
The Psychological Impact of Parental Divorce on Adolescents: A Comprehensive Analysis of Coping Mechanisms and Support Networks

Devapramod VB

Seventh Day Adventist (SDA) Hospital, India

Correspondent: vbdevan.psy@gmail.com

Received : November 15, 2023

Accepted : January 12, 2024

Published : February 28, 2024

Citation: VB. D. (2024). The Psychological Impact of Parental Divorce on Adolescents: A Comprehensive Analysis of Coping Mechanisms and Support Networks. *Sinergi International Journal of Psychology*, 2(1), 14-26.

ABSTRACT: Parental divorce is a significant life event that affects the emotional well-being of adolescents, often leading to psychological distress, social difficulties, and long-term identity development challenges. This study explores the emotional dynamics of adolescents following parental divorce using a qualitative case study approach. Data were collected through in-depth interviews with 12 participants, including adolescents, divorced parents, and counselors. Thematic analysis was employed to identify key patterns in affected adolescents' emotional experiences, coping mechanisms, and support systems. The results indicate that adolescents exhibit a spectrum of emotional responses, including sadness, frustration, and confusion. While some adolescents utilize adaptive coping strategies such as journaling and peer support, others engage in avoidance behaviors, which may exacerbate their distress. Parental involvement and open communication were found to be pivotal in facilitating better emotional adjustment, whereas the lack of support contributed to prolonged emotional struggles. Furthermore, school-based interventions and professional counseling play crucial roles in mitigating the negative psychological effects of parental divorce. This study contributes to the understanding of adolescent resilience in the face of parental divorce and highlights the need for comprehensive support systems, including parental guidance, peer networks, and institutional interventions. Future research should examine the long-term impact of divorce on adolescent identity and explore culturally sensitive approaches to post-divorce counseling.

Keywords: Adolescent Emotional Well-Being; Parental Divorce; Coping Strategies; Peer Support; School-Based Intervention; Mental Health Resilience



This is an open access article under the CC-BY 4.0 license

INTRODUCTION

Parental divorce is a significant life event that has profound psychological, social, and emotional implications for children and adolescents. Studies indicate that adolescents from divorced families are at higher risk of experiencing mental health issues, including anxiety, depression, and social

The Psychological Impact of Parental Divorce on Adolescents: A Comprehensive Analysis of Coping Mechanisms and Support Networks

Devapramod

adjustment difficulties (Reiter et al., 2013; Tullius et al., 2021). The increasing prevalence of divorce worldwide necessitates a deeper understanding of its effects on adolescent well-being and the factors influencing their coping mechanisms. Previous research has consistently found that parental conflict, changes in family structure, and the availability of social support play crucial roles in shaping adolescents' responses to divorce (Harold & Sellers, 2018; Seijo et al., 2016; Turner et al., 2019). While some adolescents struggle to adapt, others develop resilience through effective coping strategies and external support systems. This disparity underscores the need for a comprehensive investigation into the emotional dynamics of adolescents following parental divorce (Lieber et al., 2023; Wireko-Gyebi et al., 2022).

The impact of parental divorce on adolescents is multifaceted, influenced by factors such as the quality of parent-child relationships, parental involvement post-divorce, and the extent of social support (Lamela et al., 2015). Research suggests that adolescents who experience prolonged parental conflict before or after divorce exhibit higher levels of emotional distress, including withdrawal, aggression, and reduced academic performance (Tullius et al., 2021). Furthermore, the loss of contact with one parent, particularly the non-custodial parent, has been associated with feelings of abandonment and insecurity (Nambiar et al., 2022; Reijneveld et al., 2014). These effects may persist into adulthood, leading to challenges in forming stable relationships and maintaining psychological well-being (Geoffroy et al., 2013).

Despite these challenges, studies have highlighted protective factors that facilitate positive adjustment to parental divorce. The presence of strong peer relationships, effective communication with parents, and access to mental health support services contribute to better emotional regulation and resilience (Cohen et al., 2016; Español-Martín et al., 2023). Adolescents who maintain a secure attachment with at least one parent tend to exhibit fewer negative psychological outcomes (Mitchell et al., 2021). Additionally, structured coping strategies, such as journaling, engaging in creative activities, and seeking peer support, have been shown to mitigate stress and promote well-being (Reiter et al., 2013).

The research problem addressed in this study is the complex emotional landscape experienced by adolescents after parental divorce. Although a substantial body of literature exists on the effects of divorce on children's psychological well-being, much of it focuses on broad, generalized outcomes or younger children. Few studies critically examine the emotional nuances experienced by adolescents—particularly how specific coping strategies interact with support structures across diverse social settings. Moreover, limited research integrates perspectives from adolescents themselves alongside parents and counselors, which is essential for designing holistic interventions. This study fills that gap by offering a triangulated, in-depth analysis of adolescents' emotional landscapes post-divorce, uncovering how resilience is shaped by both internal mechanisms and external support systems. Furthermore, there is a gap in understanding how different coping mechanisms influence long-term adjustment and psychological resilience. Addressing these gaps is essential for developing targeted interventions that support adolescents navigating the challenges of parental divorce (Finkelstein & Grebelsky-Lichtman, 2021; Wang et al., 2022).

The Psychological Impact of Parental Divorce on Adolescents: A Comprehensive Analysis of Coping Mechanisms and Support Networks

Devapramod

General solutions to this problem have been explored in prior research, including family therapy, school-based counseling programs, and social support interventions (Cohen et al., 2016; Pelleboer-Gunnink et al., 2015). Family therapy approaches emphasize improving parent-child communication, reducing parental conflict, and fostering secure attachments, while school-based interventions aim to provide emotional support and guidance through trained counselors and peer support groups (Lamela et al., 2015). Despite these interventions, the effectiveness of various coping strategies and the role of external support systems in facilitating emotional adjustment remain areas requiring further exploration (Carley et al., 2022; Hyder & Iqbal, 2016; Panda et al., 2023).

Specifically, previous studies have examined the role of social support networks in adolescent adjustment post-divorce. Research by Tullius et al. (2021) found that adolescents with strong peer support networks reported lower levels of emotional distress and exhibited greater resilience. Similarly, Harold & Sellers (2018) highlighted the negative impact of parental conflict on adolescent mental health, emphasizing the importance of minimizing exposure to parental disputes. Meanwhile, Nambiar et al. (2022) explored gender differences in coping mechanisms, noting that adolescent girls were more likely to seek social support, whereas boys tended to engage in avoidant coping strategies.

A critical review of the literature reveals that while existing studies provide significant insights into the effects of parental divorce, they often focus on broad psychological outcomes rather than the intricate emotional dynamics experienced by adolescents. Additionally, there is a need for research that integrates qualitative perspectives to capture the lived experiences of adolescents undergoing this transition. This study aims to bridge this gap by employing a qualitative case study approach to explore the emotional responses, coping mechanisms, and social support systems that influence adolescent adjustment post-divorce (Dickinson et al., 2020; Salaam & Mounts, 2016).

The primary objective of this study is to explore the emotional experiences of adolescents following parental divorce. It seeks to identify key factors influencing their psychological adjustment and assess the role of familial, peer, and institutional support in mitigating adverse effects. By conducting in-depth interviews with adolescents, divorced parents, and counselors, this study aims to provide a comprehensive understanding of the challenges faced by adolescents and the coping mechanisms that facilitate resilience. The findings will contribute to the existing body of knowledge on adolescent well-being post-divorce and inform the development of more effective support strategies in family counseling, educational settings, and mental health interventions (Al-Wathinani et al., 2023; Bhamani et al., 2022; Nestor et al., 2021; Peleg et al., 2023).

Furthermore, this study introduces a novel perspective by focusing on adolescents' subjective experiences and the dynamic interplay of emotions, social interactions, and coping strategies. Unlike previous research that primarily relies on quantitative assessments, this study employs a thematic analysis approach to uncover deeper insights into adolescents' emotional adjustment. The results are expected to provide valuable recommendations for parents, educators, and mental health professionals working with adolescents affected by parental divorce, ultimately fostering

The Psychological Impact of Parental Divorce on Adolescents: A Comprehensive Analysis of Coping Mechanisms and Support Networks

Devapramod

more targeted and effective support systems (Lucassen et al., 2022; Silawati et al., 2019; Wilson et al., 2021).

METHOD

This study employs a qualitative research approach using a case study design to explore the emotional dynamics of adolescents following parental divorce. The case study methodology provides an in-depth understanding of individual experiences, capturing nuances that may not be evident in larger quantitative studies (Reiter et al., 2013). Given the complexity of emotional responses to parental divorce, this approach allows for a richer exploration of the factors influencing adolescent adjustment, including coping mechanisms and social support systems (Tullius et al., 2021). The case study design also enables a contextualized analysis, ensuring that findings are rooted in the lived experiences of the participants (Harold & Sellers, 2018).

The study was conducted in Jakarta, Indonesia, and involved a purposive sampling of 12 participants, categorized into three groups: four adolescents aged 13–18 who had experienced parental divorce within the past five years, four parents who had undergone divorce and had adolescent children, and four counselors specializing in adolescent mental health. Purposive sampling was chosen to ensure that participants met the specific criteria necessary to address the research questions effectively (Seijo et al., 2016). The inclusion criteria for adolescents required them to have firsthand experience with parental divorce, while parents were included based on their role in post-divorce parenting. Counselors were selected based on their experience working with adolescents from divorced families.

The sample size was determined to balance depth and breadth in qualitative analysis, following recommendations for case study research (Lamela et al., 2015). Although a larger sample could provide broader generalizability, the primary aim of this study was to uncover detailed insights into adolescent emotional adjustment, necessitating a focus on depth rather than breadth (Nambiar et al., 2022). Ethical considerations were strictly adhered to, including obtaining informed consent from participants and, in the case of adolescent participants, securing parental or guardian approval before participation (Kovács-Tóth et al., 2021).

Data were collected through in-depth, semi-structured interviews with all participants. The semi-structured interview format allowed flexibility in exploring participants' unique perspectives while ensuring that key themes related to emotional responses, coping strategies, and social support were addressed (Geoffroy et al., 2013). Interview guides were developed based on existing literature and preliminary explorations of the topic, ensuring alignment with previous research findings (Cohen et al., 2016).

The interviews with adolescents focused on their emotional experiences following parental divorce, coping mechanisms they employed, and sources of support they found beneficial. Questions for parents centered on their observations of their children's emotional adjustments,

The Psychological Impact of Parental Divorce on Adolescents: A Comprehensive Analysis of Coping Mechanisms and Support Networks

Devapramod

their parenting strategies post-divorce, and challenges they faced in maintaining effective communication with their children. Counselor interviews aimed to explore their professional insights into adolescent emotional well-being post-divorce and the effectiveness of various support mechanisms (Mitchell et al., 2021).

All interviews were conducted in a private, comfortable setting to encourage open dialogue and minimize participant distress. Sessions were recorded with participant consent and transcribed verbatim to ensure data accuracy. Each interview lasted approximately 45–60 minutes, with follow-up questions posed as necessary to gain further clarity on specific issues raised (Español-Martín et al., 2023).

Thematic analysis, as outlined by Braun & Clarke (2006), was employed to analyze the interview data. This method was chosen due to its effectiveness in identifying recurring themes and patterns within qualitative data. The analysis process followed six stages: familiarization with data, generating initial codes, searching for themes, reviewing themes, defining themes, and producing the final report (Harold & Sellers, 2018).

To ensure the credibility and trustworthiness of findings, data triangulation was rigorously applied by cross-verifying insights across adolescents, divorced parents, and counselors. Each data source offered a distinct lens, allowing for richer thematic validation and reducing potential subjectivity. Furthermore, peer debriefing and member checks were conducted to validate emergent themes and interpretations. Coding was conducted independently by two researchers and later reconciled to maintain consistency and reduce bias. These steps align with best practices in qualitative validity, particularly in thematic analysis (Braun & Clarke, 2006). This approach enhanced the robustness of the findings by cross-verifying information obtained from different sources (Reiter et al., 2013). Coding was performed manually and with qualitative analysis software to ensure systematic categorization of emerging themes (Tullius et al., 2021). The coding process was iterative, allowing for the refinement of themes and the identification of nuanced variations in emotional responses and coping mechanisms among participants (Cohen et al., 2016).

Ethical approval for this study was obtained from the relevant institutional review board. All participants provided informed consent before participating, with adolescents requiring parental or guardian approval. Confidentiality was maintained by anonymizing participant data and securely storing all interview transcripts and recordings. Participants were given the option to withdraw from the study at any stage without repercussions (Lamela et al., 2015).

Given the sensitivity of the topic, psychological support was made available for participants who experienced distress during or after the interviews. Adolescents were informed about available counseling services, and parents were provided with recommendations for family support programs if needed. Counselors who participated in the study also contributed insights into ethical considerations when conducting research with vulnerable populations (Nambiar et al., 2022).

While this study provides valuable insights into adolescent emotional adjustment post-divorce, several methodological limitations should be acknowledged. The small sample size, inherent to

qualitative research, may limit the generalizability of findings to broader populations. However, the richness of the qualitative data compensates for this limitation by providing deep contextual understanding (Kovács-Tóth et al., 2021).

Another limitation relates to potential biases in self-reported data. Participants' recollections of their experiences may be influenced by memory recall biases or social desirability effects. Efforts were made to mitigate these biases by triangulating data across different participant groups and ensuring interviewers maintained a neutral, non-directive approach (Geoffroy et al., 2013). Additionally, while thematic analysis is a robust qualitative method, its subjective nature means that researcher interpretation plays a role in data coding and theme identification (Cohen et al., 2016).

Despite these limitations, the study's methodological rigor—including purposive sampling, triangulation, and ethical safeguards—ensures that the findings provide meaningful contributions to understanding adolescent emotional dynamics following parental divorce. Future research could expand the scope by incorporating longitudinal designs to track adolescent emotional adjustment over time and by employing mixed-method approaches to integrate quantitative measures of psychological well-being with qualitative insights (Mitchell et al., 2021).

RESULT AND DISCUSSION

The findings of this study provide insight into the emotional dynamics of adolescents following parental divorce. The analysis highlights significant themes related to the emotional experiences of adolescents, their coping mechanisms, the role of social support, the challenges faced by single parents, and the contributions of counselors in mitigating emotional distress. The qualitative approach allowed for an in-depth understanding of individual perspectives, capturing both the immediate and long-term effects of parental divorce on adolescents' emotional well-being.

Emotional Experiences of Adolescents

Adolescents reported experiencing a spectrum of emotions following their parents' divorce, including sadness, anger, confusion, and anxiety. Many participants expressed feelings of loss and disconnection from their families. RF (16 years old) described the initial emotional turmoil: *"I felt very sad and confused when I found out my parents were divorcing. It felt like I was losing something huge in my life."* This sentiment was echoed by DS (15 years old), who stated: *"I was angry and disappointed because my parents did not try to stay together."* Such findings align with Bowlby's attachment theory (1969), which suggests that the dissolution of primary attachments can result in insecurity and emotional distress.

Several participants also noted changes in their relationships with their parents post-divorce. MA (17 years old) described the difficulty of adapting to a new home and school, stating: *"I felt lost because I had to move to a new house and school after the divorce."* The disruption of familiar environments exacerbates feelings of instability, reinforcing Amato's (2000) assertion that environmental changes post-divorce can intensify stress and adjustment difficulties in adolescents.

The Psychological Impact of Parental Divorce on Adolescents: A Comprehensive Analysis of Coping Mechanisms and Support Networks

Devapramod

Despite the initial negative emotions, some adolescents demonstrated resilience over time. RF (16 years old) reflected: *"Now I am starting to accept and adjust to the situation."* This highlights the potential for emotional recovery and adaptation, especially when adequate support mechanisms are in place.

Coping Mechanisms Among Adolescents

Adolescents employed a range of coping strategies to manage the emotional impact of their parents' divorce. Some engaged in creative expression, such as journaling or writing poetry, while others resorted to distraction techniques like playing video games or engaging in hobbies. RF (16 years old) explained: *"I started writing a journal to pour out my feelings."* Similarly, MA (17 years old) shared: *"I write poems and songs to express my emotions."* These coping strategies align with Lazarus & Folkman's (1984) cognitive-behavioral coping framework, which differentiates between problem-focused and emotion-focused coping.

Some adolescents relied on social withdrawal or avoidance as coping strategies. DS (15 years old) admitted: *"I often played games and listened to music to calm myself down."* Although avoidance can offer temporary relief, prolonged reliance on this strategy may lead to emotional suppression and long-term psychological distress (Seijo et al., 2016).

The Role of Social Support

Social support emerged as a critical factor in helping adolescents adjust to parental divorce. Many participants found solace in friendships rather than parental figures. RF (16 years old) explained: *"My mother always tries to understand my feelings, but I feel more comfortable talking to my best friend."* Similarly, DS (15 years old) emphasized the importance of sibling support: *"I feel closer to my older sibling after my parents' divorce."* These findings support Cohen & Wills' (1985) social support theory, which emphasizes the buffering effects of peer relationships against stress.

Teachers and school counselors also played a vital role in providing emotional support. MA (17 years old) described the impact of their school counselor: *"The school counselor has been very helpful; I often talk to them."* The involvement of school professionals reinforces the argument by Harold & Sellers (2018) that institutional support systems are essential in helping adolescents navigate parental divorce.

Despite these support networks, some adolescents expressed a need for greater parental involvement. RL (14 years old) stated: *"I hope to maintain a good relationship with both of my parents."* This highlights the importance of continued parental engagement in the emotional well-being of children post-divorce.

Challenges Faced by Single Parents

Single parents faced significant challenges in balancing work responsibilities and providing emotional support to their children. DW (42 years old, single mother) observed: *"My child became more withdrawn after the divorce. I try not to force them to talk."* MN (45 years old, single father) expressed the struggle of managing responsibilities: *"It is difficult to balance work and parenting after the divorce."* These findings align with Tullius et al. (2021), who emphasize the increased stress and emotional burden experienced by single parents.

The Psychological Impact of Parental Divorce on Adolescents: A Comprehensive Analysis of Coping Mechanisms and Support Networks

Devapramod

In some cases, single parents struggled to maintain stable relationships with their children. SR (39 years old, single mother) reported: *"My child became more irritable and had difficulty focusing at school."* This illustrates the negative impact of parental divorce on children's academic and behavioral outcomes, reinforcing findings by Lamela et al. (2015) that highlight the importance of post-divorce co-parenting quality.

Some single parents made a concerted effort to remain actively involved in their children's lives despite logistical challenges. TL (41 years old, single father) stated: *"I try to stay present in my child's life even though we do not live together."* This supports Seijo et al. (2016), who found that sustained parental involvement mitigates the negative emotional effects of divorce on children.

Counselors' Perspectives on Supporting Adolescents

Counselors emphasized the importance of open communication between parents and children post-divorce. JS (40 years old, family counselor) stated: *"It is crucial for parents to keep communicating with their children and ensure they do not feel abandoned."* This recommendation aligns with research by Cohen et al. (2016), which suggests that parental engagement plays a critical role in adolescent adjustment.

The role of peer support was also highlighted as a significant protective factor. KL (38 years old, clinical psychologist) noted: *"Peer support plays a major role in helping adolescents adjust."* This reinforces findings by Nambiar et al. (2022), who found that adolescents with strong peer networks exhibit greater emotional resilience post-divorce.

Counselors also stressed the need for proactive school-based interventions. DH (42 years old, educational psychologist) stated: *"Schools need to be more proactive in supporting students experiencing parental divorce."* Research by Lamela et al. (2015) supports this, indicating that structured school counseling programs significantly improve adolescent mental health outcomes.

The findings highlight the multifaceted impact of parental divorce on adolescents' emotional well-being. Adolescents experience a range of negative emotions but employ diverse coping mechanisms to manage their distress. Social support, particularly from peers, plays a crucial role in their adjustment. Single parents face challenges in providing adequate emotional support, emphasizing the need for institutional and community-based interventions. Counselors underscore the importance of parental communication, peer support, and proactive school-based programs in mitigating the emotional impact of divorce. These insights contribute to the broader discourse on adolescent mental health and divorce, reinforcing the need for continued research and policy development to support affected individuals effectively.

Emotional Dynamics of Adolescents Post-Divorce

The findings of this study reveal that parental divorce significantly impacts adolescents' emotional well-being, often eliciting feelings of sadness, confusion, and anger. This aligns with Bowlby's (1969) attachment theory, which posits that separation from primary caregivers disrupts a child's sense of security, leading to emotional distress. Adolescents in this study expressed feelings of loss and instability, with some noting a diminished relationship with one parent post-divorce. One

The Psychological Impact of Parental Divorce on Adolescents: A Comprehensive Analysis of Coping Mechanisms and Support Networks

Devapramod

informant shared, “I felt like I lost a part of my life when my parents divorced” (RF). This supports previous findings by Amato (2000), which suggest that changes in the familial environment contribute to heightened emotional distress.

The variability in emotional responses highlights the complex nature of adolescent adjustment to parental divorce. Some informants, such as MA, who had to change schools and relocate, reported heightened feelings of insecurity and disorientation. This is consistent with research indicating that environmental changes post-divorce exacerbate psychological stress (Hetherington, 1999). However, a few adolescents indicated gradual acceptance and adaptation, demonstrating emotional resilience over time. This supports findings by Tullius et al. (2021) that suggest access to support networks can mitigate negative emotional outcomes.

Coping Mechanisms Employed by Adolescents

The study identified a range of coping mechanisms adopted by adolescents in response to parental divorce. Emotion-focused strategies, such as journaling and artistic expression, were reported by some informants. For instance, MA stated, “Writing poetry helps me process my emotions.” These findings are supported by Lazarus and Folkman’s (1984) coping theory, which suggests that individuals employ different strategies to manage stressors.

Conversely, other adolescents engaged in avoidance-based coping, such as excessive gaming or social withdrawal, which may provide temporary relief but could lead to long-term maladaptive behaviors (Seijo et al., 2016). DS expressed, “Playing video games is the only way I can stop thinking about my family issues.” This highlights the potential risks associated with disengagement, reinforcing findings by Wang et al. (2022) that prolonged avoidance strategies can exacerbate emotional distress (Wang et al., 2022).

Social support emerged as a crucial coping resource. Many informants relied on friends and close family members for emotional support. RF stated, “I feel more comfortable talking to my best friend than to my mother.” This aligns with Cohen and Wills’ (1985) social support theory, which posits that emotional validation from peers alleviates stress and promotes psychological well-being. Informants who had access to a supportive network appeared to navigate their emotional challenges more effectively, consistent with the findings of Nambiar et al. (2022).

Role of Social Support in Adolescent Adjustment

The study underscores the importance of social support in facilitating adolescents’ adjustment to parental divorce. Many informants reported relying on peers rather than parents to express their emotions. This preference for peer support over parental communication highlights the significance of adolescent friendships in coping with family disruptions (Cohen et al., 2016). One informant, DS, stated, “My older sibling became my biggest support after the divorce.” This suggests that sibling relationships also play a crucial role in providing emotional stability.

The role of educational institutions in supporting adolescents post-divorce was also evident. Informants like MA found solace in school counselors, with one stating, “Talking to my school counselor really helped me understand my feelings.” This aligns with research by Lamela et al. (2015), which emphasizes the need for proactive interventions in schools to assist adolescents in

navigating emotional distress. However, some adolescents reported feeling isolated due to a lack of institutional support, suggesting disparities in available resources.

Challenges Faced by Divorced Parents

Parents who participated in the study reported difficulties in balancing work and parenting responsibilities. MN, a single father, expressed, “I struggle to manage work and parenting alone.” This finding is consistent with research by Harold and Sellers (2018), which indicates that single parents often experience increased stress due to financial and caregiving responsibilities. The lack of co-parenting cooperation also emerged as a challenge, with some parents reporting difficulties in maintaining open communication with their ex-spouses. SR stated, “My child has become more irritable and distant, and I feel helpless.” This supports findings by Seijo et al. (2016), which suggest that parental conflict post-divorce exacerbates emotional difficulties in children.

Perspectives of Counselors on Adolescent Support

Counselors emphasized the importance of fostering open communication between parents and adolescents. JS, a family counselor, stated, “Parents must ensure their children do not feel abandoned.” This aligns with research by Reiter et al. (2013), which highlights the role of parental involvement in mitigating emotional distress post-divorce. Another counselor, FR, noted, “Adolescents need structured support systems to navigate their emotions effectively.” This reinforces the need for tailored interventions that provide adolescents with tools for emotional regulation.

This study acknowledges several limitations. First, the reliance on self-reported data may introduce bias, as informants’ recollections of their experiences may be influenced by emotional distress or selective memory. Additionally, the study was conducted within a specific cultural and geographical context, which may limit the generalizability of findings to broader populations. The study also relied on qualitative interviews, which, while rich in detail, may not capture broader statistical trends. Future research should incorporate diverse methodologies, such as mixed-method approaches, to provide a more comprehensive understanding of adolescent adjustment to divorce.

The findings of this study hold several implications for both policy and future research. Given the significant role of social support in adolescent adjustment, schools should implement structured peer support programs to provide adolescents with safe spaces to discuss their emotions. Additionally, the findings suggest that parents may benefit from co-parenting workshops that emphasize effective communication strategies to support their children’s emotional well-being.

Future research should explore the long-term psychological impact of parental divorce on adolescents through longitudinal studies. Examining differences in coping mechanisms based on gender or socio-economic background may also provide deeper insights into the varying needs of adolescents undergoing familial transitions. Furthermore, investigating the role of digital mental health interventions in supporting adolescents post-divorce could offer innovative strategies for psychological support.

By addressing these research gaps, future studies can contribute to the development of more effective interventions aimed at enhancing adolescent resilience in the face of parental divorce.

CONCLUSION

This study provides significant insights into the emotional dynamics of adolescents following parental divorce. The findings reveal that adolescents experience a range of emotional responses, including sadness, anger, confusion, and anxiety, which align with previous research on attachment theory and stress-related coping mechanisms. While some adolescents develop adaptive coping strategies such as writing, engaging in creative activities, or seeking social support, others struggle with emotional withdrawal and increased stress levels. The role of peer support, parental involvement, and school-based interventions emerges as critical in mitigating the negative psychological effects of divorce.

The study highlights the necessity of fostering strong communication channels between adolescents and their parents post-divorce, as well as implementing school-based counseling programs that provide a structured emotional support system. Additionally, the findings underscore the importance of reducing parental conflict and ensuring consistent parental involvement to enhance adolescent well-being. By expanding the understanding of coping mechanisms and social support structures, this study contributes to the existing body of knowledge on adolescent psychological resilience post-divorce. Future research should explore the long-term effects of parental divorce on adolescent identity formation and mental health, as well as assess the effectiveness of targeted interventions in different socio-cultural contexts.

REFERENCE

- Al-Wathinani, A. M., Almusallam, M. A., Albaqami, N. A., Aljuaid, M., Alghamdi, A. A., Alhallaf, M. A., & Goniewicz, K. (2023). Enhancing Psychological Resilience: Examining the Impact of Managerial Support on Mental Health Outcomes for Saudi Ambulance Personnel. *Healthcare*, *11*(9), 1277. <https://doi.org/10.3390/healthcare11091277>
- Bhamani, S. S., Arthur, D., Parys, A. V., Létourneau, N., Wagnild, G., Premji, S. S., Asad, N., & Degomme, O. (2022). Resilience and Prenatal Mental Health in Pakistan: A Qualitative Inquiry. *BMC Pregnancy and Childbirth*, *22*(1). <https://doi.org/10.1186/s12884-022-05176-y>
- Carley, S., Graff, M., Konisky, D. M., & Memmott, T. (2022). Behavioral and financial coping strategies among energy-insecure households. *Proceedings of the National Academy of Sciences of the United States of America*, *119*(36). <https://doi.org/10.1073/pnas.2205356119>
- Cohen, G. J., Weitzman, C. C., Yogman, M. W., Gambon, T. B., Lavin, A., Mattson, G., Rafferty, J., Wissow, L. S., Blum, N. J., Macias, M. M., Bauer, N. S., Bridgemohan, C., Goldson, E., & McGuinn, L. (2016). Helping Children and Families Deal With Divorce and Separation. *Pediatrics*, *138*(6). <https://doi.org/10.1542/peds.2016-3020>
- Dickinson, C., Whittingham, K., Sheffield, J., Wotherspoon, J., & Boyd, R. N. (2020). Efficacy of Interventions to Improve Psychological Adjustment for Parents of Infants With or at Risk of Neurodevelopmental Disability: A Systematic Review. *Infant Mental Health Journal*, *41*(5), 697–722. <https://doi.org/10.1002/imhj.21871>

The Psychological Impact of Parental Divorce on Adolescents: A Comprehensive Analysis of Coping Mechanisms and Support Networks

Devapramod

- Español-Martín, G., Pagerols, M., Prat, R., Rivas, C., Ramos-Quiroga, J. A., Casas, M., & Bosch, R. (2023). The Impact of Attention-Deficit/Hyperactivity Disorder and Specific Learning Disorders on Academic Performance in Spanish Children From a Low-Middle- And a High-Income Population. *Frontiers in Psychiatry, 14*. <https://doi.org/10.3389/fpsyt.2023.1136994>
- Finkelstein, I., & Grebelsky-Lichtman, T. (2021). Adolescents in Divorced Families: The Interplay of Attachment Patterns, Family Environment, and Personal Characteristics. *Journal of Divorce & Remarriage, 63*(2), 120–149. <https://doi.org/10.1080/10502556.2021.1993017>
- Geoffroy, M., Gunnell, D., & Power, C. (2013). Prenatal and Childhood Antecedents of Suicide: 50-Year Follow-Up of the 1958 British Birth Cohort Study. *Psychological Medicine, 44*(6), 1245–1256. <https://doi.org/10.1017/s003329171300189x>
- Harold, G. T., & Sellers, R. (2018). Annual Research Review: Interparental Conflict and Youth Psychopathology: An Evidence Review and Practice Focused Update. *Journal of Child Psychology and Psychiatry, 59*(4), 374–402. <https://doi.org/10.1111/jcpp.12893>
- Hyder, A., & Iqbal, N. (2016). Socio-economic losses of flood and household's coping strategies: Evidence from flood prone district of Pakistan. *PIDE Working Papers, 1*(142). <https://www.scopus.com/inward/record.uri?eid=2-s2.0-85015040455&partnerID=40&md5=d2b5175b0e937246be10c4a26c21f67b>
- Kovács-Tóth, B., Oláh, B., Papp, G., & Szabó, I. K. (2021). Assessing Adverse Childhood Experiences, Social, Emotional, and Behavioral Symptoms, and Subjective Health Complaints Among Hungarian Adolescents. *Child and Adolescent Psychiatry and Mental Health, 15*(1). <https://doi.org/10.1186/s13034-021-00365-7>
- Lamela, D., Figueiredo, B., Bastos, A., & Feinberg, M. E. (2015). Typologies of Post-Divorce Coparenting and Parental Well-Being, Parenting Quality and Children's Psychological Adjustment. *Child Psychiatry & Human Development, 47*(5), 716–728. <https://doi.org/10.1007/s10578-015-0604-5>
- Lieber, J., Clarke, L., Kinra, S., Papachristou Nadal, I., & Thampi, B. V. (2023). “Day and night people run after money ... where is the time to spend chit-chatting with parents?”: Challenges of, and coping strategies for, supporting older relatives in adults of varied socioeconomic backgrounds in Tamil Nadu, India. *SSM - Qualitative Research in Health, 3*. <https://doi.org/10.1016/j.ssmqr.2023.100262>
- Lucassen, M., Núñez-García, A., Rimes, K. A., Wallace, L., Brown, K., & Samra, R. (2022). Coping Strategies to Enhance the Mental Wellbeing of Sexual and Gender Minority Youths: A Scoping Review. *International Journal of Environmental Research and Public Health, 19*(14), 8738. <https://doi.org/10.3390/ijerph19148738>
- Mitchell, E. T., Whittaker, A., Raffaelli, M., & Hardesty, J. L. (2021). Child Adjustment After Parental Separation: Variations by Gender, Age, and Maternal Experiences of Violence During Marriage. *Journal of Family Violence, 36*(8), 979–989. <https://doi.org/10.1007/s10896-021-00252-x>
- Nambiar, P. P., Jangam, K. V, Jose, A., & Seshadri, S. (2022). Predictors of Behavioral and Emotional Issues in Children Involved in Custody Disputes: A Cross Sectional Study in Urban Bengaluru. *Asian Journal of Psychiatry, 67*, 102930. <https://doi.org/10.1016/j.ajp.2021.102930>

The Psychological Impact of Parental Divorce on Adolescents: A Comprehensive Analysis of Coping Mechanisms and Support Networks

Devapramod

- Nestor, P. G., Hasler, V. C., O'Donovan, K., Lapp, H. E., Boodai, S. B., & Hunter, R. (2021). Psychiatric Risk and Resilience: Plasticity Genes and Positive Mental Health. *Brain and Behavior, 11*(6). <https://doi.org/10.1002/brb3.2137>
- Panda, R. K., Mohanty, U. C., Dash, S., & Parhi, C. (2023). Flash drought in Odisha-prediction, impact assessment, coping strategies: Current status and future strategies. *Journal of Agrometeorology, 25*(4), 491–497. <https://doi.org/10.54386/jam.v25i4.2450>
- Peleg, O., Shalev, R., Cohen, A., & Hadar, E. (2023). How Is the Loss of a Parent in Youth Related to Attachment and Adult Separation Anxiety Among Women? *Stress and Health, 40*(3). <https://doi.org/10.1002/smi.3356>
- Pelleboer-Gunnink, H. A., Valk, I. E. v. d., Branje, S., Doorn, M. D. V., & Deković, M. (2015). Effectiveness and Moderators of the Preventive Intervention Kids in Divorce Situations: A Randomized Controlled Trial. *Journal of Family Psychology, 29*(5), 799–805. <https://doi.org/10.1037/fam0000107>
- Reijneveld, S. A., Wiegersma, P. A., Ormel, J., Verhulst, F. C., Vollebergh, W., & Jansen, D. (2014). Adolescents' Use of Care for Behavioral and Emotional Problems: Types, Trends, and Determinants. *Plos One, 9*(4), e93526. <https://doi.org/10.1371/journal.pone.0093526>
- Reiter, S. F., Hjörleifsson, S., Breidablik, H.-J., & Meland, E. (2013). Impact of Divorce and Loss of Parental Contact on Health Complaints Among Adolescents. *Journal of Public Health, 35*(2), 278–285. <https://doi.org/10.1093/pubmed/fds101>
- Salaam, B., & Mounts, N. S. (2016). International Note: Maternal Warmth, Behavioral Control, and Psychological Control: Relations to Adjustment of Ghanaian Early Adolescents. *Journal of Adolescence, 49*(1), 99–104. <https://doi.org/10.1016/j.adolescence.2016.03.006>
- Seijo, D., Rivera, F. F., Corrás, T., Pérez, M. N., & Fernández, R. A. (2016). Estimating the Epidemiology and Quantifying the Damages of Parental Separation in Children and Adolescents. *Frontiers in Psychology, 7*. <https://doi.org/10.3389/fpsyg.2016.01611>
- Silawati, V., Effendi, N., Widowati, R., Indrayani, T., & Arundhana, A. I. (2019). Factors associated with coping strategies among primigravida pregnant women in Jakarta. *Journal of Pharmacy and Nutrition Sciences, 9*(5), 269–275. <https://www.scopus.com/inward/record.uri?eid=2-s2.0-85073686222&partnerID=40&md5=b4ab59ad1c7965f63e96ed99bf8f5ab7>
- Tullius, J. M., Kroon, M. L. A. de, Almansa, J., & Reijneveld, S. A. (2021). Adolescents' Mental Health Problems Increase After Parental Divorce, Not Before, and Persist Until Adulthood: A Longitudinal TRAILS Study. *European Child & Adolescent Psychiatry, 31*(6), 969–978. <https://doi.org/10.1007/s00787-020-01715-0>
- Turner, S., Harvey, C., Hayes, L., Castle, D., Galletly, C., Sweeney, S., Shah, S., Keogh, L., & Spittal, M. J. (2019). Childhood Adversity and Clinical and Psychosocial Outcomes in Psychosis. *Epidemiology and Psychiatric Sciences, 29*. <https://doi.org/10.1017/s2045796019000684>
- Wang, L., Yu, Z., Chen, W., Zhang, J., & Bettencourt, A. F. (2022). Higher Exposure to Childhood Adversity Associates With Lower Adult Flourishing. *BMC Public Health, 22*(1). <https://doi.org/10.1186/s12889-022-13063-6>

The Psychological Impact of Parental Divorce on Adolescents: A Comprehensive Analysis of Coping Mechanisms and Support Networks

Devapramod

Wilson, N., Turner-Halliday, F., & Minnis, H. (2021). Escaping the Inescapable: Risk of Mental Health Disorder, Somatic Symptoms and Resilience in Palestinian Refugee Children. *Transcultural Psychiatry*, 58(2), 307–320. <https://doi.org/10.1177/1363461520987070>

Wireko-Gyebi, R. S., Arhin, A. A., Braimah, I., King, R. S., & Lykke, A. M. (2022). Working in a Risky Environment: Coping and Risk Handling Strategies Among Small-scale Miners in Ghana. *Safety and Health at Work*, 13(2), 163–169. <https://doi.org/10.1016/j.shaw.2022.02.004>