



How Emotion Regulation Affects Subjective Well-Being in Adolescents with Divorced Parents

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Abstract. Divorce has a psychological impact on children. Adolescence to adulthood is a dangerous period and can affect the psychology of children. The same applies to adolescents whose parents are divorced. Adolescents with divorced parents need emotion regulation to process the emotions they experience so that they can act rationally. Adolescents who come from divorced parents and have high emotional regulation will have high subjective well-being. This study aims to determine the relationship between characteristics and emotion regulation with subjective well-being in adolescents with divorced parents at the Faculty of Health Sciences, Faletahan University in 2023. The method used in this study is quantitative using a cross-sectional design with data collection tools using questionnaires and analyzed univariate and bivariate. The number of samples in this study was 32 respondents using total sampling. The results of this study indicate that there is a relationship between emotion regulation and subjective well-being ($p < 0.05$). The results of this study are expected that the Faculty of Health Sciences, Faletahan University can pay more attention to subjective well-being in adolescents with divorced parents because there are still many adolescents who have low subjective well-being which can trigger a decrease in academic and non-academic achievement.

Keywords: Emotion Regulation, Subjective Wellbeing, Divorced Parents, Mental Health.

INTRODUCTION

Divorce can have a psychological impact on children. Children will feel uncomfortable and insecure after losing one of their family members because they still need protection from their parents, both materially and non-materially (affection). The emotional state of a teenager with divorced parents is uncontrolled emotions, irritability, disappointment with the events that have occurred, feeling lonely because when gathering family members are incomplete, and feeling sad for his family. Adolescence to adulthood is a dangerous period and can affect the child's psychology because at this time there may be positive and negative influences on the child, this depends on the anticipation that will be taken by parents, where he must pay more attention and understanding slowly to the child. Adolescents from divorced families have a greater risk of low subjective well-being than adolescents from intact families ^[35].

The average divorce rate worldwide is likely to decrease based on 2022 data. According to data from the United Nations, the divorce rate in 2021 was 1.8% using available data on marriage and divorce worldwide. Data on the number of divorces in many countries for 2022 is pending, but based on data collected from 56 countries, the world's average crude divorce rate last year was about 1.6%. According to the report 2022 statistics and some surveys, the country with the lowest divorce rate is India at 0.01% and the country with the highest divorce rate is the Maldives at 5.52% ^[13].

According to the Indonesian Bureau of Statistics, the number of divorce cases in Indonesia reached 516,334 cases in 2022. This number increased by 15.31% compared to the previous year of 447,743 cases. The highest factor causing divorce in 2022 is disputes and quarrels with a total of 284,169 cases or equivalent to 63.41% of the total factors causing divorce cases in the country. Other causes are economic factors as many as 110,939 cases (27.75%), the factor of leaving one of the parties as many as 39,359 cases (8.78%), domestic violence (KDRT) as many as 4,972 cases (1.1%) and drunkenness 1,781 (0.39%) [4].

Banten is a province in Indonesia that had 15,668 divorce cases in 2021. Pandeglang is the city with the highest presentation in Banten with a total of 1.6%, then Lebak with a presentation of 1.42%, Serang Regency with 1.32%, Cilegon City 1.31%, South Tangerang City 1.18%, Tangerang 1.16%, Serang City and Tangerang City 1.12% [19]. The data was obtained when COVID-19 was still high so the main cause of divorce in Banten is economic, even many of those who divorce are ASN.

The impact on children, psychologically children who come from divorced parents feel insecure after divorce, feel rejected by the family, children are often angry and their emotions are often out of control, loneliness and guilt, feeling lonely which is a symptom of personality disorder. Children will face difficulties, children will find it difficult to find solutions to their problems, because children will feel confused about choosing a solution between mother or father. The child also prefers to be alone and is also more closed in life [7, 24].

If the family situation is different due to divorce, adolescents will feel uncomfortable, and can affect their subjective well-being. A low level of adolescent emotional well-being makes it difficult for adolescents to accept themselves so they have difficulty assessing their potential and setting goals for the future. At such times, adolescents need the closest people, one of which is a family that supports, motivates and cares for adolescents. A good level of family ties can create a positive atmosphere and can affect the subjective well-being or happiness of each family member. In addition, affirmative and successful family functioning can also reduce the adverse effects of unexciting events on adolescents so that adolescents can increase their positive feelings, because basically, adolescents rely on their families when experiencing stress and pressure [30].

This study aims to determine the relationship between characteristics (age, gender, study program) and emotion regulation with subjective well-being in adolescents with divorced parents at the Faculty of Health Sciences, Faletihan University in 2023.

METHODS

The research design or design used in this study is cross-sectional. The population in this study were all regular students of the Faculty of Health Sciences, Faletihan University with divorced parents. The sample in this study was 32 respondents. The sampling technique is total sampling. This research time starts from January - March 2023. Primary data was obtained using a questionnaire measuring tool distributed via WhatsApp media. Before collecting data using a questionnaire, the researcher obtained consent from the respondent through an Informed Consent sheet.

The dependent variable in this study is subjective well-being divided into 2 categories (0 = Low, 1 = High). Meanwhile, the independent variables in this study are age divided into student age categories (18-24 years), gender divided into 2 categories (0 = Male, 1 = Female), college major (study program) divided into 5 categories (0 = Diploma III Midwifery, 1 = Diploma III Nursing, 2 = Public Health, 3 = Nursing Science, 4 = Bachelor and Midwife Professional Education), Emotion Regulation divided into 2 categories (0 = Low, 1 = High).

Data processing in this study used computer assistance with steps - steps namely editing, coding, scoring, processing, and cleaning. The data analysis was carried out, namely univariate and bivariate analysis. Univariate analysis was used to produce frequency distribution and percentage

of each variable. Bivariate analysis was used to be performed using the chi-square test with a confidence value of $\alpha = 0.05$. The basic principle of ethics in this study is Ethical Clearance, namely by researchers conducting ethical tests at Faletahan University so that the research is carried out according to procedures and has received a certificate of ethical pass from the Health Research Ethics Committee of the Faculty of Health Sciences, Faletahan University with number 207 / KEPK.UF / V / 2023 and make an informed consent sheet, Respect for Person, which guarantees that information from respondents, both their identity and answers, will be kept confidential, Beneficence and Nonmaleficence aspects, namely researchers make every effort to minimize adverse effects on respondents (non-maleficence), Justice, namely researchers pay attention to aspects of justice and respondents' rights in getting the same treatment both before research, during research, and after research is carried out.

RESULTS AND DISCUSSION

Results Table 1. Overview of Characteristics (Age, Gender, Study Program), Emotion Regulation and Subjective Well Being

Variables	n	%
Age		
18 Years	4	12,5 %
19 Years	7	21,9 %
20 Years	6	18,8%
21 Years	9	28,1%
22 Years	4	12,5%
23 Years	1	3,1%
24 Years	1	3,1%
Gender		
Male	8	25 %
Female	24	75 %
Study Program		
Diploma III Midwifery	3	9,4 %
Diploma III Nursing	4	12,5 %
Public Health	9	28,1%
Nursing Science	9	28,1%
Bachelor and Professional Midwife Education	7	21,9%
Emotion Regulation		
Low	14	43,8 %
High	18	56,3 %
Subjective Well Being		
Low	21	65,6 %
High	11	34,4 %
Total	32	100%

Data is obtained in Table 1. It is known that of the 32 adolescents with divorced parents, most are 21 years old (28.1%), 24 people (75%) are female, choose public health and nursing science study programs as many as 9 people (28.1%), have high emotional regulation as many as 18 people and have low subjective well being as many as 21 people 65.6%.

Table 2. Relationship between Characteristics (Age, Gender, Study Program) with Subjective Wellbeing

Variables	Subjective Wellbeing				Total		P-value	OR
	Low		High		N	%		
	N	%	N	%				
Age								
18 Years	3	75 %	1	25%	4	100%		
19 Years	5	71,4%	2	28,6%	7	100%		
20 Years	2	33,3%	4	66,7%	6	100%		
21 Years	6	66,7%	3	33,3%	9	100%		
22 Years	3	75%	1	25%	4	100%		
23 Years	1	100%	0	0%	1	100%		
24 Years	1	100%	0	0%	1	100%		
Gender								
Male	4	50%	4	50%	8	100%	0,283	0,412
Female				17 70,8%	7	29,2%		
				24 100%				
Study Program								
-Diploma III Midwifery	2	66,7%	1	33,3%	3	100%		
Diploma III Nursing	2	66,7%	1	33,3%	3	100%		
Public Health	7	77,8%	2	22,2%	9	100%		
Nursing Science	6	66,7%	3	33,3%	9	100%		
Bachelor and Professional Midwife Education	4	57,1%	3	42,9%	7	100%		
Total	21	65,6%	11	34,4%	32	100%		

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The data is obtained in Table 2. It is known that there is no relationship between age and subjective well-being (p-value =

0.644), gender and subjective well-being (p value = 0.283), study program and subjective well-being (p value = 0.870).

Table 3. Relationship between Emotion Regulation and Subjective Wellbeing

Variables	Subjective Wellbeing				Total	P-value	OR	
	Low		High					
	N	%	N	%				
Emotion Regulation								
Low	12	85,7%	2	14,3%	14	100%	0,035	6,0
High	9	50%	9	50%	18	100%		
Total	21	65,6%	11	34,4%	32	100%		

Source: Primary data 2023

The data is obtained in Table 3. It is known that there is a significant relationship between emotion regulation and subjective well-being in adolescents with divorced parents at the Faculty of Health Sciences, Faletahan University in 2023. OR of 6 (OR > 1) which means that adolescents with low emotional regulation are 6 times more at risk of having low subjective well-being.

Discussion Relationship between Characteristics (Age, Gender, Study Program) and Subjective Wellbeing

The results of bivariate analysis using statistical tests obtained $p = 0.644$ ($\alpha \geq 0.05$) then H_0 is accepted which means there is no significant relationship between the age variable and subjective well-being. This study is not in line with research that explains the relationship of age and gender to subjective well-being, but the effect depends on the angle of the subjective well-being component being measured. The variables measured in this study are life satisfaction, age, gender, married status, working status, income status and respondents' health conditions [37]. This research is in line with previous research which explains that the factors that affect subjective well-being are not only age but are influenced by several factors, namely internal factors and external factors. Internal factors consist of gratitude, forgiveness, personality, self-esteem, and spirituality. External factors consist of social support. Subjective well-being in college students is influenced by life situation factors, financial resources, transportation and related, physical health, old friends and new friends, support, services, academic tasks, and family support [3, 8].

There is a theory that states that adolescence is a transition from childhood, this period can be said to be the most crisis period during the life span. The crisis in question is a problem related to developmental tasks that must be passed by each individual such as inconsistency in making decisions and unstable emotions. This will have an impact on early adulthood, as individuals will be faced with a new world that sees them no longer as adolescents but as adults who can live independently and responsibly [18].

Previous research explains that the increasing age will also increase the level of maturity where which should be able to influence thinking patterns, and decision making and is expected to be able to be independent both personally and economically so that they are ready to build a family and care for children [18]. However, in this study, the results were not significant between age and subjective well-being, but when viewed from the percentage, high subjective well-being was dominated by adolescents aged 20 years (66.7%). The researcher assumes that subjective well-

being cannot only be seen in terms of age, meaning that all interventions should be emphasized at all ages regardless of the age range of respondents.

High subjective well-being is mostly experienced by men as many as 4 people (50%). The statistical test results obtained p value = 0.283 (pvalue > 0.05) which means that there is no significant relationship between gender and subjective well-being in adolescents with divorced parents at the Faculty of Health Sciences, Faletahan University in 2023. This study is in line with previous research which explains that in general there is no significant difference in subjective well-being between men and women, but women show greater emotional expression than men [32]. They experience emotions more intensely and they show more frequent expressions of both positive and negative emotions, except for anger. Unlike men, women also expressed more comfort in expressing emotions and were able to read nonverbal and paralinguistic cues better [11]. Reinforced by previous research which explains that in general there is no significant difference between the subjective well-being of men and women [28]. Emotion regulation can be managed with several methods including expressive writing and problem-solving therapy methods and the provision of guidance and counseling services [1, 2, 26].

Researchers assume that with the absence of a relationship between gender and subjective well-being, everything that can improve subjective well-being is not only focused on gender, one of which is improving emotional regulation (expressive writing method and problem-solving therapy and providing guidance and counseling services). Judging from the percentage of research results, the highest subjective well-being is in the male gender. This can be further investigated by future researchers with a larger sample to find out if there is a relationship between subjective well-being and gender.

Subjective well-being in the high category is experienced more by the diploma III nursing study program as many as 2 people (50%). The statistical test results obtained p-value = 0.870 (p-value > 0.05) which means that there is no significant relationship between the study program and subjective well-being in adolescents with divorced parents at the Faculty of Health Sciences, Faletahan University in 2023.

Research related to subjective well-being previously, researchers did not find the results of scientific studies that discussed the relationship between subjective well-being and the college major (study program) chosen by students, so scientific discussion on this topic is limited. However, the researchers have an assumption that whatever major (study program) is taught does not affect the subjective well-being of students, so interventions to improve subjective well-being can be given regardless of the scientific background that is taught.

Relationship between Emotion Regulation and Subjective Well-Being

The results of statistical tests show that there is a significant relationship between emotion regulation and subjective well-being in adolescents with divorced parents at the Faculty of Health Sciences, Faletahan University in 2023. This research is in line with research that explains that there is a positive relationship between emotion regulation and subjective well-being, it explains that the higher the level of emotion regulation, the higher the subjective well-being a person has or the lower the emotion regulation, the lower the subjective well-being. It is known that high emotional regulation in adolescents with separated parents is one aspect of individuals experiencing good subjective well-being [31].

Previous research has explained that individuals with appropriate emotion regulation strategies can balance both the positive and negative emotions they feel so that individuals will enjoy the various events that occur in their duplicates. At the same time, individuals with inappropriate emotion regulation strategies will increase anxiety and even depression [20]. This is in line with research that explains that individual subjective well-being is strengthened by the existence of one's life goals or expectations. Hope is considered to be able to reflect adolescents' awareness of

their strengths so that it can divert thoughts from negative things such as anxiety, burden of mind, or stress. Hope brings up optimistic feelings that motivate adolescents to develop and utilize abilities with positive things when living everyday life [5].

The results of the study between emotional regulation and subjective well-being have a significant relationship, so the researcher assumes that adolescents with divorced parents must have high emotional regulation to achieve high subjective well-being regardless of characteristics such as age, gender, and study program.

CONCLUSIONS

The existence of a positive relationship between emotion regulation and subjective well-being explains that the higher the level of emotion regulation, the higher the subjective well-being a person has. High emotional regulation in adolescents with separated parents is one aspect of individuals experiencing good subjective well-being. Hope is considered capable of reflecting adolescents' awareness of their strengths, so that they can divert thoughts from negative things such as anxiety, burden of mind, or stress. Hope brings up optimistic feelings that motivate adolescents to develop and utilize abilities with positive things when living daily life in various conditions and situations.

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