



Well-Being in Children Who Experience Broken Home: A Systematic Review

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ABSTRACT

Family has an important role in the growth and development of children, but in reality not all children grow up in intact and harmonious families. Children who are victims of parental separation often face complex psychological conditions. These conditions can affect children's mental well-being such as the emergence of unreasonable fear, difficulty communicating, aggressive behavior and pessimistic feelings. This paper aims to review the psychological well-being of children who are victims of divorce (broken home) and to find out the interventions that can be done. This paper uses a systematic approach with the SPIDER formula (Sample, Phenomenon of Interest, Design, Evaluation and Research Type) to formulate research questions. Data were collected through journal searches on Google Scholar with inclusion criteria: journals in Indonesian and published in 2024-2025; and exclusion criteria: journals in English and published before 2024.

INTRODUCTION

The family is the most basic social structure in society but has a very significant influence on the process of child development both psychologically and socially. Although ideally the family should be a source of warmth and support, the reality is that not all children have the opportunity to experience an intact and harmonious family. Some children have to face the reality of their parents' divorce or separation, which directly impacts their emotional and psychological state. In situations like this, there are generally two responses from children: some are able to accept and acknowledge their family conditions while others choose to reject the reality. This rejection often becomes an obstacle in the child's adjustment process, which can exacerbate tensions in the home environment and create an atmosphere of anxiety and uncertainty (Okoree et al., 2020). This psychosocial condition experienced by children after parental divorce is known as a "broken home" situation. This term refers to family dysfunction when parents fail to fulfill their roles optimally in providing love, emotional attention and financial support (Fatchurrahmi & Sholichah, 2021). Children from broken homes tend to see themselves as victims and develop the view that happiness or life satisfaction is difficult for them to obtain (Dhara, 2013).

LITERATURE REVIEW

The impact of low psychological well-being on children of divorce appears in the form of irrational fears, difficulties in establishing healthy communication to increased emotional sensitivity. In some cases, they exhibit defiant behavior such as running away from home, engaging in fights or showing other forms of aggression. In general, children who grow up in broken home families are more prone to experiencing pessimistic feelings than positive and optimistic feelings in living their lives (Firdausi et al., 2020).

METHODOLOGY

In the writing process, the author starts by creating research questions using the SPIDER formula (Sample, Phenomenon of Interest, Design, Evaluation and Research Type). The research questions in this systematic review are "how is the well-being of children who experience broken homes?" "can the negative impact be overcome?" "how to overcome the negative impact?". After finding the research question, the author searches for related journals regarding the well-being of children who experience broken homes in journals in the database. The database used is google scholar.

The inclusion criteria in this writing are: (1) Indonesian language journals and (2) between the years 2024-2025. While the exclusion criteria in this writing are: (1) English-language journals and (2) under the year 2024.

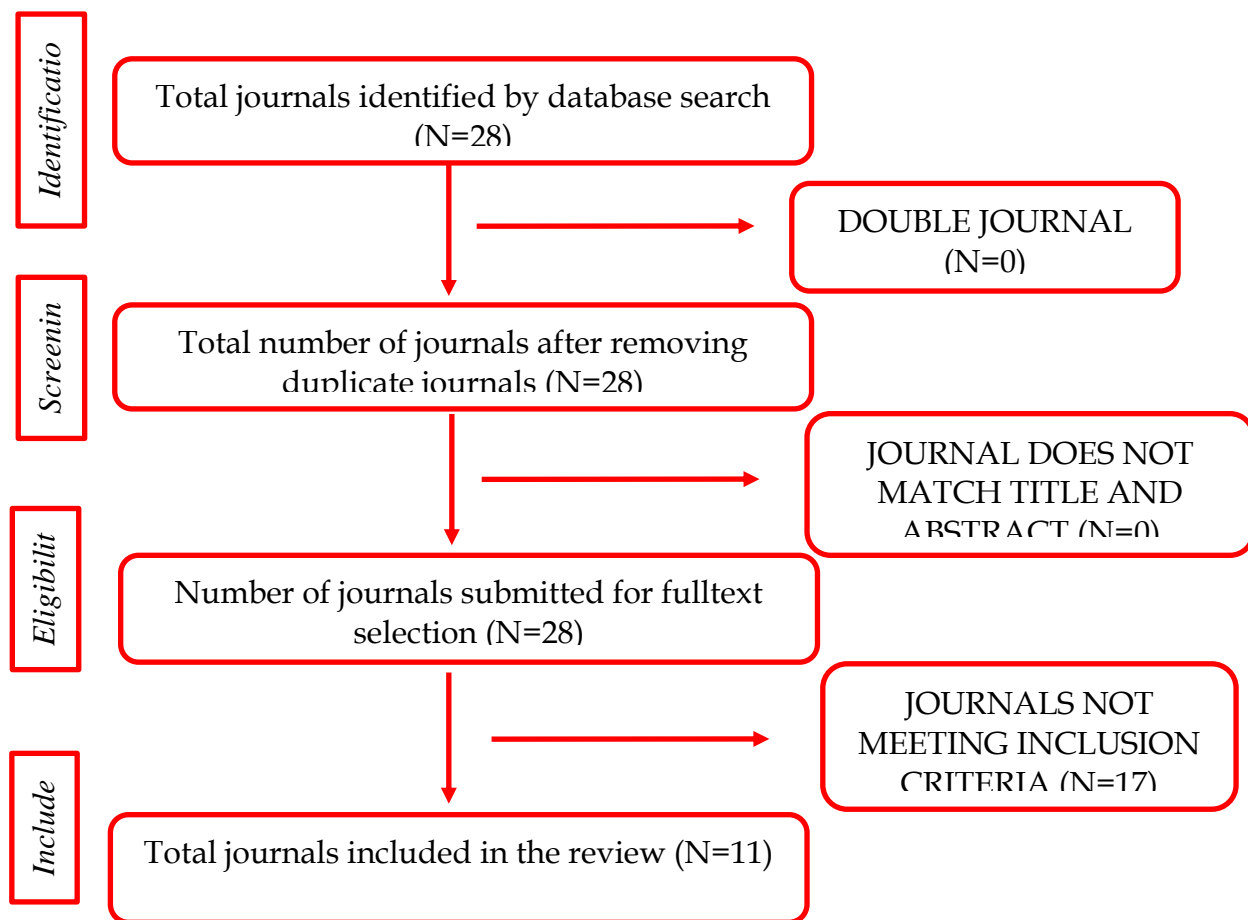


Figure PRISMA Graph Process Flow of Journal Selection

RESULTS AND DISCUSSION

| No. | Author | Instrument & Subject Scale | Research Objectives | Research Results |
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| 1 | Septiningtyas, N. | The sample in this study amounted to 257 adolescents who had divorced parents who were taken by non-probability sampling technique, namely accidental sampling. | This study was conducted to determine the effect of parent attachment, meaning in life and coping strategies on psychological well-being of adolescent victims of parental divorce. | Shows that there is an influence of parent attachment, meaning in life and coping strategies on psychological well-being in adolescent victims of |

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| | | The author modified measuring instruments consisting of Ryff's Psychological Well-being Scales, Inventory of Parent and Peer Attachment (IPPA), The Meaning in Life Questionnaire (MLQ) and Brief-COPE used to measure the validity of measuring instruments and Multiple Regression Analysis used to test the research hypotheses. | | parental divorce. |
| 2 | Ratu, B., <i>et al.</i> , (2024). | The methodology used in this study is a literature study approach. | This research emphasizes the importance of efforts from parents, families and communities in maintaining the mental health of children from broken homes. | Based on a literature review, it was found that broken homes have a significant impact on children's mental health. The phenomenon of broken home children is not only caused by divorce but also by other factors such as the death of one of |

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| | | | | <p>the parents or prolonged conflict in the family (Hanafi & Sumardi, 2023).</p> <p>The mental health of broken home children can be disturbed in the form of emotional aspects, responsibility and sociability of children. Instability in the family environment can interfere with the child's overall growth and development process.</p> |
| 3 | Muslih, Y. A., & Ismanto, H. S. (2024). | This research used a qualitative method with a phenomenological study design. Participants were selected using purposive sampling technique. There were three participants in the age range of 16-18 years. The research data were collected by | This research used a qualitative method with a phenomenological study design. Participants were selected using purposive sampling technique. There were three participants in the age range of 16-18 years. The research data were collected by | From the results of the study, it was found that the three subjects were different in responding to the problems that occurred. So that between one and the other has a well-being that is not the same. |

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| | | means of in-depth interviews and observations. | means of in-depth interviews and observations. | |
| 4 | Hamibawani, S. Z., Hambali, I. M., & Indreswari, H. (2024). | Quantitative research method with 58 subjects who experienced broken homes. | This study was conducted to determine the psychological well-being of private junior high school students in Malang City who experienced a broken home. | Based on data analysis, the survey results show that 5 students with a percentage of 8.26% have a high level of psychological well-being. A total of 38 students with a percentage of 65.52% have a moderate level of psychological well-being, and the remaining 15 students with a percentage of 25.86% have a low level of psychological well-being. These results indicate that most of the students who come from broken home families have an inadequate level of psychological well-being which can be evidenced through several negative habits and behaviors that are not in |

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| | | | | accordance with adolescent developmental tasks. |
| 5 | Adrian, D., & Haidar, (2024). | The research method is qualitative with a case study approach. The research subjects consisted of 4 students who experienced broken homes. | The purpose of the study was to determine and provide an overview of stress management in interpersonal communication between broken home adolescents and peers in Palu City. | The results showed that stress management carried out by broken home adolescents is by choosing peers. Based on the results of the study, it shows that peers are able to provide the necessary support and always try to entertain. |
| 6 | Muis, J. A., & Sahrani, R. (2024). | The method used in this study was quantitative with 209 participants who were victims of divorce. The measurement tools used were the Indonesian adolescent psychological well-being measurement tool and the Indonesian version of the WHOQOL-BREF. | This study aims to determine the relationship between quality of life and psychological well-being of adolescent victims of divorce. | Based on the results of the study, it is known that quality of life with psychological well-being has a significant relationship. The limitation of this study is that there is no description of other factors that influence psychological well-being itself. |

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| 7 | Maylinda, R. N. (2024). | <p>This research design is a non-randomized pretest</p> <p>Posttest control group design, involving 30 adolescents. The measuring instruments used were ESSA educational stress scale for adolescents (16 items), psychological well-being (42 items), and resilience (19 items).</p> | <p>This study aims to provide resilience training to reduce academic stress and improve psychological well-being of adolescents in boarding schools with divorced parents.</p> | <p>The resilience training program can reduce the level of academic stress in children and can be one of the methods that help children improve their psychological well-being when living life and when overcoming the problems, they are facing.</p> |
| 8 | Savero, A. R., & Yushillia, V. A. (2025). | <p>This research uses a qualitative method with a case study approach, involving 1 subject aged 19 years who was selected using purposive sampling technique.</p> | <p>This study aims to understand stress coping patterns in adolescents who are victims of parental divorce in Hamlet X, Lamongan Regency.</p> | <p>The results showed that the subjects experienced stress due to poor economic conditions, family conflicts and verbal abuse. The impact of this stress includes changes in character to become more aggressive, lazy learning behavior and actions to drop out of college.</p> |

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| | | | | <p>Subjects adopted various coping strategies, such as escapism (avoiding the problem), seeking instrumental social support (seeking social support), self-blame (blaming oneself) and minimization (ignoring the problem).</p> <p>This study highlights the importance of social support and effective stress management to help adolescents deal with the psychological impact of parental divorce.</p> |
| 9 | Konadi, H., Burbana, & Sonia, A., (2024). | The research method used in this article is Systematic Literature Review (SLR). | The purpose of this research is to find strategies that will help overcome the problems faced and identify different perspectives related to the problem being studied and reveal theories | The results of the study found that the impact of social behavior of children who are victims of broken homes includes an impact on the environment, aggressive and |

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| | | | relevant to the case in this study which examines the impact of broken home families on children's social behavior. | antisocial behavior. |
| 10 | Faqih, M., & Eriesta, N. (2024). | The subjects of this study were 8th and 9th grade students of SMP IT Liddarain NW Tangar Village, West Sakra Sub-District, East Lombok, totaling 15 people (10 girls and 5 boys). | <p>The aim is to assist individuals in making the right decisions, maintaining positive aspects, and realizing the embodiment of virtues in their daily lives. Helping students develop a strong and positive character. The program will introduce relaxation, meditation, and reflection techniques to help students overcome stress and emotional problems.</p> | <p>This character therapy activity results in, among others: (1) students have skills in knowing themselves and their character, (2) students know their life goals, (3) students are able to compile a road map character to success or a character map to success, (4) students know the right way of thinking in solving life problems and managing emotions, (5) students are able to manage thoughts and emotions, (6) students open themselves with therapists to intervene in managing</p> |

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| | | | | thoughts and emotions. |
| 11 | Soeharto, T. N. E. D., & Purnamasari, S. E. (2023). | <p>This study used a quasi-experimental Pretest-Posttest Control Group with Follow up Design. The subjects were 12 adolescents with divorced parents consisting of 4 males and 8 females with psychological well-being scores in the medium-low category.</p> <p>The subjects were randomly divided into 2 groups, consisting of 6 subjects in the experimental group and 6 subjects in the control group.</p> | This study aims to determine the effectiveness of forgiveness training to improve psychological well-being in adolescents with divorced parents. | Based on the results of hypothesis testing and discussion in this study, it can be concluded that forgiveness training can improve psychological well-being in adolescents with divorced parents. This is evident from the results of hypothesis testing which shows that there is a difference in psychological well-being scores in the experimental group between before and after being given forgiveness training. |

CONCLUSIONS AND RECOMMENDATIONS

Children who are victims of parental divorce tend to experience disturbances in mental health including in emotional aspects and social interactions. Factors such as parent attachment, meaning in life and coping strategies used greatly affect their psychological well-being. An unstable family environment can hinder a child's overall growth and development. Stress due to family conflict, economic conditions and verbal abuse can also trigger aggressive behavior. Coping strategies used include avoidance of the problem, seeking social support, self-

blame and ignoring the problem. Therefore, the need for interventions such as resilience training and good social support is essential to help broken home children reduce or overcome the negative impact of parental divorce and hopefully improve their psychological well-being. Based on the research findings, it is recommended that families and related institutions pay special attention to children who experience parental divorce by providing psychological counseling services that are easily accessible and sustainable. Resilience and stress management training programs also need to be developed as part of the non-academic curriculum to help them manage emotional distress and improve their psychological well-being.

In addition, social support from the surrounding environment including teachers, peers and family is very important to create a sense of security and acceptance for children who are victims of divorce (broken home). Divorced parents also need to be educated to maintain positive communication and provide consistent affection for their children because emotional attachment with parents plays a major role in the development and mental growth of children. On the other hand, the government and social institutions are expected to organize educational campaigns that highlight the importance of maintaining children's emotional stability after divorce as well as providing safe spaces for children to share their stories and easy access to professional help.

FURTHER STUDY

This research still has limitations so it is still necessary to conduct further research on the topic "Well-Being in Children Who Experience Broken Home: A Systematic Review"

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