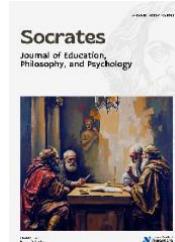




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### The Long-Term Impact of Parental Divorce on Child Development

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**Abstract:** Parental divorce has a significant impact on children's development, affecting their psychological and social aspects. The main issue raised is how divorce affects children's emotions and behavior, as well as the long-term consequences that may arise due to changes in family dynamics. The aim of this research is to explore the impact of divorce on children, with a focus on changes in behavior and emotional stability. Research goals include identifying factors that influence children's development after divorce and understanding how they adapt to these changes. The method used in this research is a literature review, where the author collects and analyzes various relevant literature sources related to the impact of divorce on children. The search was carried out via Google Scholar with keywords such as and "the impact of parental divorce on children". The focus of analysis includes behavioral changes, emotional stability, and responses to stress. The findings from various articles and previous research are interpreted to provide a comprehensive understanding of the impact of divorce. The research results show that parental divorce has a significant impact on children's psychological development. Many children experience sadness, loneliness, and disappointment after divorce, which can lead to aggressive behavior or withdrawal from social interactions. In addition, the economic instability that often occurs after divorce worsens children's well-being. Although there are some positive impacts such as increased independence, the negative impacts are more dominant and can continue into adulthood. Parental divorce has a significant long-term impact on a child's development, including deep psychological impacts such as low self-esteem and emotional problems. Instability in the family environment and economic difficulties after divorce also hinder children's growth and development. This research emphasizes the importance of support from parents and the community to help children face the challenges caused by divorce, as well as the need for appropriate intervention strategies to support their well-being.

**Keywords:** Adolescents, Children, Impact of Parental Divorce, Impact of Divorce on Children and Adolescents.

### INTRODUCTION

Divorce, also known as parental divorce, is a situation where two people who are already in a marriage must be legally separated through a court process. Divorce can also be defined as an attempt to dissolve the marital bond between a husband and wife for certain reasons. In other

words, divorce occurs when a mutually acceptable solution cannot be found (marriage dissolution) (Manna et al., 2021).

In society, divorce is often considered a stressful event in family life and always has profound consequences. This case causes stress, pressure, and leads to physical and mental changes (Dagun, 2002: 113). Some divorces bring inner happiness to each partner, but this occurs only in the parents' feelings, without considering the impact on the child's feelings, which are reflected in the child's future behavior.

Previous research by Ariani (2019) showed that the cause of divorce is the breakdown of the husband and wife's marital relationship wife, which causes divorce to be triggered by various reasons, including disharmony in the husband and wife relationship in terms of fulfilling biological needs, the problem of different life principles, differences in income in improving the welfare of life, the existence of infidelity, namely the Other Ideal Man (PIL) and the Other Ideal Woman (WIL) as third parties destroying household relationships, actions that violate their respective roles and functions as husband or wife, such as Domestic Violence (KDRT) and the influence of social support from outside parties.

Divorce is a complex life event, involving not only a change in family status but also a profound impact on family members, especially children. Parental divorce significantly impacts a child's growth and development due to the changing home environment. In her research, Priyana (2011) stated that psychology demonstrates changes in a person's personality related to mental health, both normal and abnormal, encompassing several aspects such as attitude, character, temperament, rationality, emotional stability, and sociability.

Divorce also has various impacts on child development. For children, parental divorce is the worst experience, as some lose their parents' love and affection, impacting several aspects of their development, which can be hampered. Psychologically, children whose parents divorce are at risk for their mental development. The household environment generally also impacts a child's development and education. A chaotic family environment can prevent children from learning effectively and even negatively impact their mental development during their formative years.

Previously, research conducted by Zhang suggested a link between child development and divorce within the family. It explains that children living with divorced single mothers perform as well as children from intact families, while children living with divorced single fathers and stepparents experience losses in academic performance and subjective well-being. Furthermore, parental conflict also negatively impacts children's outcomes. Other research conducted by David also suggests that high-conflict divorces can have both short-term and long-term negative impacts on children.

This literature review aims to identify the various impacts that can arise and affect children in various ways, based on previous studies and research. This literature review also aims to provide readers with an understanding of the impacts of parental divorce on children during childhood and adolescence, which can affect children in various aspects of their development.

## METHOD

The method used in this research is a literature review. A literature or journal search was conducted through Google Scholar using the keywords "impact of divorce," "impact of parental divorce on children," "impact of parental divorce on children's psychological development," and "divorce." Through this method, the author collected various articles and scientific papers relevant to the research topic, particularly those highlighting the relationship between divorce and child development. The focus of the analysis is the impact of divorce on children, including changes in behavior, emotional stability, and stress responses. From the literature analysis, the author then interpreted the findings and drew conclusions about the impact of divorce, particularly on children's psychological development. These conclusions and findings were then compiled into a research report for presentation to the reader.

## RESULTS AND DISCUSSION

Based on previous research, divorce has a negative impact on children's psychology. Children, especially at an early age, should receive more attention and affection to ensure a sense of security and comfort from their family environment, especially their parents. Divorce diminishes this. During this time, children should receive ample affection from their parents to avoid negative consequences later in life, especially during adolescence. A lack of affection during early childhood can lead to feelings of emptiness in adolescence, leading them to seek out someone to fulfill their emotional needs and provide more affection. If this happens, and adolescents make the wrong choices due to a lack of family guidance, it can lead to new problems, such as resorting to promiscuity and drug use. Therefore, it is crucial for families to maintain harmony.

In essence, the influence of family, school, and the community is something children experience throughout their lives. The family environment is the primary and primary role model for children. Therefore, the family plays a crucial role in the development and development of a child's personality. Within this context, the family is the foundation for the formation of a child's attitudes and character. It can be said that the family is the primary environment, as children spend most of their time within it.

Divorce has a significant impact on a child's mental development and education, especially for elementary school-aged children and adolescents. Among other things, it can lead to withdrawn behavior and low self-esteem, excessive delinquency, low academic achievement, and feelings of loss. While this is not the case in all cases, in most cases, it negatively impacts a child's mental development and also impacts their education.

Psychologically, children are attached to both parents. If their parents divorce, it feels as if half of their personality has been ripped away. According to Handoko, this can impact low self-esteem, lead to feelings of insecurity, and extreme depression. Furthermore, children will experience trauma and fear of starting new relationships with the opposite sex. Franklin (in Palupi, 2007) suggests that children born of divorce experience trauma and may exhibit symptoms of mild depression and antisocial behavior.

Another impact of divorce is emotional disturbances that children can experience. An unstable or less harmonious family environment can cause children to become more sensitive, prone to sudden mood swings, and may even exhibit signs of stress such as silent crying or uncontrollable anger. Furthermore, post-divorce family economic instability can also be a serious problem. Changes in the family's financial situation, especially if one partner loses a job or is unable to meet their financial obligations, can negatively impact the needs and well-being of children.

Children may experience sadness, loneliness, and disappointment. These impacts are reflected in the following behaviors: 1) Becoming rude, done solely to seek attention from others. 2) Becoming withdrawn, no longer cheerful, and not sociable. 3) Prioritizing one's own interests without regard for the well-being of one's friends. 4) Acting indifferently toward one's friends. 5) Being less able to maintain good relationships with one's friends. 6) Daydreaming, especially fantasizing about one's parents reuniting.

The experiences a child has as a child, both bitter and happy, all influence their later life. According to Latifah, several factors contribute to the importance of the family's role in a child's development, including:

1. A family is a small group whose members interact directly with one another independently.
2. Parents are highly motivated in raising children because of the parent-child relationship and also because of marital affection.
3. Because of closed family relationships.

According to Utari, divorce has a positive psychological impact on children, although it is far less than the negative impact. The positive impact is that children become more independent,

more skilled in their daily activities, and more able to bounce back quickly when faced with adversity. This occurs because children realize that divorce is the best thing for their family and cannot continue, for example, if there are too many arguments or a lack of harmony in the family, even to the point of domestic violence. Children will recover more quickly from adversity because they are used to seeing problems or conflicts in their household and can take the positive side.

This entire spectrum of impacts, from mental health issues to social and economic consequences, creates an environment less conducive to children's growth and development. Therefore, a thorough understanding of the impact of divorce on children is crucial to providing appropriate support and helping them overcome the challenges they face. A better understanding of the impact of divorce on children is expected to lead to more effective efforts to support their well-being and development. This will contribute to the formation of a stronger generation that will be better able to cope with life's challenges in the future.

## CONCLUSION

Parental divorce has significant long-term impacts on children's development, including:

1. Parental divorce can have profound psychological and emotional impacts on children, such as feelings of sadness, loneliness, disappointment, and behavioral problems like aggressiveness, withdrawal, selfishness, and worsened friendships.
2. Divorce disrupts the family environment and can lead to instability, economic hardship, and a lack of parental attention and affection, all of which hinder children's growth and development, especially during the critical periods of childhood and adolescence.
3. Children of divorced parents are at risk of developing low self-esteem, insecurities, trust issues, and difficulty establishing healthy romantic relationships later in life. The trauma of divorce can leave lasting scars.
4. While there are some positive impacts, such as increased independence and resilience in children, the negative impacts far outweigh the positive impacts and can persist into adulthood.

This research emphasizes the importance of family stability and parental support for optimal child development. Divorce, while potentially resolving conflict, creates a detrimental environment for children's well-being and growth. Understanding these long-term impacts is crucial for providing appropriate interventions and support for children from divorced families. Overall, this literature review clearly illustrates that parental divorce can have widespread and lasting negative impacts on vulnerable children.

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