Matondang, 2014). Divorce between the two parents results in the child experiencing emotional reactions and behavioral problems due to separation or separation of his parents' relationship.

Divorce is not intended to destroy the ideals and lives of a man and woman in a marriage bond, only that they are not able to realize the essence of marriage itself.

The fact that divorce that occurs in parents correlates with many things is of course inevitable. The closest thing to correlation is with the child. The child who is the main victim in the divorce of parents.

Divorce is a burden for children so that it has an impact on their psychology. Such as shyness, *sensitivity*, difficulty controlling emotions and low self-esteem to withdraw from the environment. Children will feel feelings of insecurity, unwanted to feelings of rejection from their parents and the environment. Feelings of sadness and loneliness, anger, loss, guilt, and self-blame for their parents' divorce.

How children behave after their parents' divorce depends on how parenting is before, during and after the divorce of their parents. Of course, no child is psychologically prepared to accept the divorce of their parents. So broadly speaking, the impact of parental divorce that has an impact is on the child's psychology.

Although divorce will be a problem for all age levels of the child, divorce is a big problem for children of primary school age, because at this age the child needs the affection and full attention of both parents.

Psychologically, the divorce of people, responsibility and emotional stability. Changes in children's attitudes as a result of their parents divorcing old divorced are children become shy, inferior, difficult to get along with, and like to be alone. This form of attitude occurs because the child's psychological development is disrupted due to his parents divorcing, resulting in depression. In addition to changing attitudes, children's responsibilities have also changed. After the divorce occurs, the child is more likely to be lazy, playful and has no sense of responsibility.

The impact of parental divorce on the emotional level of the child is also disturbed, their inner suffering and distress, feelings of shame for the environment arise, feelings of guilt all cause inner conflicts for them. Children are often angry, rebellious and unruly because they feel that their parents are divorced and do not deserve to be role models for them.

The degree of trauma to children after their parents' divorce varies. If when you have not divorced the child lives in a happy household, the level of child trauma will be high. On the other hand, if the child previously lived in a less happy family, the child's level of trauma will be small and even if they sometimes do not feel sad about the divorce. However, no matter what form of trauma a child experiences, it cannot be ignored. Because basically, childhood trauma will be the basis for the child's attitude when he grows up.

The impact of parental divorce on children has two sides, the first is a positive impact and the second is a *negative* impact. A positive impact will arise if the previous family life is no longer harmonious, then for children divorce is the right way to avoid disputes that often occur between their parents. Another positive impact is that those who can already accept divorce will be able to live independently. The point here is that children can already make decisions without the help of parents.

However, from several *reviews* of several research journals that have been carried out, *negative* impacts are more dominant in children than positive impacts. For children who are still in the phase of children more among those who feel shame, irritability, feelings of insecurity, withdrawal from the social environment to the judgment of society towards families experiencing divorce. Children in this phase need a lot of support as well as friends to continue socializing with others. Proper assistance from the family is also needed by the child, be it from the father's family or the mother's family so that the child can understand the divorce that occurs between his parents.

Rising in the next phase of the child-the adolescent phase, the child is in a position with more labile emotions than before. The adolescent phase is a phase for children to seek identity, affection from others and rebellion against the adult world.

Adolescence is the process of transformation of the individual from childhood to adulthood (Cipta, 2017).

The adolescent phase is also the transitional phase from children to later adults. So when divorce occurs, many teenagers will fall into promiscuity, rebel more often losing respect for their parents and want to win on their own. Not even a few of these teenagers prefer to drop out of school. Post-divorce teenagers will prefer to close themselves off from the family. They are in the phase of wanting to feel affection, love from others. So, teenagers will be closer to their friends and friends to overcome the grievances they feel.

## CONCLUSION

From the results of the *review* that the author did, it can be concluded that divorce is a state of separation of a wife from her husband and vice versa the husband leaves the wife which causes loss of rights and certain obligations. The divorce that occurs has a positive and *negative* impact on the child in the family. However, *negative* impacts are more predominantly felt by children than positive impacts. These *negative* impacts include feeling ashamed of their parents' situation, withdrawing from the social environment, irritability, emotional imbalance, falling into promiscuity in adolescence, and closing themselves off from the family. To overcome psychological problems in children, the family pays more attention to the child and provides the right understanding so that the child does not feel ignored and feels guilty about the divorce that occurs. As well as for the community, not to judge the condition of children who are in a downturn. Give them a sense of affection that makes them feel loved by their surroundings. So that the child does not close himself from the social environment and still carry out their lives as they should.

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