

Enhance and Decrease Psychology Conditions of Children after Mother and Father Divorced

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ABSTRACT

Divorce in a family bond is common. However, not a few of these divorces hurt children. This case makes children a victim of divorce from their parents. For example, children are often angry, not confident, often feel lonely, and so on. Of course, the psychology of children from divorced families will experience obstacles in the process of self-development. In Situbondo, the divorce rate reached 2055 cases of divorce filing in 2010; this is the highest divorce rate in the last five years. Therefore, the authors are interested in carrying out this study to determine the impact of divorce on children's psychology, especially children of farming families who divorce in Bungatan Village, Situbondo Regency. This study uses the snowball technique to determine the informants' children aged 6-17 years whose families are divorced. This study indicates that the psychology of children from divorced families has a significant negative impact, such as low self-esteem towards their environment, temperament (irritability), and prolonged disappointment with their parents.

Keywords: Psychology, Children, Divorce

INTRODUCTION

The household is the family's 'womb pocket', which is where children grow and develop in facing the future. It is also undeniable that children will experience good and normal growth and development due to both parents' factors. Here, the importance of the role of parents in maintaining family harmony to maintain the psychological stability of children. But, on

the other hand, if the parents are no longer in harmony, and even divorce, the child will experience lability in behavior and life, psychologically. Because, after all, the child is a duplication of his parents. So it is natural that children are often angry (temperamental), lack self-confidence, and even low self-esteem towards their environment due to their parents' behavior, who often fight to cause divorce. As the saying goes, the apple doesn't fall far from the tree, so parents' divorce will impact the psychology of the child. In essence, a husband and wife or father and mother have a big and major role in building a family- especially for children.

As happened in Situbondo Regency, one of the regencies in East Java, which experienced an increase in divorce rates in 2011, the divorce rate recorded at the Situbondo Religious Court Office was 232 cases, while throughout 2010 this was the highest number in the last five years of divorce cases handled by the Situbondo Religious Court Office, there were 2055 cases of filing for divorce. According to the Surabaya Religious High Court data, Situbondo Regency occupies the 3rd position in the divorce rate, after Malang and Sidoarjo, due to domestic violence cases with 119 cases. By looking at the facts in Situbondo Regency, the number of divorce cases, most of which are influenced by family disharmony, will, of course, have a major impact on children's psychology.

Especially when a child sees the conflict between his father and mother

(read: divorce) and the style of parenting patterns of his parents change, it will greatly affect the child's psychology. And at the same time, adolescence is a period of growth and development that requires a series of examples from both parents. Therefore, a child will be more easily influenced by the examples of his parents' behavior than the advice obtained from his development and growth during his childhood. So the main study of this research is trying to answer the question of 'What is the Psychological Condition of Children from Divorced Families?'

LITERATURE REVIEW

From the background above, it can be formulated that a family that is not harmonious will damage a husband-wife relationship, children, and other families, in his family, infidelity, and economy. The impact of divorce greatly affects the development and psychology because the parenting pattern of his parents will be different before his parents divorced (intact family) so that the basic needs of a vulnerable child are not met. So that the problem can be formulated, namely: What is the Psychological Condition of Children from Divorced Families?

MATERIALS & METHODS

This study uses a qualitative approach with this descriptive research aimed at the divorce of farmer families in Bungatan Village, Situbondo Regency. While the determination of informants using the snowball technique is the determination of informants because the data is spread out with the criteria of informants being children aged 6-17 years whose families are divorced. Data collection techniques in this study used observation and in-depth interviews as well as documentation studies such as literature, official documents, photographs, and so on. While the data analysis technique in this study uses several stages: collecting raw data, data transcripts, coding, data categorization, temporary conclusions, triangulation, and conclusions.

ANALYZE AND RESULTS

Divorce often ends up being painful for the parties involved, including the children. Divorce can also cause stress and trauma to start a new relationship with the opposite sex. According to Holmes and Rahe, divorce is the second highest cause of stress after the death of a spouse (Taylor, 1998:24). However, in general, divorced parents are more prepared for the divorce than their children. This case is because before they divorce, a long thought and consideration process is usually preceded to have mental and physical preparation. However, this is not the case with children; they suddenly have to accept the decisions that their parents have made without previously having any idea or foreshadowing that their lives will change.

Based on the findings in the field, the authors try to summarize the impact felt by children- psychologically, because their parents divorced, including the following:

1. Feeling insecure

This insecurity concerns financial and future aspects because this child thinks that his future will be bleak. This reason arises because he no longer gets attention from his parents, both material and immaterial attention. It is undeniable that when children experience adolescence, they will no longer care about their family and environment. Usually, the child will tend to be socially introverted (closed off) because he does not feel safe in a social environment. He considers his environment to be negative things that can threaten his life. Based on this research, the informants feel that they are not being cared for because their parents are divorced; of course, they are separated from their parents. Given this, the child will feel less affectionate attention from his parents. He feels betrayed, which raises the child's perception of his environment; that things other than himself are harmful (negative).

Citing the theory of Diane S. Berry and Jane Hansen (1996:806) about positive things affecting children in carrying out interactions and involving them in social

activities compared to doing other things that only affect themselves but on the contrary, negative things will affect children in doing interactions and social activities and doing more things related to him. That things other than himself are harmful (negative).

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2. There is a sense of rejection from the family.

Children who are victims of divorced families feel rejection from their families because their parents' attitudes have changed. His parents already have a new partner (stepfather/stepmother), so that the child feels rejected and loses his original parents. Here, the psychology of children is uprooted by the actions of their parents who talk. The joy has been taken away; only the sadness has been crushed. In this study, the informant felt a sense of rejection from the family (father and mother) who no longer considered their presence (existence), so that children often experienced skepticism about themselves and allowed children to experience personality disorders (self-image instability). As stated by Papalia, Olds & Feldman (2008:41),

3. Angry

With the child's divorce, his emotions are often not well controlled, so that they are often angry that is not wild, many close friends are the targets of his anger. This case is the psychological impact of children who have temperament; easily angry because his emotions are out of control. This case is due to the experience that.

4. Often saw his father and mother fighting during the divorce process.

Anger and aggression are common reactions in divorce; it happens when parents get angry in front of their children. As a result, children will usually spill their anger on others because a child's behavior will follow his parents. Therefore, not only psychologically disturbed, but his behavior also changes, this will cause the child to like to tantrum, become and his actions will become aggressive, be quiet, no longer cheerful, like moody and don't like to hang out with his friends. The average informant in the study experienced such a psychological. As stated by Papalia, Olds & Feldman (2008:45), the angry nature (temperament) of children who are victims of divorce from their families will always be recorded by their subconscious mind because of their parents' behavior fight in front of their children.

5. Sad

A child will feel comfortable with his harmonious parents, but on the other hand, he will be sad if their parents are separated or divorced and when he is a teenager, he feels lost. Children whose parents are divorced show some physical symptoms and stress due to the divorce, such as insomnia (difficulty sleeping), loss of appetite, all of which stem from the sadness they experience. Because the phase of children aged 6-17 years is a phase of learning to adapt to and their environment, their parents' divorce still left a painful inner wound for them to become 'sad' for what his parents did, who are divorced.

Based on the data collected by the authors in this study, the sadness that arises for children who are victims of family divorce includes; parents no longer pay attention to their children, and usually, the child is cared for by grandparents from the father or mother. That way, it is very natural; the child will feel sad about what he is experiencing. The sadness experienced by children will affect their lives in the future. The sadness experienced by children will impact their social interactions. These children will experience a period of trauma in their teenage lives, for example, being embarrassed (inferior) with their peers or with other types. This is justified by the theory put forward by Bird and Melville (1994:65), children whose parents are divorced feel ashamed and even sad because the child feels different from his other friends. This condition can damage the child's concept, which is often followed by depression, prolonged sadness, anger, rejection, feeling inferior, and being disobedient and tends to be aggressive towards socially.

7. Lonely

A child will certainly feel lonely without the caress of his parents. A child needs the caress and guidance of his parents. For the next time. For example, a child who has just taken elementary school education usually children need their parents to guide them in doing their assignments. But it's different, with a child abandoned by both parents who are divorced, the child will feel lonely, even though the child is being cared for by relatives from the father/mother, even raised by one of the parties: father or mother, as a single parent.

According to informants, in this study, this loneliness arises because parents never pay attention to them; even though the child gets attention from his brother, who takes care of him, he feels that attention is only a cliché, does not significantly affect the child's psychology As revealed by Papalia, Olds & Feldman (2008: 54)

loneliness (loneliness) for children who are victims of divorce by their parents due to several factors, including:

- i. Parents no longer care about their child's behavior and development because he is more concerned with his ego in finding the next life partner.
- ii. No more attention is paid to the child because each party (father/mother) cares more about their respective egoism to immediately divorce.
- iii. Many parents discredit their children from their relationship with their ex-partners, so they think they can get a substitute child with a new partner (from now on).

1. Blame yourself

Feelings of self-blame are a symptom of personality disorder. These factors are influenced by insecurity, a sense of rejection from the family, irritability/temperament, prolonged sadness, and feeling lonely, and all of these factors result from wrong parenting. Because in parenting, three groups are strong in determining the character of children, one of which is significant others, namely parents and siblings who are the main factors in parenting.

What's more, if the significant others are wrong in parenting, for example, divorce is done when the child is still not an adult, as experienced by the informants in this study, it will have an impact on the psychology of the child, for example, the child will often be moody and often think so much silent and daydreaming. , rarely communicates (rigorously communication) with others, is not comfortable amid his social community. So the feeling of self-blame will always be experienced. Finally, it is inevitable, children who often experience feelings of self-blame will hurt their psychology, which can cause psychological disorders, such as bipolar (multiple personalities), schizophrenia, phobias, etc.

CONCLUSION

Based on the analysis made by the author regarding "The Psychological Condition of Children from Divorced Families" with a descriptive study of the children of divorced farming families in Bungatan Village, Situbondo Regency, it can be concluded as follows:

1. Children feel insecure after being left by their parents for divorce because children still need protection from their parents, both materially and non-materially.
2. There is a kind of rejection from his parent's family in the child's mind even though the child wants to be accepted in his family.
3. Children are often angry, and their emotions are often not well controlled because they see their parents' behavior, who often fight.
4. Children are always sad because they feel lost and also feel disappointed with their parents.
5. Children feel lonely (loneliness). Their parents are divorced because they lack the caress of their parents.
6. Feelings of self-blame are a symptom of a personality disorder, where these factors are influenced by insecurity, a sense of rejection from the family, irritability/temperament, prolonged sadness, feeling lonely. All of these factors result from wrong parenting (read: divorced parents), because the children are still not mature enough to

consider/think about divorce in family relationships.

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