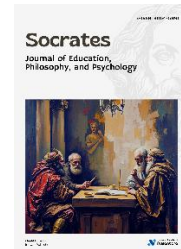




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The Impact of Divorce on Children's Psychological Development

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Abstract: Marriage is a sacred bond that unites two individuals in love, and in Islamic teachings is seen as a lifelong commitment. However, separation in a household is often a difficult reality to accept, impacting not only the couple but also their children. For families, divorce is a difficult test that can affect harmony. When children are in the midst of parental conflict that leads to separation, the impact on their development becomes a matter of concern. Divorce is a situation in which a married couple decides to live separately for various reasons. This study aims to identify the psychological impact experienced by children due to parental divorce. This study was conducted through a literature review analyzing 10 scientific journals discussing the effects of divorce on child psychology. The results show that divorce can trigger psychological disorders such as anxiety, feelings of insecurity, and depression in children. Furthermore, the impact on cognitive aspects is evident in decreased concentration in learning and others.

Keyword: Psychology, Divorce, Children

INTRODUCTION

Divorce, often referred to as parental divorce, is a situation in which a marital relationship between two individuals officially ends through a legal process in court. Generally, divorce can be defined as a way to end a marriage for reasons that cannot be resolved amicably (dissolution of marriage) (Manna et al., 2021). There are several types of divorce, including divorce by death and divorce by cohabitation, which are caused by a lawsuit filed by one or both parties. Provisions regarding divorce are regulated in Article 38 of Law Number 1 of 1974, which states that divorce can occur due to death, a divorce decree, or a court decision (Hidayati, 2021).

(Veronika, 2022) Marriage is a bond that unites two individuals who love each other. In Islamic teachings, marriage has a sacred meaning and is viewed as a form of lifelong worship. When a couple decides to marry, they have established a mutual commitment that forms the foundation for their married life. Therefore, married couples need to mentally prepare themselves to face the various challenges that may arise in marriage. By working together, they strive to create harmonious relationships and maintain family unity. During the course of a marriage, various problems often arise, such as financial issues, differences of opinion, or even infidelity.

Divorce is a complex life event that not only changes the family's status but also has a profound impact on each member, especially the children. As a common social phenomenon, divorce is a concern because of its potential impact on children's psychological development. Children who experience divorce often face various emotional and psychological challenges that can impact their long-term well-being. The family, as the smallest unit in society's social structure, consists of individuals or groups who live together in one household, interact and communicate, and are bound by legal regulations governing marriage (Untari, 2018).

A family generally consists of a husband, wife, and children. The husband plays the role of father and the wife the mother, providing the primary love and affection for their children. They are responsible for educating, caring for, and nurturing the children together. However, it is not uncommon to encounter families where one parent is separated or divorced.

According to Putri (2018), divorce places an emotional burden on children and can impact their psychological well-being. Children whose parents divorce often experience feelings of shame, sensitivity, low self-esteem, and a tendency to withdraw from social circles. Furthermore, children may feel insecure, unwanted, or rejected by the departing parent, as well as experiencing sadness, loneliness, anger, loss, and guilt, even blaming themselves for the divorce.

Based on this, it can be concluded that parental divorce has a significant psychological impact on children, especially those in early childhood or elementary school. Changes in parenting patterns that occur after divorce affect the fulfillment of children's needs, including affection, the warmth of a shared home, and material fulfillment.

METHOD

The method of writing this research is a literature review. Where the researcher searches, collects and searches for several journals to discuss. The literature or journal search was conducted through the website with the keywords "impact of divorce", "impact of parental divorce on children" and "impact of parental divorce on psychology". From the search conducted at least 5 literature or journals were found that discuss the impact of divorce on children according to the topics and problems studied and approached the specified inclusion and exclusion criteria. From the 5 literature or journals found, finally obtained 5 journals regarding the impact of divorce on psychology in children.

RESULTS AND DISCUSSION

Based on the results of a journal review, five articles discussed the impact of divorce, but five articles addressed the impact of divorce on children's psychology. Therefore, the researcher will discuss the impact on children's psychology.

Research by Salsa and Farida (2024) shows that children from divorced families experience various psychological problems, such as depression, difficulty focusing, emotional instability, decreased physical growth and development, and poor social skills. These children receive insufficient affection from their fathers and insufficient attention from their mothers, who must work hard to provide for the family. The absence of a father and minimal maternal attention result in children preferring solitude and feeling inferior among their peers. Divorce signifies disharmony in the marital relationship, resulting in a loss of affection, strained relationships, and a breakdown in communication.

Research by Rina Nur Azizah (2017) shows that divorce has a significant impact on children's psychological development. Children who experience parental divorce tend to face various emotional and psychological problems, such as anxiety, confusion, and sadness. Research shows that a lack of parental affection and attention after divorce can disrupt a child's mental development, often persisting into adolescence. Children, especially those in adolescence, often respond to divorce in unhealthy ways, such as engaging in delinquent

behavior or drug abuse. This demonstrates that marital integrity is crucial for supporting a child's psychological and educational development. Therefore, divorce should be considered a last resort for couples facing marital problems.

This research emphasizes the importance of a deeper understanding of the impact of divorce on children and the need to minimize the potential negative effects. Therefore, greater attention must be paid to the well-being of children during the divorce process, so they can grow and develop well, even in difficult situations.

Research by Oktora, N.D. (2021), shows that marriage is a major event in human life, a lifelong bond between a man and a woman, involving the physical and spiritual bond of husband and wife, with the goal of forming a happy and lasting family (household) dedicated to worship and devotion to Allah. A unified household is essential for fostering children's psychological and educational development. Children experience a sense of belonging to an intact family, receiving direction, guidance, affection, and full attention, which makes it easier for them to strive for the future.

Divorce negatively impacts children's psychological development. In general, the psychological development of children whose parents divorce is severely disrupted. Furthermore, a negative consequence of divorce is a lack of affection and attention from both parents. Psychologically, parental divorce results in changes in behavior, responsibility, and emotional stability. Lack of attention and affection for children following their parents' divorce can lead to feelings of anxiety, confusion, embarrassment, and sadness. This can be especially true for adolescents, as it can lead to emotional disturbances and delinquency and drug use.

Based on research by Mone H. F (2019), what we can take is:

1. Divorce (separation) has a negative impact on children's psychosocial development and academic achievement; 2) Children's emotions or feelings greatly influence learning activities at school and at home, whether feelings of sadness, joy, security, anger, anxiety, fear and so on.
2. Communication between parents and children after a divorce minimizes the negative impact of divorce. Affection from both families and the help of teachers in caring for children affected by divorce at home and at school make children strong and resilient in facing family problems; and 4) Steps to restore academic achievement are educational in nature, such as giving praise, gifts, and other educationally valuable things.

Given the negative impacts that arise as a result of parents' decisions to live separately, the following recommendations are recommended for parents contemplating divorce to reconsider their decision. Parents who have already divorced are advised to maintain communication with their children and former partners. Active family participation in childcare is essential if the divorce does occur. For the government and Religious leaders should be able to provide a good and correct understanding to all families regarding the consequences of actions that are not pleasing to children as victims of divorce through discussions and so on.

According to research by M Yusuf, M.Y. (2014), divorce has a significant impact on children's mental development and education, especially elementary school-aged children and adolescents. Among other things, it can cause children to become withdrawn and self-conscious, excessively naughty, exhibit low academic performance, and feel lost. While this is not the case in all cases, in most cases, it negatively impacts children's mental development and also impacts their educational process, as mentioned above.

CONCLUSION

Based on various studies, it can be concluded that parental divorce has a significant negative impact on children's psychological and educational development. Children from divorced families often experience emotional problems such as anxiety, sadness, and emotional instability, which can interfere with their learning and social development. The lack of affection and attention from both parents after divorce contributes to withdrawn behavior, low self-

esteem, and even juvenile delinquency. The importance of family integrity in providing guidance and emotional support for children is emphasized, as is the need for good communication between parents and children after divorce to minimize these negative impacts. Therefore, divorce should be considered carefully, and for those who have divorced, maintaining a good relationship with their children and ex-partner is crucial for their well-being.

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