Parental Divorce: Challenges and Opportunities for Adolescent

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Abstract

Divorce can have a significant impact on family dynamics. Adolescents with divorced parents show unique characteristics as they navigate the transition to adulthood and adjust to altered family dynamics. This study aims to see how the post-divorce parenting impacts on adolescents. The research used convenience sampling to select four adolescents with divorced parents as participants. Parenting is viewed based on the pattern of parental responsiveness and demandingness in adolescents. The data collection process was done using a qualitative approach, which involved interviews with four research participants. The interview data were then processed using thematic analysis, yielding several themes presented descriptively to answer the research questions. The results of this study found that adolescents with divorced parents have positive and negative experiences, meanings, and impacts from their parents' divorce. This is significantly influenced by the role of parents in parenting their teenagers after divorce. Parents can be risk factors and protective factors for adolescents whose parents are divorced. This study's data is crucial for divorced or divorcing parents and the Indonesian government, especially religious courts, as it provides psychoeducation on the impact of parental divorce on adolescents and the importance of appropriate post-divorce parenting.

Keywords: adolescents, family communication, parental divorce, parenting, psychological development

Abstrak

Perceraian dapat berdampak signifikan pada dinamika keluarga. Remaja dengan orang tua yang bercerai menunjukkan karakteristik unik saat mereka menjalani transisi ke masa dewasa dan menyesuaikan diri dengan dinamika keluarga yang berubah. Penelitian ini bertujuan untuk melihat bagaimana pola pengasuhan pasca-cerai berdampak pada remaja. Penelitian ini menggunakan teknik *convenience sampling* untuk memilih empat remaja dengan orang tua yang bercerai sebagai partisipan. Pengasuhan dilihat berdasarkan pola antara responsivitas dan tuntutan orang tua terhadap remaja. Proses pengumpulan data dilakukan dengan pendekatan kualitatif melalui wawancara dengan 4 partisipan penelitian. Data wawancara kemudian diproses menggunakan analisis tematik, menghasilkan beberapa tema yang disajikan secara deskriptif untuk menjawab pertanyaan penelitian. Hasil penelitian ini menemukan bahwa remaja dengan orang tua yang bercerai memiliki pengalaman, makna, dan dampak positif dan negatif dari perceraian orang tua mereka. Hal ini sangat dipengaruhi oleh peran orang tua dalam mengasuh remaja mereka setelah perceraian. Orang tua dapat menjadi faktor risiko dan faktor pelindung bagi remaja yang orang tuanya bercerai. Data dari penelitian ini sangat penting bagi orang tua yang sudah atau akan bercerai dan pemerintah Indonesia, terutama pengadilan agama, karena dapat memberikan psikoedukasi tentang dampak perceraian orang tua pada remaja dan pentingnya pengasuhan yang tepat setelah perceraian.

Kata kunci: komunikasi keluarga, perceraian orang tua, perkembangan psikologis, pengasuhan anak, remaja

Introduction

Based on data from the Indonesian Central Bureau of Statistics, 63.41% of divorce cases in Indonesia are caused by continuous disputes and arguments between husband and wife (BPS, 2023). Divorce is the breakup of the marriage bond between husband and wife in the family so that they no longer live together in a household. Divorced parents experience stress caused by personal, economic, and legal problems, which often means that they cannot give their children enough attention because their attention is more on their stress or because they no longer live with their children (Guinart & Grau, 2014). This then leads to child-parent relationships that lack warmth and affection, with some even having relationships dominated by aggression and rejection. Because of this lack of attention, children begin to feel abandoned, alienated, and unloved by one or both parents, which leads to emotional problems, sleep disturbances, behavioral problems, and poor academic performance (Guinart & Grau, 2014). Parental separation can be a distressing experience for a child, regardless of their age and gender (Aabbasi et al., 2016; Guinart & Grau, 2014).

Parental divorce has a significant impact and brings substantial changes to children, especially those entering adolescence, a period marked by various changes and unique developmental characteristics. This study will focus on how adolescents perceived their parents' divorce and the impact of parental upbringing on adolescents. Adolescence is characterized by various kinds of changes, both physically and psychologically (Santrock, 2019). Adolescence is characterized by the maturation of thinking or cognitive abilities, where they begin to be more proficient in abstract and conceptual thinking so that they can reflect on their thoughts and do perspective-taking on others (Murty et al., 2016; Towbin et al., 2015). In addition, adolescent development is also characterized by a period of storm and stress where adolescents experience high emotional ups and downs due to hormonal changes within themselves. This makes adolescents often experience excessive misery (Towbin et al., 2015). With these developmental characteristics, adolescents who experience parental divorce are more likely to be able to analyze and think deeply about their parents' divorce. They can abstract or analyze what happened to their parents and what caused their parents to divorce. This can then lead to strong and lasting feelings about the experience of their parents' divorce.

One of the keys to adolescent development is to develop a coherent identity using one's own experiences. Adolescents can realize and compare themselves with others; they reassess and identify their interests and abilities by integrating their previous, current, and desired future experiences to form their identity. The interaction and communication between teenagers and parents play a crucial role in the process of self-identity exploration for adolescents. It helps them develop the ability to interact, coordinate activities, and manage responsibilities in supporting one another (Aminah et al., 2023; Ramadhana et al., 2019). In this process, family members and friends are important as they provide feedback and help adolescents strengthen their commitment and form a coherent identity within themselves (Branje et al., 2021). When adolescents do not get support or reciprocal relationships with their parents and do not have friends to accept mutual differences, adolescents will find it challenging to develop their identity optimally, which can then be characterized by experiencing internal conflict and feeling alienated from themselves. Along with identity development, adolescents also form self-esteem, which is how adolescents judge themselves (Ahmed & Abdel, 2016). Parenting, which is how parents provide support and control, is related to adolescents' self-esteem,

which in turn can predict adolescents' internalizing and externalizing problems (Hunter et al., 2015).

Although adolescents are moving towards autonomy, they still need to stay connected to their families (Allen & Tan, 2016; Santrock, 2019). In the family system, each family member possesses self and emotional fusion differentiation, which shapes family functioning (Haefner, 2014). Differentiation of self means that each family member can distinguish themselves from the family and function independently by making choices based on their own preferences, while emotional fusion signifies that they also share an emotional connection that influences how they react emotionally. Family functioning can be effective when each individual has the ability to be independent and make decisions while remaining emotionally connected and considering or discussing choices with other family members (Haefner, 2014).

Adolescents still need support, control, and attention from their parents in their developmental process. A longitudinal study of 12,000 adolescents found that those who missed dinner with their parents five or more days a week had higher rates of smoking behavior, alcohol consumption, marijuana consumption, getting into fights, and engaging in sexual activity. On the other hand, studies have also found that those who experience higher levels of stress or loss of parents have a higher risk of developing depression (Cohen, 2018; Luyten & Fonagy, 2018). A close relationship with parents, effective parenting skills, shared family activities and positive role modeling from parents can benefit adolescent development (Cope, 2017; Mulyati & Martiastuti, 2019). Therefore, parents have a very important role in adolescent development, starting from parenting patterns that can impact secure attachment in adolescents, which then leads to high or good self-esteem and the formation of an appropriate identity for themselves. Parents are expected to provide emotional support to help reduce emotional outbursts during adolescence (Fatima et al., 2020). When parents do not provide the information and support that is required, children may have difficulty coping with the challenges that come with their parent's divorce and are more likely to experience mental health problems, such as emotional disturbances, behavioral disorders, poor school performance, anxiety, depression, suicide ideation, or excessive cigarette and substance use (Chaksen, 2022; Lan & Mastrotheodoros, 2024). In other words, adolescents with divorced parents have a higher risk of experiencing internalizing and externalizing problems if they do not get the help or support they need.

The short-term impact of parental divorce is that children and adolescents, usually at the beginning of the divorce, will experience confusion over what happened and what will happen, fear of abandonment, sleep disturbances, aggressive behavior, behavioral problems, and academic problems (Gharaibeh, 2015; Guinart & Grau, 2014). The personal experiences of children and adolescents who experience parental divorce can have negative consequences in the long term as well, in that they may encounter prolonged challenges as a result of their parent's divorce, such as challenges in dealing with reduced attention and nurturing from their parents, exposure to their parents' conflicts, and adjusting to new conditions (Hammersmith, 2020). In the long run, some girls in their teens or early adulthood also experience interpersonal problems known as the "sleeper effect", which is a condition where individuals fear failure in relationships with the opposite sex because they fear betrayal or abandonment in the relationship (Ciric & Billick, 2017).

The divorce process can also impact the relationship between children and parents (Haimi & Lerner, 2016; van Dijk et al., 2020). When they lose contact with one or both

parents, they lose attention, nurturing, emotional and financial support from their parents (Haimi & Lerner, 2016). Poor relationship quality can also be influenced by a child or adolescent's exposure to parental conflict. Conflict between parents is the strongest predictor of how children adjust to the changes and losses they experience due to their parents' divorce (van Dijk et al., 2020). When parents experience conflict, it affects irritability, anger, and frustration in parents, which is then replaced with overcontrolling, intrusive, and even scapegoating behaviors in their children. Also, parents who are more verbally or physically aggressive towards each other were found to display similar behaviors towards their children (van Dijk et al., 2020). Conflict between parents can hurt the well-being of children or adolescents.

A study was conducted by Supratman (2020) to look at adolescents' perceptions of adolescents before and after they coped with their parent's divorce. This study found that before they successfully coped with their parent's divorce, they described three perceptual themes, namely self-pity due to shame and inferiority about their parents' divorce status regarding the negative stigma in Indonesia, blaming the parents, and being disheartened by the decision. Then, after successfully coping with their parents' divorce, they feel successful and helped by sincerely accepting God's destiny, getting advice to respect their parents' decisions, and having at least one parent with whom they can communicate and give them attention and affection. Post-divorce parenting is something that has a role in helping adolescents cope with their parent's divorce.

In this study, the aim is not only to explore adolescents' perceptions of their parents' divorce but also to explore the impact of parenting on how adolescents perceive and deal with their parents' divorce. With the unique developmental characteristics of adolescents, parental divorce can be challenging. Researchers also want to see the positive and negative impacts felt by adolescents in dealing with their parents' divorce. It is expected that the results of this study could contribute to research on the experiences and impacts—both positive and negative—of parental divorce on adolescents. It can also used as a psycho-educational resource for parents who are going through or have experienced divorce, helping them understand that their treatment of adolescents significantly affects how those adolescents cope with parental divorce.

Methods

Participants

This research was conducted using a non-experimental qualitative method and a phenomenological approach. The participants in this study were four individual adolescents in the adolescent age range (12-18 years) with divorced parents' marital status. The sample was obtained by convenience sampling technique, where the researcher looked for available individuals and included sample criteria to be used as participants in the study (Christensen et al., 2015). The participants in this study consisted of four adolescents, including one early adolescent and three late adolescents. The first participant in this study, who will be referred to as S01, is an 18-year-old male adolescent. S02 is a 14-year-old male adolescent. S03 is an 18-year-old female adolescent. And S04 is a 17-year-old male teenager.

Measurement

The data collection technique used is an interview. Interviewing is a data collection technique that is usually used for qualitative research (Goodwin & Goodwin, 2016). In this study, researchers used the individual interview method. The interview is a situation where the researcher asks several questions to research participants face-to-face (Goodwin & Goodwin, 2016). Interviews were conducted by asking open-ended and semi-structured questions to explore the views and opinions of research participants.

The interviews were conducted between 5-10 May 2023. The interviews conducted by researchers consisted of 3 parts, including the identity of adolescents and their families, adolescents' perceptions of their parents' divorce, and parenting patterns towards adolescents after divorce. The adolescent and family identity section consisted of questions regarding the identity of the adolescent, his mother, father, and siblings (if any), when his parents divorced, and where each lived. In the second section, that is, adolescents' perceptions of their parents' divorce, the researcher developed 6 questions from the theoretical framework of perception (Hakim et al., 2021), on how they perceive the situation of their parents' divorce. The questions ranged from how adolescents experienced their parents' divorce, what they thought and felt about their parents' divorce, and how the impact of their parents' divorce affected their academic, social, and daily activities.

The third section is about how the participants' parents raised them. The researcher developed questions from the parenting theory framework, a pattern or dynamic of parental responsiveness and demandingness (Hoskins, 2014). To explore parental responsiveness, the researcher developed 4 questions: (1) what activities they do together with their father/mother, (2) how supportive their father/mother is, (3) how their father/mother responds to their stories, wishes, and dreams, and (4) how their father/mother responds when they experience failure. For parental demandingness, the researcher developed 3 questions: (1) how the rules or demands given by their father/mother, (2) how the father/mother responds if they obey the rules or fulfill the demands, (3) and how the father/mother responds if they break the rules or do not fulfill the demands.

Analysis

Data analysis conducted with this approach is inductive, built from specific themes to more general themes and focuses on individual meanings. The data obtained were then transcribed and analyzed using thematic analysis (Clarke & Braun, 2017) where the data is manually coded, sorted, re-coded, and resorted to identify and classify them into several themes that will be explained in the research results section. To avoid bias or subjectivity in conducting the analysis, the research results were also reviewed by the authors two who are also research supervisors.

Findings

The results of this study will be presented, starting with how adolescents perceive their parents' divorce, followed by the various positive and negative impacts they experience as a result of the divorce. This section explains that, in addition to the negative effects, such as increasingly awkward relationships with their parents, financial issues, and concerns about establishing romantic relationships, adolescents also experience

positive effects, such as becoming more independent and resilient in facing problems and feeling more motivated to excel in their studies to achieve independence and not burden their parents. Additionally, the psychosocial development and parenting styles of the participants will also be discussed, along with their impact on the adolescents.

Appraisal of Parental Divorce

Regarding what is known about his parents' divorce, three out of four participants interpreted their parents' divorce as a result of conflict between their parents. S03 said that her parents have often argued and miscommunicated. "Since the past, my parents have often argued, probably because they frequently miscommunicate". S01 also said that his parents often conflicted and did not get along "There are often conflicts and frequent disagreements between my mom and dad". Two participants also added that there were financial problems that also made their parents divorce. S01 said that his parent also has financial problem "Oh, and there are financial issues as well", while S04 said that his father had a severe accident so that he could no longer work, then since then his mother became tired of working and often fought with his father, "So initially, my dad had an accident and couldn't work. After that, my mom seemed to become exhausted and they started arguing more frequently". One participant felt that she did not understand her parents' divorce because it happened when he was a toddler.

When asked about what they thought about their parents' divorce, two out of four participants were confused by their parents' divorce. They were confused because their parents often disagreed, S01 is often confused about who to follow when his mum and dad disagree, for example about his choice of school, S01 said "I often get confused about whose advice to follow when my mom and dad have different opinions. For example, if I have to choose between school A and B, I get unsure when they disagree". They also confused when thinking about the cause of the divorce which made them feel whether it was their fault S03 said "Sometimes I find myself wondering if this is my fault". One participant felt shocked at first and is now getting used to it, and the other participant did not think much about it because she felt comfortable living with her mother.

As for the adolescents' feelings towards the divorce of their parents, two participants felt disappointed that their parents were no longer together and felt jealous when they saw other families who were harmonious or whose parents were not divorced. S03 said "I feel disappointed because my parents can't be together; I wish they could be like they used to be". One participant felt uncomfortable because her parents had often fought since she was a child, while the other participant felt normal, just like everyday life. S04 said "I actually feel uncomfortable, but I've gotten used to it since I was little because I've often seen my parents argue and felt uneasy".

The Impact of Divorce on Adolescents

As an adolescent, academics are significant in living the role of a student. One participant saw a positive impact on academics because it made him more motivated to get good grades and not add to the burden on his parents' minds. S01 said "I've become more motivated to achieve good grades so that I can be successful and independent, and not be a burden to my parents". One participant felt neutral and her parents' divorce did not affect her academics at all. Meanwhile, the other two participants felt the negative impact of parental divorce on their academic aspects, making them distracted or making them more lazy to study. S04 said "Actually, I've become lazier and spend more time

hanging out with friends rather than studying, my mom and dad don't know about it. But as long as my grades remain safe and stable it seems like that's not a problem".

Regarding the relationship between parents, two participants stated that the impact of parental divorce on the relationship with their parents became more awkward. S04 said that because he rarely meets his parents, so he feels awkward when he meets or is called by his parents, he said "Because we rarely meet, I feel awkward and strange when we talk on the phone.". While the other two participants felt the impact of the relationship being only close to one of their parents. On the other hand, concerning relationships with friends, two participants mentioned that the impact of parental divorce on relationships with friends was to become closer to their friends. One participant stated that he could be good friends but sometimes felt uncomfortable when his friends asked about his father or parental figures who did not live with him. while the other participant felt the impact of being an individual who avoided conflict.

As for daily activities, three out of four participants stated that their parent's divorce had no impact or influence on their daily activities. One other participant stated that her parent's divorce made her develop into a people pleaser who tends to avoid conflict by having difficulty refusing or saying "no" to others. For relationships with themselves, the four participants expressed different impacts regarding the impact of parental divorce on themselves. S01 stated hat initially he was worried about the future when his parents divorced, but now he is used to it and does not worry. S02 stated that he denied or avoided the negative feelings that arose as a result of his parents' divorce by not thinking too much about the divorce. S03 stated that her parents' divorce had a significant impact on her, who was initially a cheerful child who became more introverted and avoided conflict with others. In S04, she stated that her parents' divorce had a financial impact on her, so she needed to migrate to another city.

In addition to the negative impacts mentioned above, there are also positive impacts felt by some adolescents related to their parents' divorce. Three of the four participants stated that divorce had a positive impact in the form of independence on themselves and made them less dependent on others. S01 said "I've become more independent and don't rely on others". S03 also said, "I've become more independent and not dependent on others". They also said that they became more tough in dealing with problems in their lives S04 said "When there's a problem, I feel it's easier to handle and I can manage because I've learned to survive in various situations".

Psychosocial Development of Participants

In terms of self-esteem, two of the participants had a positive view of themselves. They felt more independent than other children and felt they were funny or joked with their friends. While the other two have positive and negative views when assessing themselves, where one subject feels that he is an independent but negligent person and likes to limit himself while the other subject also has an independent, patient, and more accepting self-view on the other hand has a negative assessment of himself, namely too much play and laziness. When viewed from the content, the four participants assessed themselves as independent or not dependent on others as a positive assessment of themselves.

Regarding to goals, three out of four participants have a goal to make their parents happy in the future, they also have their own ideals or goals that they want to achieve in their lives. Another interesting thing or finding found is that two of the four participants want to have a harmonious family that does not divorce like their parents.

Parenting Patterns of Participant Parents

There were various forms of parenting styles among the four research participants. Two of the four participants did not live with both parents but were still cared for or in contact with both parents. While the other two participants lived with one of their parents, namely their mother. Of the two participants who did not live with both parents, they were both raised by parents who gave rules but still gave explanations and were open to discussion, as well as providing both material and moral support. The unique thing that was found was that one of the participants, namely S04, had a slightly different approach or pattern of two parents, where his mother tended to agree or allow more while his father was more critical and strict towards him, even though both of them gave rules and were open to discussions with their children. While the other two participants, who live with one parent, namely their mother, have different parenting patterns or approaches. where S02 is only raised by his mother by being given rules that are also open to discussion accompanied by both material and moral support. Whereas S03, who was raised by his mother, was raised with rules and demands but without the opportunity for discussion and without moral support (only material support). On the other hand, S03 was more comfortable and received rules and opportunities for discussion as well as moral support from his father.

Discussion

Based on the results of the assessment, it can be seen that the experience of parental divorce can have varying meanings and impacts on teenagers, depending on factors such as the age at which their parents divorced, their level of exposure to parental conflict, and the nature of parental care post-divorce. However, it can be seen that they have both positive and negative impacts on various aspects of their lives. The positive impact felt by all participants or adolescents is that they feel more independent and less dependent on other people, as well as feel easier and more relaxed in dealing with other problems. On the other hand, there are also negative impacts, one of which is negative emotions or feelings that are the result of their parents' divorce. Some teenagers feel disappointed with their parents' divorce. Other negative feelings that arise are feelings of envy, especially when they see other families that are fine or even harmonious.

This finding is in line with previous research that children of divorced parents experience various forms of reactions to the separation of their parents. The initial reaction that usually arises is shock, hurt, anger, anxiety, guilt, disappointment, sadness, and feelings of abandonment. Almost all children and adolescents view the separation of their parents as a distressing experience for a child, regardless of their age and gender (Aabbasi et al., 2016; Guinart & Grau, 2014). This is also in line with the results of a qualitative study conducted by (Supratman, 2020) regarding the perceptions of Indonesian adolescents in dealing with their parent's divorce, where one of the themes found was disappointed in the decision, namely they were disappointed with their parent's decision to divorce. They were disappointed that their parents did not try to maintain their marriage and felt anxious when they lost the affection from both of their parents.

Disappointment is described by the researcher as a form of sadness or uncomfortable or painful feelings due to the gap between expectations and reality (Well, 2017). When an individual believes that there is something they need to have to feel happy and fulfilled, they can make themselves experience disappointment. In this case, when adolescents have expectations or hopes of having an intact family together, they feel

disappointed because the reality is that their family is not together or their parents are divorced. Another strong feeling in adolescents is envy when they see friends or family intact. Envy is an emotion that people commonly experience. Envy is the pain felt towards the good things experienced by others. Envy arises when a person feels that they lack or do not have a quality, achievement, or condition that is better than others or that they desire (van de Ven, 2016).

Both the negative feelings of disappointment and envy involve an expectation or hope for a condition that they would like to be in which is different from the reality or what they have. The opposite of the condition is acceptance, which is a mediating behavior where individuals reduce avoidance behavior in response to unwanted events. In other words, acceptance is also defined as an open, accepting, flexible, and non-judgmental attitude towards moment-to-moment experiences (Bordieri, 2022). In this case, feelings of envy and disappointment experienced by adolescents can be a form of an attitude of not accepting the situation of parental divorce, and having other expectations about conditions or situations that are different from the reality or the about conditions or situations that are different from reality or what they are currently experiencing, resulting in feelings of disappointment due to a reality gap or what he is currently living so that it gives rise to feelings of disappointment because of the gap between expectations and reality as well as envy when seeing or comparing with the family conditions that he wants to be in that position. Feelings of disappointment, frustration, envy, and loss in life are unavoidable conditions of the challenges of life.

Some research participants did not know what caused their parents to divorce, which left them feeling confused and some even feeling guilty and wondering whether their parents' divorce was caused by them. On the other hand, they also felt disappointed with their parents' decision to divorce and envious of other families whose parents were still together. Because they were not given the chance to discuss and explain why their parents divorced, the teenagers did not express what they felt to their parents, leading to an awkward relationship with their parents after the divorce. Communication and warmth in interactions are needed to be able to encourage adolescents to be comfortable and to be more open with their parents. Parents' reactions to adolescents' openness and parents' skill to help adolescents cope with parental divorce distress also have a significant impact on how adolescents' attitudes and behaviors towards their parents after divorce (Haimi & Lerner, 2016; Smetana, 2017). Some participants also said that their relationship with their parents began to improve when their parents began to open up and invite discussions, or treat them equally so that a two-way discussion could be created between them. The existence of discussions between teenagers and parents regarding their individual choices or decision-making is a form of differentiation of self, which is the ability to make independent choices, accompanied by emotional fusion, which is an emotional bond that is also taken into consideration and provides space for joint discussion (Haefner, 2014). High-quality parent-child relationships are characterized by a sense of closeness, secure attachment, positive parent-child communication, and satisfaction in the relationship (van Dijk et al., 2020).

One participant also talked about how her parents' divorce had reduced her motivation to go to school and do activities. He said that after his parents divorced, he got less attention and did not get any consequences when he missed school or hung out late at night. One participant also talked about how her parents' divorce had reduced her motivation to go to school and do activities. After parents divorce, there is less attention and no consequences for skipping school or staying out late. In addition to open

communication and warmth, adolescents also need supervision and guidance from parents to be able to adjust and comply with the rules in the environment. Parental supervision can prevent behavioral problems and effectively protect adolescents from social problems in their environment (Bastaits & Mortelmans, 2016; Smetana, 2017).

The providing of rules, monitoring, and supervision from parents can also be sensitive for adolescents so it must be balanced with a warm relationship and trust between parents and adolescents. When there is no trust and warmth, it is likely that adolescents will display negative reactions to rules and supervision from their parents (Smetana, 2017). Providing rules or supervision should also be accompanied by reasoning or explanation so that adolescents do not only get prohibitions but also explanations that can then maintain a structured disciplinary attitude within themselves (Carlson & Dermer, 2016). Parents' monitoring and supervision of adolescents can also increase openness and a sense of responsibility (Keijsers & Laird, 2014). Thus, it can be said that even though parents are divorced, adolescents still need a sense of comfort and warmth as well as rules and supervision from their parents. A study also showed that adolescents who lived with a clear custody arrangement between their mother and father felt more loved, were satisfied, had a lower sense of loss, and did not see life through the lens of their parents' divorce (Haimi & Lerner, 2016).

This study also found that in addition to the negative impact, adolescents also felt the positive impact of their parents' divorce. Most of the research participants felt that they became more independent and less dependent on others. They also said that they felt tougher when facing problems in life because they managed to get through the difficult period of their parents' divorce process. This is in line with the previous study that stated in the long run, some adolescents feel more mature or matured earlier than their peers, and feel more tough in dealing with problems because they managed to overcome the problems and challenges caused by their parents' divorce (Guinart & Grau, 2014). Adolescents who experience parental divorce can have the opportunity to develop themselves in a better direction despite the various obstacles and challenges they experience.

The limitation of this study is that the age distribution of adolescents as research participants is dominated by the late adolescent age range. For further research, it should be conducted with an age range whose variations are evenly distributed in the adolescent range. Another limitation in this study is that the research participants came from the West Java and Jakarta areas, maybe the next one is better to take participants from various regions so that they are more evenly distributed throughout Indonesia.

Conclusion and Recommendation

Conclusion

Teenagers respond to divorce with feelings of shock, confusion, and guilt over their parents' divorce. some of them also feel disappointed in the conditions and decisions of their parents, and feel jealous when they see other harmonious families. There are two sides or impacts of parental divorce that adolescents feel. On the one hand, they feel negative things such as lack of enthusiasm for learning, strained relationships with parents, fear of establishing relationships with other people. On the other hand, they feel they can be more independent, feel other problems are lighter, and are encouraged to be successful and build a harmonious family. Parents play an important role in guiding their

teenagers through their parents' divorce, and helping them to see the positive side and learn from it, rather than lamenting or blaming their parents' divorce. Conversely, if parents do not provide explanations and assistance for adolescents, they may withdraw or be negatively impacted by their parents' divorce.

Recommendation

Based on the results of research that shows that parents can be risk factors and protective factors for adolescents whose parents are divorced. Therefore, parents who apply for divorce to the court should be given a briefing on post-divorce care for their children, to prevent psychological problems for their teenagers. The data from this study is important to be known by parent couples who have or will divorce and also by the government, especially Pengadilan Agama in Indonesia as the institution responsible for handling divorces in Indonesia to share a psychoeducation about the impact of parental divorce on adolescents and the importance of the role of parents to provide appropriate parenting after divorce.

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