



QUALITY OF LIFE FOR ADOLESCENTS WITH DIVORCED PARENTS ON PHYSICAL AND PSYCHOLOGICAL CONDITIONS IN INDONESIA: LITERATURE REVIEW

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Abstract

Quality of life can be interpreted as a person's view of life related to culture, values, and other factors. The quality of life of adolescents in Indonesia can be influenced by various factors, such as family. Families with divorced parents must experience differences and changes from families with intact parents. The purpose of this study was to describe the quality of life of adolescents in terms of physical and psychological conditions with divorced parents in Indonesia. The research method used in this research is Literature Review. The search for journal articles used 4 databases with a combination of the PICO(S) components and met the inclusion criteria so that 31 articles were extracted according to the research objectives. The results of the analysis show that the quality of life of adolescents with divorced parents depends on each of these adolescents. Physical condition can be seen from the components of pain and discomfort, energy and fatigue, and sleep and rest. And psychological conditions can be seen from the components of positive feeling, thinking, learning, memory, and concentration, negative feelings, self-esteem, and spirituality personal belief.

Keywords: Quality of Life, WHOQOL-BREF, Adolescents, Divorced Parents

1. Introduction

World Health Organization Quality Of Life (WHOQOL), quality of life can be defined as a person's view of life related to culture, values, and other factors (WHO, 1999). According to Suárez dkk (2018), WHOQOL has been narrowed down to the WHOQOL-BREF in a shorter form with 4 conditions, namely physical, psychological, social relations, and environmental conditions.

According to US News and World Report data in 2019 Best Countries, the quality of life in Indonesia is ranked 40th and 6th in Southeast Asia (Jayani, 2019). At the same time, more than 80% of the quality of life of adolescents in Kotamobagu falls into the moderate and low

categories with an average score of 56.95 (Buleno dkk., 2021). Research from Porajow dkk. (2021) also mentioned the same thing about the low physical health value of 51.6 points in the quality of life of adolescents living in Manado City. A low quality of life can result in a loss of enthusiasm for the future, anxiety and depression, and reduced physical and mental health.

The increase and decrease in divorce cases that have occurred in Indonesia over the past five years may be one of the factors that affect the quality of life of adolescents (Annur, 2022). Families with divorced parents must experience differences and changes with families with complete parents. In addition, family can also be a background on the WHOQOL-BREF (Hidayati, 2018). Generally, divorce that occurs will be difficult for adolescents to forgive. Because

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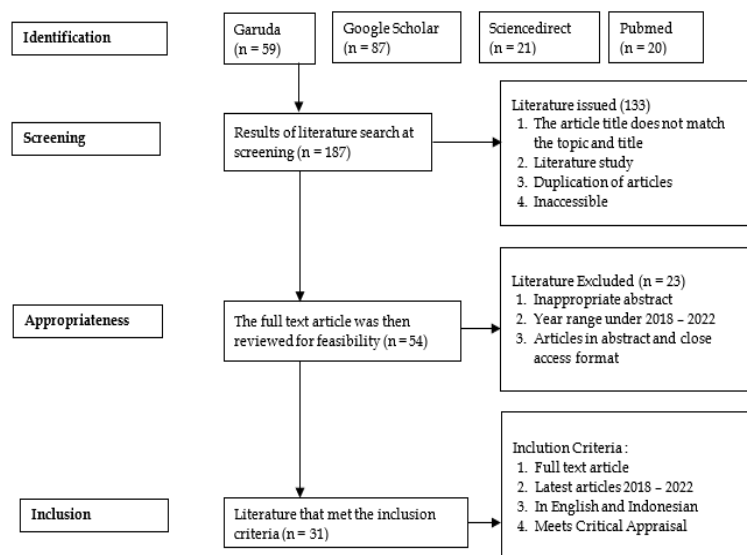
adolescence is a transitional period from childhood to adulthood, so that at that time there can be a process of forming an identity.

The phenomenon of low quality of life of adolescents with divorced parents can be seen from various conditions, including physical, psychological, social relationships, and the environment. In addition, there is little research that discusses this topic, especially the positive impact of divorce on adolescent's well-being (Sorek, 2019). According to the Indonesian Scientific Journal Database, no research has been found that discusses the quality of life of adolescents with divorced parents (ISJD, 2022). Thus, in this study, researchers will analyze the quality of life of adolescents with divorced parents in physical and psychological conditions in Indonesia.

2. Method

The research method used is a narrative literature review. The types of research used in

the journals reviewed were cross sectional, case studies, and qualitative studies. Research respondents in the review journal were adolescents aged 10-24 years, unmarried, had divorced parents, and lived in Indonesia. The keywords used in research journal searches were Quality of Life, WHOQOL-BREF, Adolescents, and Divorced Parents. Research studies are taken from journals that comply with the Divorced Parents inclusion criteria, quality of life for adolescents according to 4 conditions from WHOQOL-BREF. Journal sources were found through 4 online databases, such as Garuda, Google Scholar, Sciencedirect, and Pubmed. The year limit for data collection is journals published during the last 5 years (2018-2022). Data collection was carried out by systematically exploring data based on title, abstract and keywords, then analyzing the data qualitatively by compiling, synthesizing, criticizing and summarizing research results.



3. Result and Discussion

Research conducted on 3 adolescents aged between 18 and 21 years whose parents were divorced showed that there were three subjective well-being conditions of adolescents whose parents were divorced. The first condition or before the parents divorced illustrates that the subject had low subjective well-being before his parents divorced. This is due to prolonged

conflict between parents, feelings of discomfort and low intensity of interaction between family members. In the second condition, the subjective well-being of adolescents is still low which is triggered by the divorce itself, and the lack of openness from parents regarding the divorce. In the third condition, the level of subjective well-being is higher than before because in the end the child accepts his parents' divorce, takes positive

lessons from the divorce, and is able to control his emotions by implementing positive coping strategies (Rohmaniah et al., 2017). Another study that used 4 time measurements on adolescents with divorced parents stated that the phase after parental divorce was very important for healthy adolescent development, compared to before the

divorce. These impacts are long-term and highlight the need for better care for adolescent whose parents divorce, so that they can make a major contribution to a healthy future (Tullius et al., 2022). The following is a further explanation of the articles used in this study :

Table 1. Results of the review Literature Review

Author (year)	Title	Population / Sample	Methods
Zuraida (2018)	Konsep Diri pada Remaja dari Keluarga yang Bercerai	Adolescents aged 19-22 years	Qualitative
Ardian Praptojati (2018)	Dinamika Psikologis Remaja Korban Perceraian: Sebuah Studi Kasus Kenakalan Remaja	A 13-year-old adolescent boy	Qualitative with case study method
Khusnul Khotimah (2018)	Faktor Pembentuk Resiliensi Remaja Dari Keluarga Broken Home di Desa Pucung Lor Kecamatan Kroya Kabupaten Cilacap	15 adolescents from broken home families (parental divorce)	Qualitative
Ceria Galossa Victoria, Tri Umari, Rosmawati (2018)	Kesehatan Mental Siswa yang Orang tuanya Bercerai Di SMP Negeri 25 Pekanbaru	30 junior high school students whose parents are divorced	Descriptive method with quantitative approach
Meilanny B. S, Nunung Nurwati, Salsabila Wahyu H (2018)	Assessment Keberfungsian Sosial Pada Remaja Dengan Latar Belakang Orang Tua Bercerai	High school students with divorced parents	Descriptive method with quantitative approach
Silfana Amalia Nasri, Haiyun Nisa, Karjuniwati (2018)	Bagaimana Remaja Memaafkan Perceraian Orang Tuanya: Sebuah Studi Fenomenologis	3 adolescents aged 12, 17, and 18 years old	Qualitative with a phenomenological approach
Rusdi, Edy Mulyono, Sheela Christina, Linda Dwi Novial Fitri (2018)	Studi Fenomenologi Respon Berduka Akibat Perceraian Orang Tua Pada Remaja Di SMPN 5 Jahab Tenggara Kutai Kartanegara	4 adolescents aged 13-15 years	Qualitative with a phenomenological approach
Diana Savitri Hidayati (2018)	Family Functioning dan Loneliness pada Remaja dengan Orang Tua Tunggal	106 adolescents aged 15-18 years	Quantitative
Dian Damairia (2018)	Proses Regulasi Emosi pada Remaja dengan Orang Tua Bercerai	3 adolescents with divorced parents	Qualitative
Tesalonika Liontina Crossesa, Goretti Maria Sindarti (2019)	Gambaran Motivasi Belajar Pada Remaja Yang Mengalami Broken Home (Dampak Perceraian Orang Tua) Di SMA Laboratorium UM Kota Malang	2 adolescents in high school	Qualitative with descriptive approach
Muhamad Taufik Hermansyah (2019)	Relationship Between Self Compassion And Resilience Among Adolescents Whose Parents Are Divorced	36 adolescents who have divorced parents and are 18-21 years old	Quantitative
Lucy Pujasari Supratman (2019)	A Qualitative Study of Adolescents Viewpoint in Dealing with Parents' Divorce in Indonesia	20 adolescents aged 18-19 years old	Qualitative with a phenomenological approach
Chairina Gustian Putri, Chr. Hari Soetjningsih	Hubungan Antara Dukungan Sosial Keluarga Dengan Motivasi	35 adolescents aged 12-18 years	Quantitative

Author (year)	Title	Population / Sample	Methods
(2019)	Belajar Pada Remaja Yang Orang Tuanya Bercerai		
Hesti Sri Rahayu (2020)	Hubungan Regulasi Emosi dengan <i>Subjective Well Being</i> pada Remaja dengan Orang Tua Bercerai	100 adolescents with divorced parents (aged 13-21 years)	Quantitative
Reina Renita Irawan, Andi Asrina, Yusriani (2020)	Pembentukan Konsep Diri Remaja (Studi Pada Remaja Korban Perceraian Orang Tua) Kota Makassar Tahun 2020	3 adolescents	Qualitative with case study method
Khairunnisa Shabrina, Chandradewi Kusristanti, Ratih A. Listiyandini (2020)	<i>Gratitude and Resilience among Adolescents Who Have Experienced Parental Divorce</i>	109 adolescents aged 12-21 years	Quantitative
Febriady Huta Uruk, Riska Ahmad, Alwen Bentri (2020)	<i>Children Resilience in Dealing with parental</i>	2 students whose parents are divorced	Qualitative
Theresia Indira Shanti & Bianca Vanessa Susanto (2020)	Hubungan antara <i>Mindfulness</i> dan <i>Dispositional Forgiveness</i> pada Remaja dengan Orang Tua Bercerai	54 adolescents	Quantitative
Muhammad Fitrah Ramadhan Umar, Muh. Daud, dan Faradillah (2020)	Hubungan Antara Empati dan Pemaafan pada Remaja yang Memiliki Orang Tua Bercerai	73 adolescents aged 12-21 years	Quantitative
Mudaim, Galih Putra Linarto (2020)	Dampak Perceraian Orang Tua Terhadap Hubungan Sosial Remaja	A 17-year-old adolescent with divorced parents	Qualitative with case study method
Merri Hafni (2020)	<i>Effectiveness of social support with adolescent's self-acceptance in postdivorce parent</i>	40 adolescents at SMA Al-Ulum Medan	Quantitative
Febriyani Jenz, Nurliana Cipta Apsari (2021)	Dampak Perceraian Orang Tua Pada Prestasi Anak Remaja	A 17-year-old adolescent	Qualitative
Saraswati, Waode Suarni, Ida Sriwaty Sunarjo (2021)	Resiliensi remaja yang orang tuanya bercerai	4 adolescents (15-18 years old)	Qualitative
Erlina Harahap, Sukatno, Auliya Warzuqni (2021)	Kesehatan Mental Remaja Putri Korban Perceraian Orang Tua	3 adolescent girls aged 12-18 years	Qualitative
Gita Maharani Swastika, Endang Prastuti (2021)	Perbedaan Regulasi Emosi Berdasarkan Jenis Kelamin dan Rentang Usia pada Remaja dengan Orangtua Bercerai	150 adolescents aged 12-22 with divorced parents	Quantitative
Ula Rochmah, Siti Fitriana, Primaningrum Dian (2021)	Dampak Perceraian Orangtua Terhadap Prestasi Belajar Siswa Kelas VIII SMP Negeri 2 Kedung Jepara	3 students (Grade 8) who experienced the impact of parental divorce	Qualitative
Devira Maharani, Muhammad Ali Adriansyah (2021)	Hubungan Penerimaan Diri dan Dukungan Sosial Terhadap Adaptasi Sosial Pada Anak yang Menjadi Korban Perceraian Orang Tua	60 adolescents aged 18-22 who have divorced parents	Quantitative
Muhayati, Muhammad Zainal Fikri, Amalia Juniarily (2022)	Hubungan Antara Harga Diri Dengan Resiliensi Pada Remaja Yang Orang Tuanya Bercerai	150 adolescents aged 12-21 with divorced parents in Indonesia	Quantitative
Khumaira Alia	Hubungan kesepian dan ide	233 adolescents aged	Quantitative

Author (year)	Title	Population / Sample	Methods
Ainunnida (2022)	bunuh diri yang dimoderasi oleh depresi pada remaja korban perceraian orang tua	15-18 years	
Mutmainnah Budiman dan Widyastuti (2022)	Dinamika psikologis remaja dengan orang tua yang bercerai	3 adolescents aged 15-21 years	Qualitative with a phenomenological approach
Kirana Adila Wimanda & Ike Herdiana (2022)	Pengaruh <i>Social Support</i> terhadap Resiliensi Remaja Putri dengan Latar Belakang Orangtua Bercerai	103 adolescent girls aged 10-21 years old, who had divorced parents lived	Quantitative

The characteristics of the appropriate articles can be identified according to the research design, population, and subject matter presented in Table 2.

Table 2. Respondent Characteristics

No	Respondent Characteristics	Total	percent (%)
1.	Research Design		
	Qualitative	14	45,1
	Quantitative	17	54,9
2.	Population		
	Male and female adolescents with divorced parents	29	93,5
	Female adolescents with divorced parents	2	6,5
3.	Subject matter		
	Conditions WHOQOL-BREF		
	Physical condition	5	
	Psychological Conditions	26	

In Table 2. it can be seen that as many as 14 articles or 45.1% used in this study have a qualitative research design and have a quantitative research design. Then as many as 29 articles or 93.5% used the adolescent population (male and female) with divorced parents. The subject matter used in accordance with the objectives of this study according to WHOQOL-BREF conditions, namely there are 5 articles discussing physical conditions, and 26 articles discussing psychological conditions.

Quality of Life of Adolescents with Divorced Parents in Physical Conditions in Indonesia

The results of 31 articles found that there were 5 articles that discussed physical conditions according to WHOQOL-BREF. Each article can contain more than 1 component with an explanation of good and bad adolescent quality of life. These components are presented in Table 3:

Table 3. Adolescents' Quality of Life on Physical Condition

No	Physical Condition Component	Good Quality of Life for Adolescents	Bad Quality of Life for Adolescents
1.	<i>Pain and discomfort</i>		Smoking, drinking and alcohol use, health problems (headaches, indigestion, and hypertension). Damairia, (2018); Irawan dkk., (2020)
2.	<i>Energy and fatigue</i>		Stress and depression. Irawan dkk., (2020); Jenz dan Apsari, (2021); Ainunnida, (2022)
	<i>Sleep and rest</i>		Frequent falling asleep during class, insomnia. Putri dan Soetjningsih, (2019); Irawan dkk., (2020)

WHOQOL-BREF physical condition is a condition that can affect an individual in daily activities (WHO, 2012). Adolescents who cannot accept their parents' divorce will tend to shut

themselves down, inferior, sad and ashamed so that they will choose to vent their disappointment by drinking alcohol, smoking, and others. Prolonged feelings of sadness can also cause

indigestion, headaches, and hypertension in adolescents (Irawan dkk., 2020).

Alcohol consumption can lead to serious health problems at all ages (Linden-Carmichael dkk., 2017). Adolescent male alcohol consumption may lead them to engage in risky behaviors, such as smoking, premarital sex, and drug abuse. Adolescents' quality of life may decline if they engage in these risky behaviors, even if they are well-off in terms of family, education, knowledge, etc. (Pihahay dan May, 2022). Another study of adolescents aged 12-15 years from 19 countries in Asia, Africa and the Americas suggested that alcohol may be a key mediator for adolescent boys and girls to engage in premarital sex (Smith dkk., 2019).

Adolescents who experience parental divorce can increase the risk of mental health problems many times over. This situation makes adolescents feel depressed, get bad memories, depression, stress, and experience deep sadness so that it can reduce endurance and energy in adolescents (Brooks, 2011). Depression during this period will make adolescents feel apathetic, sleeplessness, fatigue, decreased appetite, and even suicidal thoughts (Nevid dkk., 2018).

Quality of Life of Adolescents with Divorced Parents in Psychological Conditions in Indonesia

The results of 31 articles found that there were 26 articles that discussed psychological conditions in accordance with the WHOQOL-BREF. These components are presented in Table 4:

Table 4. *Adolescents' Quality of Life on Psychological Conditions*

No	Components of Psychological Conditions	Good Quality of Life for Adolescents	Bad Quality of Life for Adolescents
1.	<i>Positive feeling</i>	Be optimistic about their future and have a high spirit in pursuing their goals, be able to solve problems (feel calm and patient to find a way out of their problems), accept their parents' decision to divorce. Khotimah, (2018); Victoria dkk., (2018); Budiarti dkk., (2018); Nasri dkk., (2018); Damairia, (2018); Hermansyah, (2020); Shabrina dkk., (2020); Saraswati dkk., (2021).	
2.	<i>Thinking, leaning, memory, and consentration</i>	Independent, able to control impulses well, regulate emotions that will be expressed, be mature by putting aside his ego to still have a complete family. Crossesa dan Sindarti, (2019); Rahayu, (2018); Irawan dkk., (2020); Shanti dan Susanto, (2020); Saraswati dkk., (2021); Swastika dan Prastuti, (2021); Muhayati dkk., (2022); Budiman dan Widyastuti, (2022)	Difficulty regulating emotions, and suicidal thoughts. Muhayati dkk., (2022); Ainunnida, (2022);
3.	<i>Negative feeling</i>		Having a sense of pessimism about life in the future, feeling alienated when in a social environment, anxiety, depression disappointment feeling anger, hurt, hatred, sadness, desire for revenge, sadness, grief, anger, not feeling peace because of being the subject of conversation in the neighborhood, fear of men, self-harm and even attempting suicide. Zuraida, (2018); Praptomojati, (2018);

No	Components of Psychological Conditions	Good Quality of Life for Adolescents	Bad Quality of Life for Adolescents
			Budiarti dkk., (2018); Nasri dkk., (2018); Rusdi dkk., (2018); Damairia, (2018); Supratman, (2019); Irawan dkk., (2020); Uruk dkk., (2020); Mudaim dan Linarto, (2020), Jenz dan Apsari, (2021); Saraswati dkk., (2021); Harahap dkk., (2021); Rochmah dkk., (2021); Maharani dan Adriansyah, (2021); Saraswati dkk., (2021); Muhayati dkk., (2022); Ainunnida, (2022); Budiman dan Widyastuti, (2022)
4.	<i>Self-esteem</i>	Have self-confidence. Victoria dkk., (2018)	Low self-esteem, being inferior and feeling insecure when asked about parents. Praptomojati, (2018); Irawan dkk., (2020); Mudaim dan Linarto, (2020); Harahap dkk., (2021); Maharani dan Adriansyah, (2021).
5.	<i>Spirituality personal beliefs</i>	As a motivation to rise up and become a better person, and get closer to God. Khotimah, (2018); Budiarti dkk., (2018); Budiman dan Widyastuti, (2022)	

Divorce is a pain and suffering that children feel such as anger, confusion, insecurity, and hurt (Mone, 2019). According to Hasanah (2020) from a psychological point of view, children will experience the impact of parental divorce especially when they are adolescents. Adolescents who come from divorced families will be much more likely to experience emotional problems. Adolescents will often cry in the middle of the night when remembering bad events that happened to their family, become sensitive, temperamental, and easily offended especially when discussing family conditions (Budiman dan Widyastuti, 2022). But there are also adolescents who still have self-confidence even though their parents are divorced. This is because after the divorce of their parents they still get affection, attention, and support (Victoria dkk., 2018).

Divorce does not always have a negative impact on adolescents. Research conducted on 15 adolescents from broken home families (parental divorce) that the divorce of their parents made them still get affection and strong emotional support from various parties, motivation and persistence of adolescents made them have high optimism and enthusiasm in pursuing their goals

(Khotimah, 2018). Adolescents will feel calm because their mothers no longer get domestic violence and are able to be patient to find a way out of their problems (Victoria dkk., 2018; dan Nasri dkk., 2018).

Research conducted by Rich and Dolgin (2008) in (Nasri dkk., 2018) states that there are several factors that can affect the psychology of adolescents with a divorced parent background. First, the quarrels and pressures that lead to divorce and are felt by adolescents in the home can be a traumatic experience that imprints on the adolescent (Budiman and Widyastuti, 2022). Second, feeling confusion "whether his parents still love him" or "with whom and where he will live". Adolescents will feel despair, disappointment, loss of hope, and feel depressed, so they will tend to withdraw from the outside world. Therefore, parents and families have a very important role in assisting children's conditions (Muttaqin and Sulisty, 2019).

Muttaqin and Sulisty (2019) say that adolescents with broken home families will tend to interpret every event that occurs. This is in line with research conducted on 3 adolescents who experienced a broken home due to parental

divorce. They interpreted the incident positively, namely becoming closer to the creator, taking lessons from the incident (Damairia, 2018); Budiman and Widyastuti (2022).

Research using this method has different strengths from other methods, namely that it can find gaps according to topics that have not been researched before. This research also has several limitations, including being subjective and less representative so there tends to be bias (choosing keywords, articles, and writing down important findings).

4. Conclusion and Suggestion

A total of 14 articles or 45.1% used in this research had a qualitative research design and the remainder had a quantitative research design. In the article, it was found that the quality of life for adolescent with divorced parents depends on each adolescent. So that no adolescent will have a poor quality of life after their parents divorce and vice versa.

Adolescents who experience this condition are advised to get complete information regarding the problems/condition of their parents before the divorce as a form of preparation for facing changes due to divorce and think positively.

Parents should also receive marriage and pre-divorce counseling as a form of understanding the impact that will occur emotionally, legally and financially after divorce. And for future researchers who have a similar theme, it is hoped that they can use other methods and need to increase the database, keywords, number of articles and population in the research if they use similar methods.

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