

Analyzing Coping Mechanisms Among Female Students Affected by Divorce: The Role of School Guidance and Counseling

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ABSTRACT

Divorce in marriage is often considered a solution to domestic problems; However, this can have a serious psychological impact on children, especially those in adolescence. The purpose of this study is to examine the condition of adolescent girls whose parents are divorced, identify problems that arise, and understand the coping mechanism that develops as a result. This study uses a qualitative approach with a phenomenological research design. The respondents of the study were selected by the snowball sampling technique based on certain criteria, namely adolescent girls who are high school students and their parents are divorced. The research instruments used interview guidelines and observation guidelines. Data analysis using Miles and Huberman. The findings of the study show that adolescent girls experience neglect after their parents' divorce, which leads to psychological problems such as anxiety, fear, and self-harming behavior. Adolescent girls tend to develop negative coping mechanisms, including emotional-focused coping and problem-focused coping. The results of this study are expected to be the basis for further research to develop more appropriate intervention designs in dealing with the specific challenges faced by young women in this situation

Kata kunci: Coping Mechanisms, Women, The Impact of Divorce

INTRODUCTION

Divorce is the end of a marital relationship based on legal or religious decisions because of a disharmonious household on the grounds that there is no compatibility, trust, and

interest in each other (Untari, *et al.*, 2018). In Batu City itself, based on data from the Religious Court, it is stated that there have been 500 divorce cases for a year (Radar Malang, 2023). The same thing also

happened in the Malang City area, as many as 2,208 divorce cases and is considered to continue to increase. This shows the divorce rate in Batu Tinggi City. This phenomenon provides an overview of the complexity of household problems in Malang City. The majority of divorce cases that occur are caused by quarrels or incompatibility between husband and wife and economic factors.

The psychological impact on children as a result of parental divorce is an aspect that needs serious attention. Children who are not ready for divorce are at risk of significant behavioral changes, such as becoming dissidents, tending to withdraw from social environments, and losing control and healthy thinking skills (Viršilaitė & Bukšnytė-Marmienė, 2021). Household conditions that experience divorce often lead to depression in children, which in turn can be one of the factors causing the emergence of academic problems in school (Hasanah, 2020; Aziz, 2019). In addition, the impact of divorce also affects the emotional aspect of the child, where emotions play an important role in triggering individual behavioral responses (Setiyowati, 2017).

The coping mechanism is an essential element needed by children in dealing with times of depression arising from parental divorce. According to Stuart and Sundeen (1995), coping mechanisms are divided into two main categories: adaptive coping mechanisms, which support children in achieving goals and adapting to the environment, and maladaptive coping mechanisms, which can hinder children's ability to master the surrounding situations. The two coping mechanisms trigger adolescents to have different responses depending on the situation they experience. Generally, maladaptive coping mechanisms are mostly carried out by adolescents in overcoming difficult situations they experience (Compas et al., 2017).

Parental divorce has significant implications for children, regardless of age, with an increasingly complex impact on adolescence (Aprianti, 2023). One of the main negative impacts that adolescents often

experience is increased stress levels. However, this impact can be minimized through the implementation of adaptive coping strategies (Tariq, *et al.*, 2021). Therefore, this study aims to explore and describe the coping strategies used by adolescents in dealing with their parents' divorce. This research also focuses on the identification and analysis of adolescent coping mechanisms, which are generally categorized into two main types: problem-focused coping and emotion-focused coping. Problem-focused coping is applied when individuals are trying to overcome problems that are considered manageable, while emotion-focused coping is used in situations that are considered difficult to control. In addition, coping mechanisms are also classified into two types, namely adaptive and maladaptive coping, each of which has different implications for the psychological well-being of adolescents.

The coping mechanism has been conveyed by experts. There are two types of coping mechanisms described by Biggs, Brough, and Drummond (2017), namely *Problem-Focused Coping*, defined as actions taken by individuals to overcome threats that are directly directed at the cause of the threat. *Problem-focused coping* has several types of behaviors, namely *planful problem solving*, *confrontative coping*, and *seeking social support* (Agbaria & Mokh, 2021). And the second is *Emotion-Focused Coping*, defined as an effort made to overcome or eliminate emotional tension arising from a threat (Delhom, *iet al.*, 2021). *Emotion-focused coping* has several types of behaviors, namely repression, to diversion.

This study explores the variety of coping mechanisms applied by adolescents with parental divorce backgrounds, including problem-focused coping and emotional focused coping. The study conducted by Sumari *et al.* (2020) revealed that adolescents with parental divorce experiences tend to use emotional-focused coping through strategies such as positive reinterpretation and growth, acceptance, denial, turning to religion, dan seeking emotional social support.

These findings emphasize that adolescents are able to adopt positive coping strategies by accepting and taking lessons from their parents' divorce. Furthermore, a study by Sang Min Lee and his colleagues (2017) involving 1,446 students in South Korea found that only 214 students showed a high level of resilience in the face of stress, which was mostly related to household problems. These findings show the importance of implementing problem-focused coping strategies by adolescents in facing their life challenges

In the process of carrying out various coping mechanisms, individuals will achieve different levels of informant well-being. For example, research conducted by Stapley *et al.* (2020) showed that one of the informants who applied emotional focused coping in the form of acceptance succeeded in achieving welfare through social support from his siblings. Meanwhile, the results of the research by Mashudi *et al.* (2020) revealed that adolescents use a variety of coping strategies, covering three main aspects: individual ability, social support, and religious efforts. These three aspects are part of adaptive coping that has a positive impact on individuals. Conversely, adolescents can also adopt maladaptive coping mechanisms, as found in Rahayu's (2014) research. The study showed that students in early adolescence were more likely to use maladaptive coping mechanisms than students in middle adolescence, with 42.9% of respondents choosing maladaptive coping strategies. However, research specifically addressing maladaptive coping mechanisms in adolescents with divorced parents is still limited. Therefore, this study will focus on further exploring this topic.

METHODOLOGY

This study applies a qualitative approach with a type of phenomenological research, aiming to reveal in depth the phenomena experienced by research informants (Creswell, 2013). This phenomenological research is used to explore and understand the meaning of experiences experienced by individuals or groups related to certain social issues (Bryman, 2012). The selection of

participants or informants was carried out through the snowball sampling technique of two informants, with the following informant criteria: (1) from a divorced family; (2) domiciled in the Greater Malang area; (3) have the status of female students; and (4) experiencing psychological disorders, such as stress, depression, or anxiety. This study involved two main informants, namely adolescent girls, and one key informant, namely a counselor involved in the counseling process for the main informant

The data collection techniques used are in-depth interviews and observations. Then it was analyzed with interactive analysis following the stages of the Miles & Huberman (2009) model, namely data collection, data reduction, data presentation, verification and conclusion drawn. To test the validity of the data, the researcher triangulation of time and source by means of *member check*.

RESULTS AND DISCUSSION

The Condition of Adolescent Girls after Their Parents Divorce

Based on the results of an in-depth interview with informant 1, it was found that after his parents divorced, he did not feel the presence of his parents.

"My parents have separated from 5 years ago and I live with my mother. I am not close to my parents, even because I talk about school and activities. So if it's not important, don't talk about it"- informant 1

From the results of the interview, it was found that informant 1 felt the absence of his parents in his daily life which made him not have a close relationship with his parents. With this condition, the informant becomes more closed to others about the problems he experiences in his life.

Informant 2 stated that after the divorce of his parents, the informant received various pressures because he was ignored by his family.

"... So I feel that I am not considered and who knows the latest divorce problem. So I feel underestimated even though there is a connection to my life"-informant 2

From the results of the interview, informant 2 experienced neglect from the informant's parents which gave rise to hatred. Coupled

with the informant's thinking that his parents were selfish by sacrificing the informant through a divorce between the two. Like informant 1, informant 2 also experienced a period of closing himself off not to tell about his problems.

Problems that Arise After Parents' Divorce

Based on the results of the interview, the problem experienced by informant 1 after the divorce of his parents was that the informant's mother often gave verbal insults to the informant when at home. Then at the same time the informant experienced a romantic problem with his lover.

"... At that time, in June at the beginning of the month, I was tired of my activities when I was at home and even scolded by my mother. I used to have a guy for 2 years, then I ended the relationship. Nervous because initially there was someone who was nemenin and the figure didn't exist..."-informant 1

From the interview, it can be concluded that the informant was hurt because he received scolding from the informant's mother. On the other hand, she also feels lonely because she doesn't have a lover as a place to tell stories

As for the interview with informant 2, it was found that after her parents' divorce she experienced problems regarding being shunned by the closest people when experiencing these problems and also the absence of support from her mother's family to solve the problems she experienced medically.

"I used to think that other people must be uneasy and thought I was strange. Because I am always looking for people's sympathy. Surely other people must be tired. So it's no wonder I'm kept away"- informant 2

From the interview, it can be seen that the informant experienced loneliness in his life because of neglect and being shunned by the closest people when experiencing the problem of parental divorce. The informant concluded that he was shunned by the people closest to him because he always sought people's sympathy from the problems he was experiencing.

"... From my mother's side, I always say don't take medicine, later the dependence is better than ruqyah..."-informant 2

At the same time, when the informant wanted to improve psychologically to a psychiatrist, the mother did not support him and instead suggested that he only ruqyah. The informant only received support from his father. This makes the informant depressed by the conditions and situations that occur in his environment.

Formed Coping Mechanism

Based on the results of the in-depth interview, the following is an overview of the coping mechanism formed from informant 1

Tabel 1

Coping mechanism formed from informants 1.

Problem Focused Coping	Emotional focused coping	Dysfunctional focused coping
Every time I am fragile, I have to tell the person.	But with them it still makes an excuse for me to live.	"I was hurt even if it was more painful if it was exposed to water
So I was dependent and even he gave himself up so that I would depend on him.		

So I asked my friend and they suggested that I pass	But maybe it's for me to learn so that I can accept people's input	I don't hurt myself, I just cut my hand. You just give up because from the beginning I did self-harm to commit suicide
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At that time, I had a drug overdose, so I felt it myself

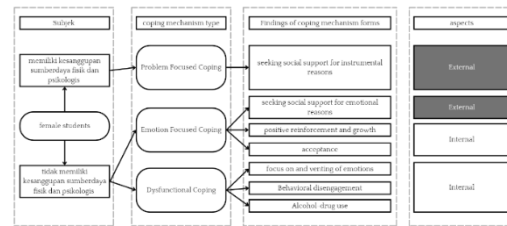
I'm sorry, I'm a smoker, so I smoke when I'm not calm anymore

Based on the results of in-depth interviews, the following is an overview of the coping mechanism formed from informant 2.

Table 2
Coping Mechanism Formed from Informant 2

Problem Focused Coping	Emotional focused coping	Dysfunctional focused coping
I'm the type of person who uses my weaknesses to attract sympathy and seek the attention of others	I think everyone has their own phase. And when I self-harm it is my process to try to find a solution to the problem I am experiencing	I used to be obsessed with blood. When I looked at the blood, I was very satisfied. Because my self-harm is not aimed at suicide but just to enjoy the pain..
	In terms of positives, I play music, read, watch movies because it makes me happy.	I looked at my friend doing that self-harm and dependency and after I tried it, I was really satisfied
	I isolate myself from the environment and only have 2 people I can rely on...	So in my cat rich noisy That's why I checked her neck, I lifted her neck and squeezed her neck...

Dari mekanisme coping kedua informan dapat divisualisasikan pada gambar berikut



Gambar 1.
Mekanisme coping informan 1 dan informan 2

Based on Figure 1 above, the coping mechanism is detailed based on the capacity of individuals to manage physical and psychological resources, focusing on three main categories: *Problem Focused Coping*, *Emotion Focused Coping*, and *Dysfunctional Coping*. *Problem Focused Coping* is associated with individuals who have adequate physical and psychological capacity, where this strategy involves seeking social support for instrumental reasons, an approach closely linked to external aspects. This strategy indicates that physically and psychologically capable individuals tend to focus efforts on problem resolution through concrete external interventions.

Meanwhile, *Emotion Focused Coping* appears to be more dominant among adolescents who also have good physical and psychological capacity. This coping mechanism includes a series of strategies aimed at managing emotions, rather than solving problems directly. Included in this strategy is the search for social support with emotional goals, which are part of the external aspect, as well as various forms of internal reinforcement such as positive reinforcement, personal growth, acceptance, and emotional disclosure. These strategies show a tendency in individuals in this group to handle stress in ways that support emotional well-being and strengthen their resilience to stress.

In contrast, *dysfunctional coping* is found in individuals who do not have adequate physical and psychological capacity, where the coping mechanism used is counterproductive. This form of coping involves the release of behavioral involvement and the use of substances such as alcohol or

drugs, both maladaptive internal strategies. Individuals in this category seem to be more likely to adopt an avoidance or escape approach from problems, which not only fails to reduce stress, but also potentially worsens their psychological state.

It comprehensively illustrates the relationship between the types of coping mechanisms used and the aspects that influence the individual's response to stress, emphasizing the importance of physical and psychological capacity in determining the coping strategy chosen. The use of different coping strategies by individuals shows that the approach taken is strongly influenced by the internal and external conditions that surround them, as well as the extent to which they are able to utilize or overcome the available resources

The Condition of Adolescent Girls After Their Parents Divorce

The research findings from informant 1 indicated that the informant experienced the complete absence of parental presence. The absence of one of the parents in daily life has a significant impact on the lack of emotional closeness between the informant and his parents.

This minimal closeness is influenced by various factors, one of which is the perception of the informant that the parents are no longer able to show full parenting responsibility, due to the reduced intensity of interaction with one of the parents. These findings are in line with the results of a study by Hezarjaribi & Niyyati (2018) which showed that divorce can cause changes in adolescents' relationships with their parents, where the relationship with fathers tends to undergo more significant changes compared to mothers. The study also revealed that attitudes and beliefs between adolescents and parents have undergone a transformation due to divorce

The condition of the second informant showed significant neglect from both parents. The informant considered his parents to be selfish individuals, which made him a victim of the divorce decision taken. Informants' assessment of divorce decisions as a

manifestation of parental selfishness can be influenced by various factors, such as fear of losing a father or mother, or fear of losing the affection of parents who are no longer living in the same house. The findings of this study are in line with the results of Dijk *et al's research*. (2020), which revealed that divorce for children is a source of deep and painful emotional distress, considering that most children expect life in a whole family environment.

Problems that Arise After Parents' Divorce

The findings of the study show that the problem faced by informant 1 after the divorce of the parents is that the informant often receives insults from parents for various reasons, either because of minor problems or situations that are not in accordance with the expectations of the mother. The findings of this study show that there is a one-way relationship between informant 1 and parents where adolescents have difficulty expressing their hopes and conditions to parents due to the lack of opportunities to be heard from parents. The emotional pressure faced by adolescents is a series of negative emotions from parents that are an emotional response to the divorce they are facing. They feel sadness, anger, anxiety, confusion, and guilt as well as the magnitude of responsibility that must be borne as a result of the divorce. The findings of this study reinforce the research of Salahian et al. (2021) that one of the impacts of divorce on adolescents is increased emotional problems and decreased life satisfaction and psychological vulnerability.

The problem faced by informant 2 after the divorce of his parents was that the informant had difficulty developing a positive relationship with the surrounding environment. The informant felt shunned by the people around him. This condition makes it difficult for informants to get social support from their environment so they feel lonely, have no friends to talk to. The findings of this study explain that the impact of parental divorce on adolescents can be shown by internalizing or externalizing behavior. Internalizing behaviors include fear, shame, depression, low self-esteem, sadness,

anxiety, confusion, anxiety, pain, and low self-confidence. While active behavior in external behavior includes difficulties in building relationships with others (Adofo & Etsey, 2016). Low self-confidence and difficulty building relationships with others are factors that contribute to the low social support received by adolescents after their parents' divorce. It can be concluded that from the problems of the two informants, after the divorce of their parents, it leads to an increase in psychological vulnerability such as stress, anxiety and depression. This is in line with the findings of Sethi (2022) which revealed that the problem of adolescent girls as a result of parental divorce is the potential for higher levels of depression.

Formed Coping Mechanism

Divorce has an impact both negative and positive. The negative impact of divorce is the emergence of various problems in psychological, physical, academic and social life aspects. These various problems will certainly encourage adolescents to find effective coping strategies. The selection of coping strategies in research informants is influenced by various things, including age, cultural background, personality, and socioeconomic status. The findings of the study showed that the research informants, both informants 1 and 2, used three coping mechanism strategies in dealing with problems that arose as a result of their parents' divorce, namely *problem focus coping*, *solution focus coping* and *dysfunctional focus coping*. From the findings of the study, the two informants used adaptive and maladaptive coping strategies (Hanifa *et al.*, 2022). The selection of adaptive and maladaptive coping strategies by the informant is inseparable from the cultural dimensions in Indonesia, namely *femininity* and *restraint* (Priscilla & Widjaja, 2020). Feminine culture encourages individuals to have concern for others and quality of life is very important (Sihombing & Tambunan, 2023). Meanwhile, restraint means that in Indonesia there is a known culture of restraint and has a tendency to cynicism and pessimism. Individuals will have the perception that their actions are constrained by social norms.

These two cultural dimensions encourage informants on the one hand to choose adaptive coping strategies to be accepted by the social environment, but on the other hand also use maladaptive coping strategies in the form of self-harm rather than doing other actions that are seen as detrimental to the environment, as a strong impact of social norms in society.

Intervention strategies that counselors can do

Counselors in this problem have a role in the problem of women victims of divorce. Interventions that can be carried out by school counselors are as follows.

1. Feminist Therapy

The beginning of the development of *the feminist therapy* approach was to provide a negative effect of gender bias in theory. *Feminist therapy* is not a therapist's technique but a sense of sensitivity, wisdom and harmony regarding gender issues (Conlin & Douglass, 2023). The basic thing that is important to understand when implementing feminist counseling is not just to include gender issues in the counseling process but is still accompanied by a deep understanding of the concepts of gender equality, a perspective of values in women and seeing that everyone has the ability to make choices and make decisions independently (Brown, 2018). Regarding divorce victims, *feminist therapy* can be used as an alternative intervention for adolescent female students who are victims of parental divorce.

1. Forgiveness therapy

The matter of forgiveness will be very broad regarding the explanation. It is undeniable that everyone when experiencing bad things must be difficult to forgive, as well as to their parents. A person is also directed to be able to see the meaning of all events that occur and find the purpose of life after an apology is uttered by a person (Aristawati *et al.*, 2023). *Forgiveness therapy* is considered to have benefits to improve individual psychological health such as happiness, self-esteem, meaning of life, self-acceptance, empathy, and social skills (Yu *et al.*, 2021). Indeed, forgiveness takes an indefinite amount of time, but many studies have

mentioned that *forgiveness therapy* can increase a person's self-esteem, neglect, anger and sadness (Dehghan Menshadi *et al.*, 2017). *Forgiveness therapy* when implemented will improve the forgiveness process, reduce emotions and negative reactions to the perpetrator, the desire for revenge, and other psychological symptoms (Blocher & Wade, 2010; Aliabadi & Shareh, 2021). It is likely that a teenage girl who is a divorce victim can improve the process of forgiving both herself, her parents and even her environment.

1. *Counseling Person Centered*

The role of counselors is not to direct, explain, or advise but to encourage clarification of problem points. This method is built on the basis that the counselor is able to cope with his or her own problems, and the counselor must provide an atmosphere in which love and certainty prevail and value something. In the context of client-centered counseling, this approach emphasizes the importance of creating a therapeutic environment that is full of empathy, unconditional acceptance, and authenticity on the part of the counselor. When counselors provide interventions to counselors who are female students experiencing the effects of divorce, this approach allows counselors to direct the therapeutic process according to their own pace and needs. Counselors serve as facilitators who support counselors in exploring their thoughts, feelings, and experiences in depth (Lee *et al.*, 2020). Through this process, the counselor is empowered to understand and address the problems he faces in a way that works best for him, which makes this approach often known as non-directive therapy. This approach values the counselor's capacity to develop intrinsically and find solutions from within, which is at the core of the humanistic paradigm in counseling (Nkhoma *et al.*, 2022). The goal of this counseling is to help the counselor become a fully functioning person and not just to help them solve their problems.

SIMPULAN

Kesimpulan berisi rangkuman singkat atas hasil penelitian dan pembahasan, termasuk implikasi hasil penelitian dan saran. [Arial, 10, normal]. Maksimal 5% dari keseluruhan artikel.

CONCLUSION

Parental divorce has a positive and negative impact on children regardless of their age, especially adolescence. In addition, divorce will make the relationship between adolescents and parents change, and the relationship between adolescents and fathers will change more than the relationship with mothers. From the informants, it was found that they used three coping mechanism strategies in dealing with problems that arose as a result of their parents' divorce, namely problem *focus coping*, *solution focus coping* and *dysfunctional focus coping*. With that, it is necessary to provide alternative interventions to adolescents, especially women victims of divorce, including *feminist therapy*, *forgiveness therapy* and *person-centered counseling*

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