

Impact of Parental Divorce Toward Children's Mental Health

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Abstract--*The study aimed to determine the impact of parental divorce toward the children. The study was used quantitative research with sample sizes were 115 respondents. In this study, the convenience sampling was used to select the respondent. A consent letter was sent to the respondent with copy of the survey to fill through social media. The sample sizes were 115 respondents which met the study criteria. A survey was constructed and distributed through social medial. There were 110 female respondents and 5 male respondents. Meanwhile, 86 respondents were Saudi and 29 respondents were non-Saudi. Most respondents were fourth years college degree students and aged between 19 years old and 22 years old. The data was analysed through SPSS program. The result showed the parental divorce had negative impact toward the children. The children had suffered mental health issues and faced difficulties in coping included their confidence. Hence, this problems lead to their poor in academic performance.*

Keywords--*Coping process; parental divorce; drug abuse; view of god*

I. INTRODUCTION

Parental divorce is life transition that impacted to number of children every year [1].The divorced is correlated with health problem for adults and children who experienced across the world [2]. Divorce is increased in most western countries a decade or two which industrializing Asia also experiences midst of change. Nowadays, approximately 60% of the United State children live with their married, biological parents, lower second to Latvia [3].In European Union, one million marriages ended divorce in 2009 and many divorced couples more than 55% in Netherlands have children [4].

Muslim societies have specific method to handle divorce. In Islam views, divorces as one of uttermost hated permissible action that a person could did. In addition, the institution of marriage has been given tremendous importance so profoundly frown upon a spouse asking for divorce without a solid justifiable reason to support their action.

Many previous studies have determined the impact of marriage disruption on children's well-being and behaviour [5,15]. Loss of parents through divorce is observe as devastating and negative experiences [6].Negative consequences of divorce such as immune system deficiency, depression, mood disorders, suicide and alcoholism, anxiety disorder, drug abuse, lifestyle changes and self-image, work performance decrease, change in relationship and social support reduction [7]. In addition, the divorce process had affected the mental health of children such as behavioural problem development, negative self-concept, social problems and difficulties relationship with parents [8].

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Many studies found that divorced parents especially father had less frequent contact with their adult children than married parent [9]. There are increment irritability and violence, lack of communication, affection, consistency, control and supervision and reduce in positive-child interactions [10]. In additions, most studies also found younger children had impact more than older children which younger children may feel more anxious about abandonment and more likely to blame themselves [11,14]

Most children whose parents experienced divorce within normal or average limits in the years after divorce is categorized as disturbed [12]. In previous study, the parent's communication after divorce had affected 0.8% on children behaviour [13]. The children living in non-traditional families have lower psychological development that those living in traditional families.

Attachment is very important aspect to consider when divorce is involved. Attachment is the relationship between the caregiver and the child. There are many factors need to consider when approaching separation and loss in accordance with attachment. First, very early in life the relationship between the caregiver and the child develops. Second, realize the deep value of the relationship between the child and the caregiver. Third, consider in mind the difficult situations and problems children will go through during separation and loss. Fourth, keep in the mind the causes of this situation. Fifth, take an extensive interest in the child's relationship and concerns and allow them to talk about the ones lost or have been separated from. Sixth, provide the incentive that allows them to share their emotions and express it in whatever way they chose. Seventh, make sure that family has an extensive collection of books on the matter. Eighth, make sure to involve the child in his own healing process. Ninth, be able to extend the family any help they need in this matter. Tenth, design interventions for the individual needs of the children.

Children with parental divorce are mostly resilient and adjust to environment. Children who faced problem during their parent's divorce usually have existing problems before the divorce. Most children was adjusted to their normal situation between 2 years and 3 years. This study aimed to determine the impact of parental divorce toward the children.

II. METHODOLOGY

The study was used quantitative research which accumulates information on human behaviour and investigate respondent decision making. The conclusion was drawn from psychological perspective that help in analysed the data. The respondent was given a short survey to collect more information for this study.

In this study, the convenience sampling was used to select the respondent. A consent letter was sent to the respondent with copy of the survey to fill through social media. The sample sizes were 115 respondents which met the study criteria. There were 110 female respondents and 5 male respondents. Meanwhile, 86 respondents were Saudi and 29 respondents were non-Saudi. Most respondents were fourth years college degree students and aged between 19 years old and 22 years old. The survey was constructed used self-constructed. The questionnaires had 34 questions divided into multiple sections. The data was analysed used SPSS statistic program. The study also used t-test an ANOVA test.

III. RESULT AND DISCUSSION

In Figure 1, 33.3% respondents felt maybe that need to be responsible for the divorce and 44.4% respondents felt that not responsible for the divorce. There were 22.2% respondents believed that responsible for the divorce.

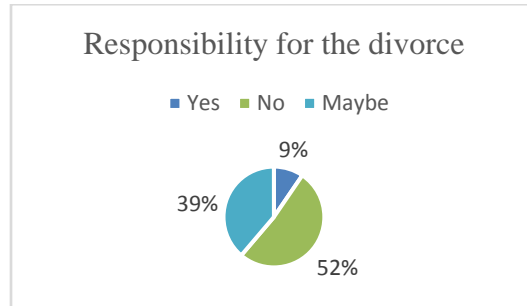


Figure 1: Respondent distribution on responsibility for the divorce.

In Figure 2, 22.2% of the respondents believed that their divorce that did not affected their view of god and 44.4% of respondents believed that their divorce affected their view of god.

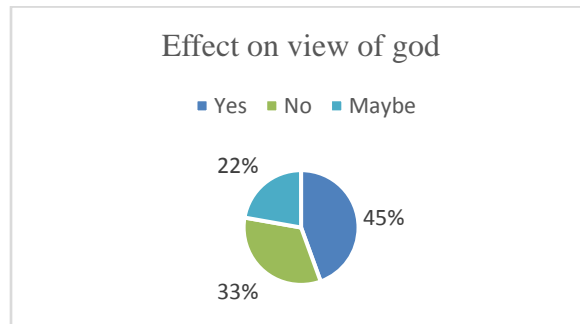


Figure 2: Respondent distribution on effect view of god

In Figure 3, 29.2% of the respondents felt sad or depressed and 16.7% of the respondents felt relief after the divorce. There were 29.2% of the respondents felt angry and 16.7% of the respondents were experienced others after the divorce.

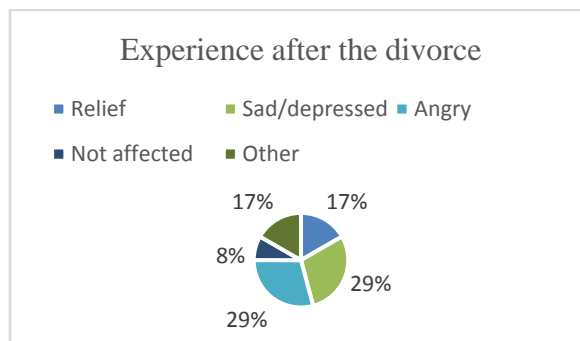


Figure 3: Respondent distribution on experience after the divorce.

In Figure 4, 45.8% of the respondents believed family income mildly affected after the divorce and 8.3% of the respondents believed their family income strongly affected after the divorce. Meanwhile, 41.7% of the respondents felt family income not affected after the divorce.

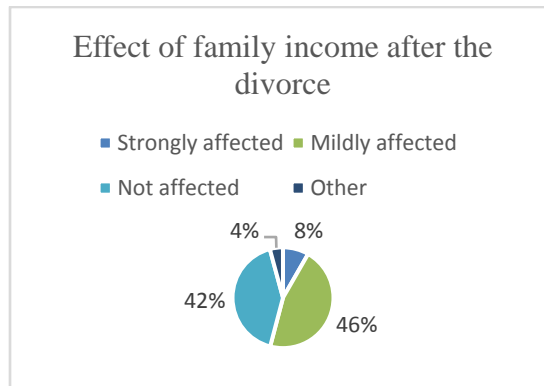


Figure 4: Respondent distribution on effect of family income after the divorce

In Figure 5, 87.5% of the respondents experienced the parental divorce and believed did not responsible for the divorce and 8.3% respondents were respondents for the parental divorce.

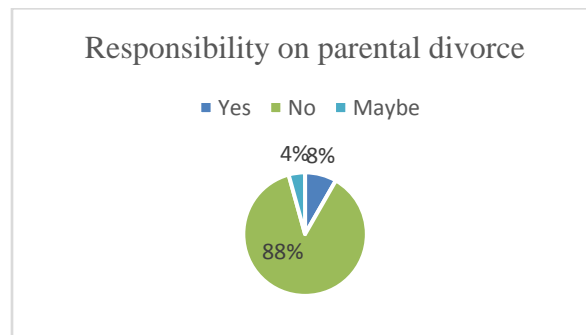


Figure 5: Respondent distribution on responsibility for the parental divorce

In Figure 6, 58.3% of the respondents felt the parent did not perform good job in trying to manage the impact divorce on them and 20.8% of the respondents felt the parent did performed good job in trying to manage the impact divorce.

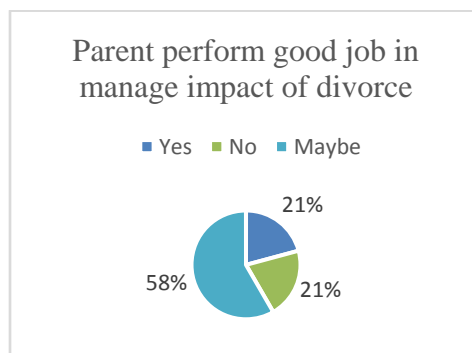


Figure 6: Respondent distribution on parent did good job in manage impact of divorce.

In Figure 7, 66.4% of the respondents believed in happy marriage and 14.7% of the respondents were unbelieved in happy marriage.



Figure 7: Respondent distribution on beliefs in happy marriage

There were 64 respondents believed that the parental divorce had negative long term effects.

In Figure 8, there were 60.3% of the respondents believed in the probability of internalizing problems occurring and 59.5% of the respondents believed in the probability of their emotional and psychological burdens was increased. 54.3% of the respondents believed in the probability of the attachment issues occurring and probability of father-children relationship was affected.

Meanwhile, 53.4% of the respondents believed in the probability of externalizing problems occurring and 52.6% of the respondents believed that their ability to handle conflict was affected. 50.9% of respondents believed in the probability of the mother-children relationship was affected. 50% of the respondents believed in the probability of their confidence was affected. 50% of the respondents also believed in the probability of their mental health was affected. 49.1% of the respondents believed in the probability of abuse and neglect was increased. In addition, 48.3% of the respondents believed in the probability of their emotional closeness and wellbeing was affected and 48.3% of the respondents believed in the probability of their attitudes toward marriage was affected. Furthermore, 48.3% of the respondents believed in the probability of their drug usages was increased.

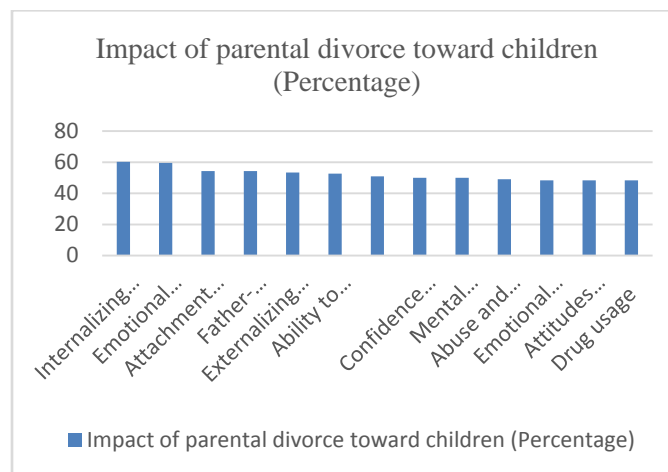


Figure 8: Impact of parental divorce toward children

In Table 1, there was significant between divorce sample and parental divorce samples with significance of 0.018. Meanwhile, health problems had represented a significance of 0.006. The educational attainment had significance of 0.030 between parental divorced samples and never experienced divorce samples. In addition, drug usages presented a significance of 0.002 between divorce samples and parental divorce sample. Besides, internalizing problems had significance of 0.045 between divorced sample and parental divorced samples. Meanwhile, confidence had significance of 0.039 between divorce samples and never experienced divorce samples.

Table 1: ANOVA

Variable		Sum of square	Mean square	F	Sig.
Coping process	Between group	8.005	4.003	4.190	0.018
	Within group	107.952	0.955		
	Total	115.957			
Health problem	Between group	9.523	4.762	5.339	0.006
	Within group	100.779	0.892		
	Total	110.302			
Abuse and neglect	Between group	7.370	3.685	3.602	0.030
	Within group	115.621	1.023		
	Total	122.991			
Educational attainment	Between group	7.508	3.754	3.512	0.033
	Within group	120.794	1.069		
	Total	128.302			
Drug usage	Between group	15.114	7.557	7.400	0.001
	Within group	115.395	1.021		
	Total	130.509			
Internalizing problems	Between group	4.938	2.469	3.189	0.045
	Within group	87.502	0.774		
	Total	92.440			
Confidence	Between group	6.140	3.070	3.353	0.039
	Within group	103.472	0.916		
	Total	109.612			

IV. CONCLUSION

In conclusion, this study had inspected the impact of parental divorce toward children. The divorce had negative impact on children which lead to mental health issues and difficulties in coping included their confidence. Hence, the parental divorce had contributed in poor academic performance. Besides, people who never experienced divorce felt divorce more negative than divorced people.

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