

# The Role of the Psychologist in Reducing Anxiety and Depression in Adolescents Due to Parental Divorce

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## Abstracts

The current study aims to know the role of the psychologist in treating anxiety and depression in adolescents between the ages of 13-22 years, and what methods or techniques are used in treating anxiety and depression in the adolescent psyche. A questionnaire was created and designed using Google Drive, and then an electronic questionnaire was distributed to all specialists and psychiatrists in Mecca. By using the social networking site (WhatsApp). Responses were obtained through the Google Drive program, which contains the researcher's email, and excel was used 2010 to create frequency tables and graphs. It concluded that, the psychologist has a very important role in improving adolescent behavior for the better.

## 1. Introduction

Divorce (also known as dissolution of marriage) is the process of ending a marital relationship or marital union (1). Divorce usually entails the abolition or reorganization of the legal duties and responsibilities of marriage and thus the dissolution of the marriage ties between spouses under the law of a particular country or state. Divorce laws vary greatly around the world(2), but in most countries divorce requires the intervention of a court or other authority in the legal proceedings which may involve issues of property distribution, child custody, alimony, visitation/or access to children, and time allotted for the father/mother to see the children. Providing child support and dividing expenses (3)(4). In most countries there is a law that requires individuals to be monogamous, so a divorce under this law allows each ex-partner to marry someone else. The reasons for divorce vary greatly from one country to another. Marriage may be viewed as a contract, a social legal status, or a combination thereof. When marriage is viewed as a contract, the refusal or inability of one spouse to perform the obligations stipulated in the contract may constitute grounds for the other party to file for divorce. On the other hand, in some countries (such as Sweden, Finland, Australia, and New Zealand) (5)(6)(7)(8) there is what is called (no-fault divorce), which means that it does not matter what the reasons are behind the individuals/couples' desire to separate, Spouses can separate of their own free will without

the need for one party to prove the other party's fault or negligence. Recent studies have indicated a variety of long-term economic, mental health, physical, and social impacts of divorce, although the full extent of these impacts remains a matter of considerable debate (9)(10). There are reports that children are not always so poorly off, and that divorce can help children who live in homes with a lot of conflict and problems such as those suffering from domestic violence. While a variety of studies and articles have offered many ideas about how best to reduce the effects of divorce on children, the issue always depends on the divorce itself (11)(12)(13). Family is a primary foundation of children's development. Thus, a functional and harmonious family becomes one of the important parts in mental health. Unfortunately, the divorce rate in Indonesia shows an increasing trend from year to year. Based on data from the Badan Pusat Statistik (BPS) in 2014, the number of divorce reached 344.237 cases and in 2015 reached 347.256 cases. Java Island was ranked highest in divorce cases in 2014 with amount of 243.847 cases and in 2015, there are 234.254 cases. In Java, DKI Jakarta occupies the fourth highest position of divorced cases, the rate in 2014 is 10.431 cases and in 2015 up to 10.303 cases (14). Adolescent is the most vulnerable period to the effects of divorce from parents (15). They will experience various emotional reactions because they have to lose one of their parents (16). As a period that is vulnerable to an identity crisis, the level of identification of parents from childhood to adolescence plays an important role in the formation of their identity. This is because the behavior and attitudes of

parents are the main source of identification for adolescents, which then identifies them as a component of their identity formation (17). Therefore, parental divorce which can result in the loss of one parent figure will also have an impact on the search for adolescents' identity. Other psychosocial impacts that occur include anger at the circumstances and parents, loss of security, depression, feeling unloved, self-blaming, and thinking that the situation occurs because of them, withdrawing from the environment, until suicide (18). There are interviews and observations from previous studies to adolescents aged 15-16 years with parental divorce. The results of these observations are teenagers with divorced parents feel a variety of negative effects, such as feeling sad, worried about the future, feeling useless, experiencing sleep disorders, and intend to commit suicide (19). The results of the preliminary research from observations conducted by other researchers also showed that there were symptoms of depression in adolescents with divorced parents (20). The signs of depression occurred in changes in mood or loss of interest in doing all activities, sad, unhappy, fussy, complaining, and irritable (21). Some studies have also claimed positive correlations between divorce and rates of: Infectious diseases, digestive diseases, parasitic diseases, respiratory diseases. Cancer - Married cancer patients are also more likely to recover than those who are divorced Stroke (31) Behavioral Problems. Children of divorced or separated parents exhibit increased behavioral problems, (32) and the marital conflict that accompanies parents' divorce places the child's social competence at risk. Even in intact families that have low to medium levels of conflict, children still have "fewer behavior problems than those in the high-conflict, disrupted families.(33) Another study suggests that parental conflict affects the outcomes of children's behavior problems, regardless of parents' marital status, and sometimes "there is no statistical difference in the level of behavior problems observed for children whose parents separated or divorced and for children whose parents remained together.(34) During a divorce, conflict between parents is often accompanied by less affection,

less responsiveness, and more inclination to punish their children, which leaves their children feeling emotionally insecure.(35) These children are more likely to perceive their social milieu as unpredictable and uncontrollable.(36) Children who engage in fighting and stealing at school are far more likely to come from broken homes than are well-behaved children.(37) Other studies have confirmed that children of divorced parents exhibit more behavioral problems than do children.

## **2. Material and Methods:**

The study started in (the holy city of Mecca in Saudi Arabia), began writing the research and then recording the questionnaire in January 2024, and the study ended with data collection in May 2024. The researcher used the descriptive analytical approach that uses a quantitative or qualitative description of the social phenomenon (the role of the psychologist in reducing anxiety and depression in adolescents due to parental divorce). This kind of study is characterized by analysis, reason, objectivity, and reality, as it is concerned with individuals and societies, as it studies the variables and their effects on the health of the individual, society, and consumer, the spread of diseases and their relationship to demographic variables such as age, gender, nationality, and marital status. Status, occupation (38), And use the Excel 2010 Office suite histogram to arrange the results using: Frequency tables Percentages (39). A questionnaire is a remarkable and helpful tool for collecting a huge amount of data, however, researchers were not able to personally interview participants on the online survey, only answered the questionnaire electronically, it consisted of fifteen questions, all of which were closed.

## **3. Results and discussion:**

The percentage of approval to participate in the questionnaire was 100%, and the age of the male and female participants (psychologists) was between 24-34 years old and 50%, and those between 35-44 years old were 0% and those aged 45-55 years old were 50%, and their gender percentage of males was 40% and females was 60%. Their marital status was: 80% married, 10% single, 10% divorced, 0% widowed. Their educational status was as follows: Bachelor's degree 60%, Master's degree 30%, Doctorate degree 10%, and their job titles were as follows: Psychologist 80%, Senior Psychologist 20% Doctorate degree (psychology) 0%, As for their financial situation, it was as follows: from 5,000-10,000 riyals, their percentage was 62.5%, from 100,001-150,000 riyals, 12.5%, from 150,001-20,000 riyals, 0%, and more than 20,000 riyals, their percentage was 25%. As for their responses to the questionnaire questions, they were: As follows: the first question: does the specialist provide Regular psychological counseling sessions for teenagers? Yes, 90%, no, 0%, and I don't know, 10%. The second question: does the specialist contribute to improving communication between the teenager and his parents after divorce? Yes, 80%, no 20%, and I don't know 0%. Question three: does the psychologist help a teenager enhance his self-confidence? Yes 100%. fourth question: does the psychologist direct the family towards ways to support the teenager emotionally? Yes, 80% and no, I don't know (the same percentage for both, 10%). Question five: does the psychologist involve the teenager in activities that enhance his psychological state? Yes, 90%, no, 0%, and I don't know, 10%.

Question six: does the psychologist determine the impact of divorce on the adolescent's academic performance? 90%, 10%, and I do not know 0%. Question seven: does a psychologist help reduce a teenager's feelings of guilt due to divorce? Yes 100%. Question eight: does the psychologist provide a safe environment for the teenager to speak freely? 100% the same as the previous answer. Question 9: does the psychologist regularly monitor the development of the adolescent's condition to modify treatment plans? Yes 100%. Question 10: does the psychologist rely on drug treatment in his plans with adolescent patients? Yes, 40%, no, 50%, and I don't know, 10%. Question eleven: does the psychologist prefer to rely entirely on drug treatment? Yes, 90%, no, 0%, and I don't know, 10%. Question 12: does the psychologist prefer to rely entirely on drug treatment? Yes, 0%, no, 100%, and I don't know, 0%. Question thirteen: does the psychologist rely on a combination of drug therapy and behavioral therapy? Yes, 80%, no, 20%, and I don't know, 0%. Question fourteen: does the psychologist follow up on the development of the auditor's condition (the teenager) and the improvement of his behavior? Yes 100%. The last question: Are references (adolescents) referred to a psychologist according to specific criteria? Yes, 90%, no, 10%, and I don't know, 0%.figure.no.2:

(Figure No.2): the role of the psychologist in reducing anxiety and depression in adolescents due to parental divorce according to participates

the role of the psychologist in reducing anxiety and depression in adolescents due to parental divorce	Yes	NO	I don't know
Does the specialist contribute to improving communication between the teenager and his parents after divorce?	80%	20%	0%
Does the psychologist direct the family towards ways to support the teenager emotionally?	80%	10%	10%
Does the psychologist determine the impact of divorce on the adolescent's academic performance?	90%	10%	0%
Does a psychologist help reduce a teenager's feelings of guilt due to divorce?	100%	0%	0%

There is a study entitled (Depression and alertness among... Adolescents with parental divorce) by Chandradewi Kusristanti and Ratih Arruum Listiyandini in 2019 (40), it was found that There are 58.82 % of adolescents with parental divorce who have depression symptoms on clinical significance level. level. This level is higher than adolescents from society sample. Thus, depression symptoms among this population should be noticed by clinician and parents. However, mindfulness is found to be negatively associated with depression. Thus, if adolescents with Divorced parents have a higher tendency to be mindful, they will have less depressive symptoms. Finding of this study bring implication that mindfulness-based intervention can be considered to be conducted for treating or preventing depression among these vulnerable adolescents.

#### 4. Conclusion:

The psychologist is accredited in combining drug therapy and behavioral therapy at a rate of 80%, and follows up on the development of the teenager's condition and improves his control by 100%, and refers the teenager to a psychologist according to specific criteria at a rate of 90%. It found that, it appears here that the psychologist has a very important role in improving adolescent behavior for the better. Communicate with the parents or one of them to understand

the teenager's problem and help solve it if possible. the psychologist also advises the teenagers to communicate with others to gain confidence and improve their behavior for the better, and advises them to exercise, and read stories and books that are useful and useful to them. This study agrees with the previous study in terms of caution and caution, but neglecting the aspect of communication and encouraging adolescents to practice sports and communicate with others.

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