

THE IMPACT OF PARENTAL DIVORCE ON ADOLESCENT CHILDREN IN HOUSING RT 002 RW 007 KEL.WANASARI KAB.BEKASI

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ABSTRACT

This research aims to explain and describe how the problems of teenagers affected by divorce and how they solve these problems, the positive impact of parental divorce for teenagers, the negative impact of parental divorce for teenagers. This research method is qualitative in nature. Data collection is done by interview. The data sources used are primary sources and secondary sources. Primary sources are information sourced from interview answers to sources. The secondary data is data obtained from literature that is in accordance with the object of research. Data collection techniques using interview techniques on six respondents. Based on the results of the research obtained, it is known that parents have not been able to fully understand what the child wants and the child's condition, because two out of three children affected by divorce, they cannot get along with their parents. The positive impacts felt by children are many and varied. The negative impact of divorce felt by teenagers is fairly similar, and from here parents know that their mistake is only not being able to understand what the child feels and what the child wants, because actually teenagers affected by divorce tend to want to be heard and need more affection than children their age.

Keywords: *Impact of Parental Divorce, Qualitative, Adolescent.*

INTRODUCTION

During adolescence, individuals experience significant physical, emotional, social and cognitive changes. They begin to identify themselves, experience hormonal changes, and develop to deal with demands and pressures from their surroundings, including family, peers, and school (Roni, 2022).

Adolescents are also an age group that is particularly vulnerable to the effects of parental divorce. In many cases, they experience drastic changes in their lives following parental divorce, including changes in the family's level of emotional, social and economic stability (Rono, 2022). The impact of divorce on adolescents can vary, ranging from psychological problems, problems in social relationships, to compromised academic performance.

Some teenagers may experience feelings of guilt, anxiety, or even depression due to their parents' divorce. In addition, they may also experience difficulties in establishing a relationship with their divorced parents and dealing with changes in the domestic environment (Roni, 2022).

Adolescents are individuals who are in a critical phase of development, where they are searching for identity and developing independence. Parental divorce can disrupt this adolescent developmental process. The impact can include emotional, social, educational and even physical aspects (Sukmawati Berlia, 2021).

Divorce happens very easily and for trivial reasons that are not fundamental, although not all of them are so. We as social beings also often see and not infrequently we see divorce too, maybe we don't often find teenagers as frustrated or very depressed children who lead to delinquency that we are very aware of in this day and age, because of the various problems that arise for various reasons (Sukmawati Berlia, 2021).

The main factor is the parents, many nowadays where the name divorce or separation is trending, many nowadays parents are divorced or separated, a little misunderstanding separated, or

whatever it is (Adila, 2019). Maybe some children who experience and feel the impact of their parents' divorce will tend to be naughty, although not all of them are naughty, but children who feel the impact of divorce will also tend to be naughty and cause problems for parents (Adila, 2019).

Families also play an important role in the development of children, and families also play an important role in children's lives, families that are not harmonious will make children feel lonely and when children later have problems, they will become moody because of the problems or bad things they experience they don't talk about or tell their families because their families are not harmonious, these conditions may affect every child's life development, so the role of parents and families is very important for children's lives (Adila, 2019).

And in RT. 002 RW. 007 is the location of the problem of the impact of parental divorce, 10 out of 40 families in RT. 002 RW 007 is divorced, and of the 20 out of 135 children experiencing the impact of parental divorce, many of them experience it and the impact varies. From the description above, the author is interested in examining the psychological impact of the divorce and raising it in a study entitled "The Impact of Parental Divorce on Adolescent Children in RT 002 RW 007 Wanasari Village, Bekasi Regency".

METHOD

Based on the description of the problem formulation above, the author formulates the research objectives to be studied, namely the impact of parental divorce on adolescent children. The place of this research is located in Regensi Housing 1 RW.007 Cibitung District, Bekasi Regency, West Java. The research time was conducted from July 2023 to December 2023.

The initial research meeting took place at the residence of the author's first informant, then the next meeting was held at the place of the author's second informant and so on, until the author's third informant.

The research approach that researchers use here is a qualitative approach. So the researcher here conducts research by interviewing sources whose parents are divorced or whose families have conflicts, but before the author interviews them, of course the author first asks permission from the source regarding whether the author is willing to be interviewed or not, and finally wants to be the author's source.

Data in qualitative research is descriptive and not in the form of numbers. Data is information about something, it can be something that is known or considered. Or a fact described through numbers, symbols, codes, and others.

The data in this research is information obtained from interviews with teenage school children that the author interviewed and other literature, such as books, journals, theses, and the internet. The data sources contained in a study contain two things, namely primary and secondary. Primary data sources are a source that produces a core of the research, containing the objectives and problems referred to in a study. Meanwhile, this secondary data source is data that supports and helps what is in the primary data. Primary data sources in this study are the results of interviews from the author's sources and sharia law books. Secondary data sources in this study are some literature. Such as, research journals, references from the internet and also several theses and theses. Data collection procedures are the steps taken in the research process to obtain data, in this case the qualitative data needed. These steps include limiting the research, determining the type of data collection, and designing data recording efforts.

In this study, the techniques used to collect data were as follows: observation, documentation, and interviews. In qualitative research, data is obtained from various sources, using various data collection techniques (triangulation), and is carried out continuously until the data is saturated. With continuous observation, the data variation is very high. Qualitative data analysis is inductive, namely an analysis based on the data obtained, then developed into a hypothesis (Sugiyono, 2018).

Researchers explain the processes and techniques used for data validation which include credibility, dependability, transferability, and confirmability as described below: credibility (degree of trust) Credibility is the determination of (qualitative) research results that are credible

(trustworthy) from the perspective of participants in this study. From this perspective, the purpose of the research is to describe or understand the phenomenon of interest from the participants' point of view. Participants are the only people who can legitimately initiate the credibility of research results. Strategies to improve data credibility include extension, observation, research persistence, triangulation, and peer discussion.

RESULTS AND DISCUSSION

Based on the results of research on the positive impact of parental divorce for teenagers in Regensi 1 Housing, the lives of children whose parents divorce will experience many changes in their lives. These changes can lead to positive things, because all decisions taken by parents to divorce do not always lead to negative things. People often think that when parents divorce, children will become *broken homes* and have a negative impact. However, after researchers conducted research, there was a positive impact of parental divorce.

In line with the research results, the author concludes that the positive impact on the personal development of adolescent children from parental divorce is that children are more open with their parents and tell everything to their parents and are more courageous to try new things in their lives. In addition, children feel if they are able to behave maturely, such as being able to distinguish what is best for them and what is bad for them. Meanwhile, from the point of view of adolescent children, the positive impact of parental divorce is the attitude in children to be ready to face all difficulties and there must be strength in facing life changes. In addition, children are able to try new things and positive things in their lives and are able to solve their own problems. Then, make a stronger person, sincere and continue to rise from adversity in order to achieve life goals and goals.

In addition to the positive impact on children's personal development, there is also a positive impact on children's social development. This has been explained by the resource person, namely the parents of RT. 002 Regensi 1 Housing, there is a positive impact on the social development of adolescent children, namely that children interact more with the environment and peers. Children look for friends who have the same problems in their lives so that they can complain and exchange stories. Then, children are able to choose friendships and can adapt to a new friendship environment. In addition, children direct to positive things such as joining organizations or associations that are useful so that they open relationships and increase social interaction with others.

In line with the opinions of parents, the opinions of adolescent children in the Regensi 1 RT. 002 also stated that there is a positive impact on children's social development due to parental divorce. This can be seen from teenagers interacting more and feeling the support system from family and friends so that there is a sense of mutual love and protection. In addition, it makes them hone their communication skills and build strong interpersonal relationships. Children also vent by looking for fun outside the home, namely getting to know new people and interacting and becoming an independent person.

Then, the author concludes that parental divorce also causes changes in the mental health of adolescent children. This is in accordance with the explanation of the informant, namely that parental divorce is able to make changes in terms of mental health, namely making children more resilient and strong. It can be seen that teenagers are able to control emotions and are able to place when they have to release emotions. That way, there is no disturbance in their mental health. In addition, children do not cry easily because they understand that all problems must be sought and not to be cried over. A problem that is often cried over is not solved. Teenagers whose thinking is still unstable, must often tell their parents so that they get advice and problems can be resolved.

Then, teenagers in the neighborhood of RT. 002 Regensi 1 Housing also stated that there is a development of mental health for teenagers after parental divorce. It can be seen from the decline in children's mental health such as children becoming shy, low learning achievement, feeling lost

and becoming more naughty. However, there are also adolescents whose mental health leads to positive things such as trying to get up and not lamenting their fate so that they continue to move forward rather than regretting the fate of life. The divorce of their parents motivates them to be mentally stronger, not to be fragile, and to keep their spirits up in all conditions.

When parents divorce, it will certainly affect the emotional side of the child. So that there is a positive impact of parental divorce on children's emotional conditions. This is in line with the results of the study, namely the development of emotional intelligence in post-divorce children, namely children being able to control emotions and feel open to everything in their lives. This openness can be seen from a child who tells anything in his life to his parents. With the development of emotional intelligence, children become more mature.

Then, there is the development of the emotional condition of adolescent children due to parental divorce, namely children becoming more independent. This is because only oneself can control and solve a problem. In addition, due to divorce, the level of depression and anxiety is increasing, thus affecting the emotional condition of adolescent children. Then, being able to improve the ability to recognize, manage, and empathize with feelings, as well as build healthy relationships.

Not only from an emotional point of view, from a psychological point of view it will also be a real impact due to parental divorce. A person's psyche will be a factor in positive growth and development within him. This is in line with the results of the study, namely that post-divorce parents are able to open up opportunities for positive growth and development in adolescent life. This can be seen from children who are increasingly sociable and able to make friends with anyone. Especially during adolescence, the friendship environment greatly influences growth and development. So, how do parents advise children to be in a positive friendship environment and bring good changes in the growth and development of adolescent life.

The above statement was also reaffirmed by teenagers in the neighborhood of RT. 002 Regensi 1 Housing which states that there is positive growth and development in the lives of adolescent children after parental divorce. This can be seen from the existence of an independent attitude and being able to focus on achieving goals. In addition, there is earlier independence, setting personal goals, and learning to overcome obstacles. In this way, divorce can be a catalyst for resilient and purposeful personal development. It is actually whether or not there is positive growth and development.

Adolescence is a transition period from children to adults. Adolescence has several stages, namely early adolescence, middle adolescence and late adolescence. According to Hasan Basri's opinion in Soetjningsih, adolescents are people who have passed the childhood period full of dependence and are heading towards the formation of responsibility. Adolescence is characterized by new experiences that have never been imagined and experienced before. in the physical and biological fields, as well as in the mental and psychological fields (Reza, 2023).

Meanwhile, according to Hurlock, adolescence is defined as a transitional period in which a person experiences physical and mental changes from childhood to adulthood (Miftahul 2023). Mentality during adolescence is still vacillating, so when there is a conflict they tend to be unstable and cannot take the right solution. Therefore, adolescents need guidance and support from parents. When parents divorce, a teenager will be told to choose whether to live with mom or dad. This affects the way adolescents deal with conflict. If you live with your mother, when there is a problem, you will be open to each other and find solutions with your heart without prioritizing emotions. However, if they choose to live with their father, when there is a problem, they always prioritize logic and sometimes use emotions.

Parental divorce will have an impact on children's psychology and has many negative effects. This negative impact can be seen in terms of emotional, psychological and academic values of children as well as the growth and development of children. This is in line with the results of the study, namely the negative impact of parental divorce which can affect the emotional well-being of adolescent children. This can be seen from teenagers who choose to be silent and suppress their

emotions when there is a problem. Then, children become more temperamental such as irritability and frequent emotions. Then, there is a feeling of difficulty controlling children's emotions and making children sad.

In addition, in the opinion of teenagers, if there is a negative impact felt as a result of their parents' divorce, it is a sense of trauma to start a family and trauma with family members. This will happen if the divorce is not done properly and there is domestic violence, thus traumatizing the child. Then, making children more silent and suppressing everything that happens in their lives. Then, there is a sense of loss, anxiety, and feelings of instability, which can affect mood and overall mental balance.

Apart from the emotional aspect, divorce also causes a negative impact in terms of interpersonal relationships. Interpersonal relationships can be defined as the relationship between a person and other people in their environment. Post-divorce parents are able to influence the interpersonal relationships of adolescent children. It can be seen in children who lead to positive things such as still being able to interact with people around them and have good relationships with people around them. However, there are also interpersonal relationships that lead to negative things such as children becoming more selfish and difficult to maintain emotions. Then, the child becomes more closed and difficult to talk to. This certainly affects interpersonal relationships. However, gradually, as the child matures and grows older, he/she will realize that interpersonal relationships are very important.

The consequences of divorce can affect teenagers' interpersonal relationships. This can be seen from the level of difficulty of teenagers in making friends, a little selfish and often temperamental. Then, personally, children are more silent and like to keep all their problems to themselves and are more emotional. Then, interpersonal relationships are seen from being more wary of emotional security and tend to be more selective in opening up to others, especially in terms of close relationships.

The next negative impact of parental divorce is the child's academic performance. The impact is both positive and negative. The positive impact is that parental divorce becomes a passion for teenagers. Children want to prove to those around them that broken home families can make them successful and achieve their goals. The existence of enthusiasm and rising from adversity includes ways to improve children's academic performance. However, at the beginning, children must feel down and hopeless. However, there are also children who feel that their academic performance has decreased, such as children becoming lazy to go to school and lazy to study, which makes their learning results decrease. So, how do children respond to parental divorce and strong motivation within themselves to achieve their goals?

In addition to the parents' point of view, there is also a point of view from teenagers if there is a real impact on teenagers' academic grades due to parental divorce. Among them are decreased motivation, starting to be down, disturbed focus, or difficulty concentrating. This is because it is more difficult for children to focus because of the disruption of thoughts in themselves due to family problems that are being experienced. However, when slowly starting to rise, it will affect the child's academic performance, namely the enthusiasm and motivation to continue pursuing goals.

Furthermore, the negative impact of divorce is the disharmonious relationship between parents and children. Especially if the parents are married, the child usually cannot accept the presence of new people, causing awkwardness and loss of affection. This is in line with the results of the study, namely that parental divorce affects the relationship of adolescent children who do not live under the same roof with their parents.

This can be seen from the poor communication between children and parents after divorce. Then, the good or bad relationship between teenagers and parents depends on how the two of them respond to divorce. If the divorce is done well and still prioritizes children, there is still a good relationship between children and parents even though they do not live in the same house. However, if the two of them have a distance from each other and feel awkward, it will result in the breakdown of the relationship between children and parents.

In addition to the parents' views, there is also a point of view from the child, namely the existence of a bad relationship between children and parents. A good relationship is of course created by communication. Communication is key, and maintaining openness to share feelings and hopes can help maintain a healthy relationship despite these conditions. Even if the parents are divorced, the child will be the child and there is no ex-child status.

Thus, there is still closeness between children and parents after divorce. However, the difficulty of communication between children and parents makes them unfamiliar. This is what makes the attitude of disharmony between children and parents. Even though both of them actually both need a sense of affection, attention and support to live life in the future.

Parental divorce usually begins with an argument. As a result of the quarrel, it triggers conflict. There is an impact of conflict between parents after divorce that has a negative impact on adolescent children. This can be seen from children who are easily emotional, have a large ego for my own thoughts, and lose their direction and outlook on life. Then, children become more closed to parents and more temperamental. Then, there is an assessment from parents if there is no adverse impact after divorce on children. This is because there is no distance between children and parents and they still love and support each other as usual.

A child who is easily emotional, has a big ego for my own thoughts, and makes me a child who loses direction and outlook on life. These negative impacts, if continued, will have an impact on concentration in academic work and raise concerns about the future of the family. This is because the child is still imagining the prahara of his parents when they are arguing, which makes him traumatized and afraid to get married. Therefore, it is clear that the negative impact felt by teenagers such as changes in behavior in a negative direction and changes in habits.

CONCLUSION

Based on the results of research that has been conducted by researchers, which is based on the problem of the impact of divorce for teenagers, some parents have difficulty educating and caring for children, and teenagers also have difficulty reconciling and accepting that their parents have divorced. Therefore, with the problem data obtained, researchers have conducted research on the issue of the impact of divorce and overcoming problems, the positive impact of divorce and the negative impact of divorce, so researchers can take and put forward a conclusion on this research that the positive impact of parental divorce for teenagers is many and varied impacts, 3 of the 3 children affected have different positive impacts, this is proof that parents are able to educate their children, even though only alone. And this is certainly a motivation for them so that they can educate better and understand better than before. As for the negative impact of parental divorce for teenagers, there are many similarities, and from here parents know that their mistake is only not being able to understand what children feel and what children want, because in fact teenagers affected by divorce tend to want to be heard and need more affection than children their age.

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