

REVIEW ARTICLE

Adolescent Coping Strategies With Parental Divorce: A Narrative Review

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ABSTRACT

Introduction: Parental divorce is one of the long-term stressors in children that can have negative impacts such as difficulty in building relationships, communicating, often feeling anxious, and irritable. So that adaptive coping is needed in dealing with these stressors. There are two coping strategies, namely emotional-focused coping and problem-focused coping, as well as adaptive and maladaptive categories. Therefore, the purpose of this study was to explore the coping strategies of adolescents with divorced parents. **Methods:** This study used the Narrative Review method. Literature review through Ebsco, Pubmed, Science Direct, Sage Journals, and Google Scholar databases. The keywords used in English are “coping skills OR coping behavior OR coping strategies” AND “adolescent OR adolescence OR young adult OR teenager” AND “divorce OR divorced OR divorces OR parental divorce” with full text, free access, research article, review article, in English and Indonesian, population and sample of adolescents aged 11-24 years with parental divorce, and the publication period of the last 10 years (2013-2022). **Results:** We found 10 articles with different coping strategies. There are 9 articles with adaptive (positive) coping strategies, while 1 article covering both adaptive and maladaptive (negative) coping strategies. As for the use of problem-focused coping 4 articles, the use of emotion-focused coping 3 articles and using both problem-focused coping and emotion-focused coping 3 articles. **Conclusion:** There are differences in coping strategies in each research area including problem-focused coping, emotion-focused coping, or both in the adaptive and maladaptive categories.

Keywords: Adolescents, Coping Strategies, Parental Divorce

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INTRODUCTION

Divorce according to Article 38 of the Marriage Law Number 1 of 1974 is the termination of marriage (1). (2) state that there are approximately 50% of all first marriages in America ending in divorce and more than 1 million children are affected. In 2017, the divorce rate in Indonesia reached 374,516 cases, and in 2018 it increased to 408,202 cases in one year (3). The average divorce rate in Indonesia increases by 3 percent every year (1). The data shows that the divorce rate in Indonesia is getting higher every year.

Divorce has an impact on family members, one of which is children (4). Physical impacts that appear on children due to divorce include lack of appetite, lack of sleep, lack of concentration. While the psychological impact can be in the form of feelings of insecurity, a sense of rejection from the family, anger, loneliness, sadness, and self-blame (5). This is in line with (6) which states that the experience of parental divorce in childhood can affect psychological health in unstable adults with feelings of discomfort, fear, anxiety, irritability, often worry, and insecurity. (7) explain the existence of adolescent problems in the aspect of withdrawing and behaving unfriendly to their families and their environment and the impact of divorce will affect adolescents up to 10 or 15 years later. In addition, the results of (8) state that the impact of divorce on adolescent psychology is denial, shame, sadness, being quiet,

often having feelings of guilt, suffering from high anxiety, and fear and being able to hate one of their parents.

The effects of divorce can trigger stress on the affected families, including children. The trigger or stimulus for stress is known as a stressor. Divorce in this case is a source of stress or stressors (9,10). Stressors are important to overcome because they disturb the balance of the body and will hinder the developmental tasks of the individual (11).

When there is stress, we need coping to reduce stress. Coping is a cognitive and behavioral process that can reduce feelings of depression when faced with stressful situations (12) explains that coping strategies are methods used by individuals in responding to environmental changes, specific problems or situations. Meanwhile, (13) explains that coping strategies are divided into adaptive coping and maladaptive coping. Adaptive coping is a coping that is able to reduce and help individuals positively deal with stress (effectively). Meanwhile, maladaptive coping is an individual's coping that is not beneficial when in a state of danger or dealing with stressors negatively (ineffective). When individuals face stressful situations, appropriate coping strategies are needed so as not to cause negative impacts (14). Thus, in dealing with parental divorce, an effective coping strategy is needed to reduce the impact of parental divorce.

The results of previous studies showed that the coping used in adolescents when facing parental divorce was focused on Emotion-focused coping (15). In line with that, Dewi, Sriati, and (15) research related to coping with college students with parental divorce stated that 91.67% of the 84 samples focused on Emotion-focused coping (EFC) or chose to avoid the problems they faced by letting the problem down, distracting, and retreating from the situation in the absence of hope. This is what makes EFC's coping strategies ineffective in solving long-term problems.

From the information presented above, it is necessary to conduct an in-depth study of adolescent coping strategies with parental divorce. Coping strategies can affect an individual's response to parental divorce, which can have an impact on physical and psychological health. This study uses the Narrative Review method to provide a review and identification of coping strategies carried out by adolescents who experience parental divorce.

METHODS

The method used in this research is Narrative Review with a qualitative descriptive approach. The protocols used are PRISMA flowchart diagrams and

The Center for Review and Dissemination and the Joanna Briggs Institute Guideline in assessing research quality. While the strategy used in this literature search is to analyze articles based on inclusion and exclusion criteria that have been determined based on language, type of article, population and sample, and year of publication (Table I).

This study uses electronic databases, namely CINAHL (EBSCO), science direct, sagejournal, pubmed, and google scholar. The keywords used in English are "coping skills OR coping behavior OR coping strategies" AND "adolescent OR adolescence OR young adult OR teenager" AND "divorce OR divorced OR divorces OR parental divorce". While the keywords in Indonesian used are "koping OR strategi koping" AND "remaja" AND "perceraian OR perceraian orangtua". The data obtained were extracted manually and analyzed descriptively.

RESULTS

The number of articles obtained is 1931 articles. The articles were adjusted according to the inclusion criteria to obtain 87 articles. Further duplication was carried out and the remaining 80 articles. After that, checking the title and abstract obtained 10 articles (Figure 1).

Not all articles analyzed describe in detail the coping strategies used in an adaptive or maladaptive manner, as well as emotion-focused or problem-focused coping. The researcher identified and classified the coping strategies of adolescents with parental divorce used from each article.

Researchers identified and analyzed 10 articles regarding the types of coping strategies used by adolescents with parental divorce in each article based on the theory of (16,17). Based on the results of the analysis of the article, it was found that the types of adaptive (positive) coping strategies used by adolescents with parental divorce were 9 articles, while the use of coping strategies that included both adaptive and maladaptive (negative) was 1 article. As for the use of problem-focused coping 4 articles, the use of emotion-focused coping 3 articles and 3 other articles using both problem and emotion-focused coping.

Coping strategies in adolescents with parental divorce use problem focus coping (18–20).

DISCUSSION

The research results of (18) states that adolescents with divorced parents have forgiven their parents, accepted the divorce, maintained a relationship with both parents, sought emotional support from others,

moved forward and appreciated the relationship between parents. This shows that adolescents have used adaptive coping by accepting the conditions that occur in their families. Another study by (19) showed that adolescents tend to use positive coping so that anxiety and depression do not occur. Furthermore, the results of research by (20) show that there is a significant relationship between adolescent personality and adolescent coping strategies with parental divorce with a tendency to use adaptive coping strategies. In addition, (20) showed that 7 aspects of coping included active coping, planning, religion, using emotional support, using instrumental support, rejection and self-blame. In the aspect of rejection and self-blame, the value is negative, this shows that adolescents have adaptive coping and are able to face the life processes they live.

There are coping strategies for adolescents with parental divorce that use emotion-focused coping and problem-focused coping in various ways (21–23). Emotion-focused coping strategies seen from distraction and avoidance are carried out in the form of doing hobbies, sports, focusing, listening to music, and focusing on learning, while problem-focused learning coping strategies are shown by solving problems that occur due to parental divorce (21). Research by (24) shows the use of behavioral coping strategies with variations between 2 strategies, namely emotion-focused coping by hanging out with friends and sleeping while problem-focused coping by not thinking too much about parental divorce and trying to forgive their parents. Meanwhile (23) on the use of emotion-focused coping variations by praying to God, thinking positively, and believing that life will be fine, while problem-focused coping is by learning new things, keeping busy with activities, and diverting on other activities.

Another coping strategy used in the articles studied is emotion-focused coping (23,25,26). The emotion-focused coping strategy is in the form of taking wisdom and surrendering to God (23). Meanwhile, research by (26) shows an attitude of avoiding problems, trying not to think too much about the problem, regulating emotions and actions in dealing with problems, being resigned, and accepting God's destiny. Meanwhile, research by (25) shows that the higher the coping strategy that focuses on emotions, the lower the subjective well-being. This is because social support as expected directly does not occur because it tends to avoid or create distance from stressors in order to obtain peace. In addition, direct support was not obtained during the COVID-19 pandemic because a lot of it was done virtually so that subjective well-being was not felt in teenagers.

There are 9 articles that clearly state that coping used by adolescents with parental divorce, namely adaptive or positive coping (16,18–20,23,25,26).

The research of (20) shows that adolescents have good personalities in their teens that are associated with adaptive coping strategies, and have high self-esteem and acceptance of parental divorce events (23). Effective communication and establishing good relationships with the environment is also one of the actions of an effective coping strategy (19,21). In addition, the process of self-acceptance to parental divorce is something that teenagers do and forgive all events so that they have adaptive coping strategies (18). (22,23,26) that in addition to avoiding problems and getting moral support, research shows that the religiosity side is also related to adaptive coping strategy behaviors such as seeking meaning and wisdom from divorce events, not take issue with destiny, as well as accept and manage emotions related to the destiny they face, so that our closeness to God can make teenagers behave more steadfastly and believe that God's destiny is the best. Adaptive coping behaviors such as avoiding problems as an effort to distract and managing problems with mature thinking and focus on goals can improve subjective well-being as well in adolescents (25). Adaptive coping strategies can be used as an effort to reduce stressor pressure due to parental divorce with positive actions.

In addition to adaptive coping strategies, adolescent coping strategies with parental divorce are carried out in variations, namely adaptive and maladaptive. (23) states that the behavior shown by adolescents in adaptive coping strategies is accepting the situation, hoping for good things to happen after the divorce incident, being humorous, distracting with other things, and thinking positively about the divorce that occurred. While the behavior of maladaptive coping strategies is anger, eating a lot, avoiding people, worrying about the future, and avoiding people. Adaptive coping strategies can be beneficial for oneself and the surrounding environment and do not cause further problems, in contrast to maladaptive coping strategies which tend to harm themselves and the surrounding environment with angry behavior, taking drugs, and tending to be anxious.

CONCLUSION

The results showed that in each article there were differences in the coping strategies and behavior of adolescents with parental divorce. Judging from the country where the study was conducted,

Indonesia itself tends to vary in coping strategies for adolescents with parental divorce, namely emotion-focused coping and problem-focused coping strategies with adaptive (positive) and maladaptive (negative) coping categories. In contrast to Malaysia and Pakistan, which use problem-focused coping strategies with adaptive (positive) coping categories. Meanwhile, South Africa uses problem-focused coping and emotion-focused coping strategies which are included in the category of adaptive (positive) coping.

The suggestion from this research is that there is a need for further research on the effects of parental divorce on adolescents. Due to the limitations of the study, namely the lack of relevant articles. So that further researchers can conduct deeper research on the impact of parental divorce and can analyze effective coping to deal with the impact of parental divorce on adolescents.

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